

Please post to OMR&RCA or
fax registration to: 03) 9482 4208

Title: _____ Surname _____
 First Name: _____
 Address: _____

 _____ Post Code _____

Telephone: _____
 Fax: _____

Email: _____ (Please circle)
 Are you a: _____
 General Practitioner, Ob/Gyn, Midwife, Nurse
 Other: _____

.....
 If you are a nurse do you work in M&CH, Rural Community
 Health, Midwifery Unit (Please circle)
 Other: _____

I am including payment for:
 Part 1 \$150
 Part 2(part 2 can be paid at a later time) \$ 75
 Student Concession \$ 65
 I am paying by cheque or credit card
 Visa Mastercard Amount \$ _____
 Card No: _____

Exp. Date ____/____/____ Signature _____
 Name on Card: _____

If applying for student concession please advise Student
 ID and campus _____

Costs:

Part 1 \$150.00

Participants will require:

- Billings Method Book \$22
- Teaching the BOM Part 1 \$ 5
- Teaching the BOM Part 2 \$10
- Slide Rule \$ 5
- Studies on Human Reproduction \$ 5

Books will be available on first day of course.

Part 2 \$75

This includes supervision of clinical experience
 Attendance at Day 3
 Accreditation Certificate

Lunch included

OMR&RCA is an approved Accredited Provider of Continuing Professional Development with the RACGP. This activity has been approved as an Active Learning Module in the RACGP QA&CPD Group 1 (Women's Health) program for the 2002-2004 triennium. To be eligible for these points GPs must complete a Pre-Session Questionnaire prior to attending the Course. Points will be allocated following the return of the Post-Session Questionnaire.

Points also allocated by Australian College of Midwives.

billings LIFE
Leaders In Fertility Education

For further information contact:

**Ovulation Method Research and Reference
 Centre of Australia Ltd (OMR&RCA)**

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 North Fitzroy 3068

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 email: thebillingsmethod@woomb.org
 Web: www.woomb.org

**Ovulation Method
 Research and
 Reference Centre of
 Australia Ltd**

**Billings Method
 Teacher Training
 Course**

**A Program for Health
 Professionals and
 others interested in
 women's health**

Saturday 9 September, 2006
 Sunday 10 September, 2006

Time: 9.30—5.00

A. C. U.
St. Patrick's Campus
115 Victoria Parade
Fitzroy

Billings Ovulation Method Teacher Training Course

Following requests from Health Professionals the Ovulation Method Research and Reference Centre of Australia Ltd is conducting Billings Ovulation Method Teacher Training Courses so that health professionals can confidently offer natural fertility regulation. Attendance at this Teacher Training Course will enable the participants to give information on the Billings Ovulation Method to women and couples who wish to conceive as well as those wishing to use a natural method to avoid pregnancy. Recognition of the signs of fertility and infertility allows a woman to monitor her reproductive health. The woman who knows her own mucus patterns will be able to detect a number of gynaecological disorders should they occur.

Once learned the Billings Ovulation Method can be applied to all variations throughout a woman's reproductive life:

- regular cycles
- irregular cycles
- anovular bleeding
- effects of stress
- after childbirth or miscarriage
- while breastfeeding
- approaching menopause
- low fertility

FACILITATORS

Senior Billings Ovulation Method trainers will facilitate the program. These educators have extensive experience in the teaching and training of health professionals both within Australia and overseas.

These educators will bring first hand knowledge of their vast clinical experience to the course so that the practical application of the use of the Billings Ovulation Method will be demonstrated.

OMR&RCA is an Accredited Provider of Continuing Professional Development with the RACGP and this program has been approved by both the RACGP and the Australian College of Midwives for allocation of CPD points.

The intensive interactive 2 day course will include:

Overview of the Billings Ovulation Method
Role of the Cervix and Hormones in Fertility
Charting normal cycles:
Identifying fertility and infertility
Thinking in Patterns:
Basic Infertile Pattern - an unchanging pattern
Fertile Phase - a changing pattern
Charting long or irregular cycles
Understanding bleeding:
Menstruation, withdrawal, breakthrough, implantation
Management, charting and discussion on:
Perimenopause - diminishing fertility
Breastfeeding - returning fertility
Stress cycle - interrupted fertility
Post Chemical Contraceptives - damaged fertility
Achieving Pregnancy:
Charting and Recognition of optimal fertility symptoms.
Guidelines for Achieving Pregnancy
Diagnostic benefits of the Billings Ovulation Method

The Billings Ovulation Method Teacher Training Course is divided into 2 parts.

Part 1

- Attendance at 2 days of Teacher Training Course. (10 hours total)

Part 1 will give participants sufficient knowledge to give their patients an overview of the Billings Ovulation Method of natural fertility regulation so that they can begin using the Billings Method.

Part 2

- Supervised clinical experience over 6 months. This will be arranged as either actual clinical experience or remote supervision through the Billings Family Life Centre in Melbourne.
- Attendance at one further session. (5 hours total)
- Completion of Teacher Training Questionnaire following Part 1.
- Submission of the Case Study of at least one Billings Method user's charting experience as taught by the participant.

Participants satisfactorily completing Part 2 will be eligible for accreditation as a Billings Ovulation Method teacher.

Accreditation is valid for 3 years.

Evaluations from this program and other CPD activities offered by the Ovulation Method Research and Reference Centre have been overwhelmingly positive. Participants indicate that the programs meet their personal learning objectives and are of benefit to their clinical practice.

Nurse practitioners, community health nurses and others involved in women's reproductive health find the knowledge and skills gained through their participation in this course to be invaluable.

The Ovulation Method Research and Reference Centre of Australia Ltd (OMR&RCA) is a non-profit organisation which undertakes research into fertility and infertility awareness and receives funding under the Commonwealth Department of Health and Ageing Care, Family Planning Program, for training and accreditation of teachers of the Billings Ovulation Method of natural fertility regulation.