

## 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.

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

Dr Evelyn Billings  
AM, DCSG, MBBS (MELB), DCH (LOND)

### REGISTER TODAY!

Call: **1800 335 860**

or fax/post your completed registration form with payment to:

2A/303 Burwood Highway  
East Burwood Vic 3151  
Fax: 03 9887 8572

For further information visit:

[www.thebillingsovulationmethod.org](http://www.thebillingsovulationmethod.org)



2A/303 Burwood Highway  
East Burwood 3151 Australia

Phone: 03 9802 2022

Fax: 03 9887 8572

Email: [enquiries@thebillingsovulationmethod.org](mailto:enquiries@thebillingsovulationmethod.org)

Web: [www.thebillingsovulationmethod.org](http://www.thebillingsovulationmethod.org)

The Ovulation Method Research and Reference Centre of Australia Ltd is an Accredited Provider of Continuing Professional Development with the RACGP and this program has been approved as an Active Learning Module eligible for Category 1 (Women's Health) Points. ABN 57 067 377 959

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



## BILLINGS OVULATION METHOD® TEACHER TRAINING COURSE

A Program for Health Professionals and others interested in Women's Health



MidPLUS

2 day Obstetric approval for both RACGP & ACRRM

## 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.

## DATE

**Date:** Saturday 4th and Sunday, 5th March, 2017

**Venue:** Thebarton Community Centre  
Cnr South Rd & Ashwin Pde, Torrensville S.A.

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

## 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

4th and 5th March, 2017 - Adelaide

Title ..... Surname: .....

First Name: .....

Address: .....

Suburb: ..... Postcode: .....

Phone: ..... Fax: .....

Email: .....

Please tick

GP  Registered Nurse  Student

QI&CPD No: .....  Midwife

ACRRM No: .....  Naturopath

Other .....

Special Dietary Requirements:

.....  
Please make cheques payable to OMR&RCA Ltd and send with your completed order form to:

Billings LIFE  
2A/303 Burwood Highway  
East Burwood Vic 3151

Health Professionals \$500

Non-Health Professionals \$400

Students rates apply. Please make contact

**If you wish to pay via EFT please phone 1800 335 860**

Enclosed is my cheque for  \$....

Please debit my credit card  \$....

Visa / Mastercard (Credit Cards Only)

Expiry Date: ..... / .....

Cardholder's Name: .....

Signature: .....

Advertised costs include Phase 1 and 2, catering and course materials.