

BILLINGS OVULATION METHOD® TEACHER TRAINING COURSE

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 alerted early to any abnormality which requires medical management.

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

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.

REGISTER TODAY!

Call: **1800 335 860**
or mail/email/fax your completed registration form with payment to:

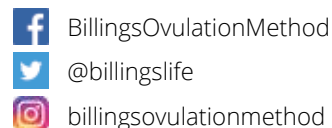
2A/303 Burwood Highway
East Burwood, VIC 3151
Email: manager@thebillingsovulationmethod.org
Fax: (03) 9887 8572

For further information visit:
www.billings.life



Billings LIFE
2A/303 Burwood Hwy, East Burwood, VIC 3151
Free call 1800 335 860
www.billings.life
enquiries@thebillingsovulationmethod.org

#billingsovulationmethod



The OMR&RCA is an Accredited Provider of Continuing Professional Development with the RACGP QICPD.

The Ovulation Method Research and Reference Centre of Australia Ltd ABN 57 067 377 959 (incl. in VIC).

Billings LIFE is supported by funding from the Australian Government Department of Health and Ageing.

Important
Women's
Health ALM

TEACHER TRAINING COURSE



RACGP Category 1 ALM – 40 points (Women's Health)
Approved 2 Day Obstetric Grant
ACRRM points approved



OVERVIEW

- 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®

PRESENTERS

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.

"This is knowledge of her body that every woman ought to have."

DR EVELYN BILLINGS AM
DCSG, MBBS (MELB), DCH (LOND)

DETAILS

Date: Saturday 9th November and Sunday, 10th November, 2019

Venue: Our Lady of the Rosary Parish
26 Swanston Street, St Marys NSW 2760

Time: 9.30am – 5.00 pm each day (lunch provided)

COURSE PHASES

The Course is divided into 2 parts.

Phase 1

- Attendance at 2 days of Teacher Training Course (12 hours total).

Phase 1 will give participants sufficient knowledge to give women an overview of the Billings Ovulation Method® of natural fertility regulation so that they can begin to chart their fertility symptoms following the guidelines of the Billings Ovulation Method®. Participants who desire to become teachers of the Billings Ovulation Method® must complete Phase 2.

Phase 2

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

Participants satisfactorily completing Phase 2 will be eligible for accreditation as a Billings Ovulation Method® teacher. Accreditation is dependent on the applicant agreeing to teach the Billings Ovulation Method® without variation. Accreditation is valid for 3 years.

REGISTRATION

9th & 10th Nov 2019
St Marys NSW

Title: _____ Surname: _____

First Name: _____

Address: _____

Suburb: _____ Postcode: _____

Phone: _____ Fax: _____

Email: _____

Please tick

- ☐ GP ☐ Registered Nurse
☐ Midwife ☐ Naturopath ☐ Student
☐ QI&CPD No: _____
☐ ACRRM No: _____

Other: _____

Special Dietary Requirements: _____

REGISTRATION & PAYMENT OPTIONS

Option 1 (phone): Call 1800 335 860 to pay by EFT

Option 2 (form): Return this form by mail/email/fax.

Mailing address: Billings LIFE, 2A/303 Burwood Hwy,
East Burwood VIC 3151

Email: manager@thebillingsovulationmethod.org

Fax: (03) 9887 8572

Health Professionals ☐ \$500

Non-Health Professionals ☐ \$400

Students rates apply – please make contact.

Enclosed is my **cheque** for ☐ \$_____
(Please make cheques payable to OMR&RCA Ltd)

Please debit my **credit card** ☐ \$_____
Visa / Mastercard (Only)

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Expiry Date: ____ / ____ / ____

Cardholder's Name: _____

Advised costs incl. Phase 1 & 2, catering & course materials.