

*An authentic language
of a woman's
health and fertility*

POLAND – 2012-2013

**CREIGHTON MODEL
Allied Health
Education Programs**

Program Director: Thomas W. Hilgers, MD

Certificate Programs for
CREIGHTON MODEL FertilityCare System

- ❖ Medical Consultants
- ❖ *By invitation only:* Practitioners/Educators

Education Phase I • September 8-15, 2012

Education Phase II • February 7-16, 2013

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Certificate programs outlined in this program offering are jointly sponsored by:

Pope Paul VI Institute
for the Study of Human Reproduction
and
Creighton University School of Medicine
Division of Continuing Medical Education
Omaha, Nebraska
USA

in conjunction with the Faculty for Studies on the Family
in Łomianki-Warsaw, Poland,
at Cardinal Stefan Wyszyński University.

**The Practitioner, Instructor, Educator,
Supervisor and Medical Consultant Programs
are accredited by The American Academy
of FertilityCare Professionals**

All graduates of these programs **must be** affiliated with FertilityCare Centers of Europe or Africa in order to obtain Creighton Model FertilityCare System client teaching materials.

“The dedication and approachability of the faculty members was inspiring and it was great to hear the personal stories behind their life’s work with Creighton Model. The fact that they have all dedicated such large portions of their lives to this added enormous weight to each presentation, as it was clear that therein lay a true belief of heart and soul.”

“It was a phenomenal class. I am deeply grateful to have been instructed by the people who actually developed the system and wrote the books! Thank you everyone and God bless you all.”

Comments from Participants

> CONTENTS

	PAGE
Introduction	1
CrMS Medical Consultant Program	2
Auditor Program	4
International Students	4
CrMS Practitioner Program (By Invitation Only).....	5
At a Glance...Pope Paul VI Institute	8
Final Certificate Examination	9
Applicant Eligibility	9
CrMS Educator Program (By Invitation Only)	10
Joint Sponsorship and Certificates	11
American Academy of FertilityCare Professional Accreditation	12
Faculty	12
Tuition	13
Textbook Fees	13
Location	14
Room, Board, and Classroom Fees	14
Financial Aid	15
Application, Deposit and Deadlines	16

> INTRODUCTION

The **Pope Paul VI Institute for the Study of Human Reproduction** is the leading education and research center in the United States in the area of the natural regulation of human fertility and the development of morally and professionally acceptable reproductive health services. Dedicated to Pope Paul VI's challenge to "physicians and health care professionals" and to "men of science," it is a living memorial to the challenges placed before us by Pope Paul VI in his encyclical letter *Humanae Vitae* (Of Human Life).

The **Creighton Model FertilityCare System** and the new women's health science of **NaProTechnology** have been developed through a research and education effort coordinated and directed by Thomas W. Hilgers, MD, director of Pope Paul VI Institute for the Study of Human Reproduction and clinical professor in the Department of Obstetrics and Gynecology, Creighton University Medical Center.

The **Creighton Model FertilityCare System** provides comprehensive, professional services through **individualized follow-up, standardized teaching tools** and **ongoing research**. The Creighton Model is a medically standardized modification of the Billings Ovulation Method. It is the only education program in this field that meets the education demands of a **newly emerging allied health profession** and provides a case management approach to teaching.

After **35 consecutive years** of offering Creighton Model Education Programs, this is the first international offering of the Institute's programs. Two organizations designed to unite **Creighton Model FertilityCare Centers** nationally and internationally are **FertilityCare Centers of America** and **FertilityCare Centers International**. This is the first education program carried out by the Pope Paul VI Institute in a foreign country.

Faculty realizes no financial gain from their involvement in the education programs.

"The Creighton Model sells itself - no bias, just the facts."

Comment from Participant



> CREIGHTON MODEL FERTILITYCARE SYSTEM MEDICAL CONSULTANT PROGRAM

This is a **six-month program**, designed to assist physicians to incorporate into their medical practices the newly emerging science of Natural Procreative Technology (NaProTechnology). It also assists the physician to work in a supportive or administrative role with FertilityCare Programs. This program involves two education phases and one supervised practicum.

Physicians enrolled in the Medical Consultant Program should understand that the medical applications they will learn are related specifically to the Creighton Model FertilityCare System. Therefore, they should **plan to have a FertilityCare Practitioner available in their area**. It is possible for a physician to enroll in a combined Medical Consultant/Practitioner Program; however, this course is demanding, and one must have sufficient time to complete it.

If a physician is interested in the Medical Consultant Program but Education Phase I dates pose a scheduling conflict, the physician may attend Education Phase I in another location, but **must attend Education Phase II in Omaha**. The Pope Paul VI Institute Allied Health Education Department may be contacted for details.

> MEDICAL CONSULTANT SPECIFIC CURRICULUM ITEMS

In addition to those topics presented in the Creighton Model FertilityCare System Practitioner Core Curriculum for Education Phase I and Education Phase II (listed previously), Medical Consultants have these additional core components:

- Natural Procreative Technology (NaProTechnology):
The New Women's Health Science
- The Important Role of Medical Consultants in the Future of FertilityCare



"This course had great scientific content and provided avenues for great spiritual growth."

Comment from Participant

- The Creighton Model FertilityCare System Core Curriculum
- Chronic Discharges and the Use of Criteria
- Targeted Endocrine Evaluation of the Menstrual Cycle
- Cooperative Progesterone Replacement Therapy and Medical Support of the Luteal Phase
- The Effects of Stress
- The Evaluation and Treatment of Ovarian Cysts
- The Evaluation and Treatment of Premenstrual Syndrome
- The Dating of the Beginning of Pregnancy
- The Prevention of Premature Birth
- Ovulation and its Anatomic and Functional Disorders
- Types I, II, III, IV and V Luteal Phase Deficiencies and Follicular Phase Deficiency
- Progesterone as a Therapeutic Hormone: Human Identical Progesterone vs. Artimones (Isomolecular vs. Herteromolecular)

> **SUPERVISED PRACTICUM** **MEDICAL CONSULTANTS ONLY**

During the supervised practicum period, those involved in the Medical Consultant Program will be asked to give a total of **three hours of in-service lecture time** on the Creighton Model FertilityCare System to medical professionals in their area. These could include medical students, nursing students, nurses, physicians, colleagues, etc. In addition, there are **three open book assignments**. The Medical Consultant may choose to complete either an **honors project** or an **honors thesis** for an honors program. The honors project involves completion of a **use effectiveness evaluation** using pre-designed worksheets; the honors thesis consists of a **research paper** on a topic of one's choice related to the field of natural family planning. Special recognition will be given to those students who satisfactorily complete assignments for the honors program.

"Extra-ordinary experience! This was an outstanding experience of total immersion!"
Comment from Participant



> **MEDICAL CONSULTANTS ONLY** **EDUCATION PHASE II** February 10-16, 2013

In addition to those topics listed for the FertilityCare Practitioner Program, the Medical Consultant will also be exposed to the following:

- Research Principles in Natural Family Planning
- How to Conduct a Use Effectiveness Evaluation of Natural Methods of Family Planning
- The Evaluation and Management of the Infertile Couple
- The Evaluation and Management of Irregular Cycles and Unusual Bleeding
- The Presentation of Actual Cases
- Surgical NaProTechnology

> **AUDITORS**

The course is available for individuals who do not meet the applicant eligibility requirements but wish to audit the program. A physician may audit for CME credit; a nurse may audit for CEU credit. **For credit** requires satisfactory completion of examinations offered during the Education Phases.

> **INTERNATIONAL STUDENTS**

For students who come from countries without communication technology (fax, phone, e-mail, timely mail service), the program for Practitioners must be completed over a nine-month period of study at the Pope Paul VI Institute. The student must be able to speak English fluently. The student will be responsible for room and board during this study period of nine months, although the staff of the Pope Paul VI Institute will assist in making arrangements.

A short period of study will also generally be available in St. Louis, and the student will conclude study with attendance at the annual meeting of the American Academy of FertilityCare Professionals. Physicians enrolled in the Medical Consultant Program may attend the two Education Phases and do the remaining work at home (unless enrolled in the Practitioner Program). These programs are dedicated Creighton Model programs.

> **CREIGHTON MODEL FERTILITYCARE SYSTEM PRACTITIONER PROGRAM — BY INVITATION ONLY**

The **13-month program** is the primary program for teachers is by **invitation only**. There are two education phases, two supervised practica and an On-Site Visit, providing education in both the **basic** as well as **advanced** aspects of this System. Only the education phases are done on campus; all other educational services are provided through an innovative system of long distance supervision and On-Site Visitation.

> **CURRICULUM CONTENT** EDUCATION PHASE I *September 8-15, 2012*

The first education phase is an **eight-day total immersion course**. At the conclusion of these eight days, participants should be able to demonstrate knowledge of the following:

- History of Natural Family Planning
- Anatomy of the Male and Female Reproductive System
- The Menstrual Cycle; Statistical Parameters
- The Mechanism of Anovulation and Oligoovulation
- The Physiology of the Cervix
- The Physiology of Breast Feeding and Menopause
- Psychodynamics of Contraception, NFP and Human Sexuality
- *Humanae Vitae*
- Psychodynamics of Contraception and of FertilityCare
- Human Sexuality
- The Beginnings of Human Life
- The Methods of Contraception
- Physical and Psychological Aspects of Induced Abortion
- Teaching Fertility Appreciation and Utilization of Good Judgment
- Natural Methods of Family Planning and their Comparative Evaluation
- Use Effectiveness of Natural and Artificial Methods of Family Planning
- The Creighton Model FertilityCare System
- The Importance of Standardized Teaching, Picture Dictionary
- Basic Chart Reading and Chart Correcting
- Special System Instructions
- The Scientific Foundations of the Creighton Model
- Basic Principles of Follow-up
- The Organization and Flow of the First and Subsequent Follow-ups
- How to Conduct an Introductory Session and Follow-up
- The Creighton Model Follow-up Form and Techniques of Follow-up
- Critical Evaluation of the Health Benefits of Contraception

- Basic Problem Solving
- An Introduction to Natural Procreative Technology (NaProTechnology)
- An Introduction to a Case Management Approach to Teaching
- The Principles of Case Management
- Case Management Laboratory
- Basic Business Aspects and Marketing of FertilityCare Services
- Utilization of Forms for Record Keeping and Standardized Teaching
- Qualities of Being a Professional

> **SUPERVISED PRACTICUM I**

The program involves a faculty supervised **experience**, which is six months in duration and is to be completed at the new student's own home location. This structured experience develops basic teaching skills of the program:

- Presentation of the Introductory Session
- How to do a Follow-up
- The Techniques of Follow-up
- Use of Basic Organizational Tools
- Evaluation of Case Reports
- Presentation of the Picture Dictionary
- Teaching Observations
- Basic Case Management
- Case Management Evaluation

> **PRACTITIONER INTERNS ONLY** EDUCATION PHASE II *February 11-16, 2013*

This education phase is a **six-day total immersion format**, consisting of lecture, clinical group discussion and hands-on problem solving of the **advanced aspects** of teaching the Creighton Model FertilityCare System. Participants should be able to demonstrate knowledge and ability of the following:

- The Basic Presentation of Cases
- Natural Procreative Technology (NaProTechnology)
- Advanced Case Management I - Infertility
- Advanced Case Management II - Unusual Bleeding
- Advanced Case Management III - Management of Continuous Mucus Discharge
- Advanced Case Management IV - The Use of Yellow Stamps



- The Principles of Pregnancy Evaluation
- How to Conduct a Pregnancy Evaluation
- Basic Communication Skills
- How to Manage the Human Resources of a Creighton Model FertilityCare Center
- Basic Ethical Principles
- Management of Advanced Issues
- Advanced Case Management V - Difficult Cases
- Advanced Organizational Aspects
- Comprehensive Case Review

> SUPERVISED PRACTICUM II
PRACTITIONER INTERNS ONLY

This education experience is seven months in duration and is a supervised **clinical experience** at the Intern's home location. The clinical aspects of this supervised practicum are devoted to **learning advanced teaching skills** in:

- Advanced Chart Reading and Correcting
- Advanced Case Management
- Case Management Evaluation
- Conducting Pregnancy Evaluations
- Writing Goals and Objectives
- Writing Job Descriptions
- Completing Assignments on Advanced Case Management

In addition, this practicum includes an **On-Site Visit** by a member of the Creighton Model faculty and/or an Educator/Supervisor Intern. At the On-Site Visit the following will be reviewed:

- Introductory Session Critique and Review
- Follow-up Critique and Review
- Tour of Facilities
- Comprehensive Case Review



"Interaction with the other students was so special. Hearing people's stories, sharing their sorrows and joys made this a deeply moving experience."

Comment from Participant

At a Glance...POPE PAUL VI INSTITUTE

Students attending education phases in Omaha, Nebraska are able to tour the **Pope Paul VI Institute for the Study of Human Reproduction** facility...

The Institute is a 20,000-square-foot international research, education, medical, and service center with a staff of 24 full-and 36 part-time professionals and an annual budget of approximately \$1.1 million. The Institute's developments are the Creighton Model FertilityCare System (CrMS) and NaProTechnology. These provide healthy, moral solutions to issues in women's health care impacting the lives of thousands of women, couples, doctors, medical students, priests and babies every year on national and international levels. It is dedicated to continuing its founding mission of building a Culture of Life in women's health care through its current programs and services, which include:

- **National Center for Women's Health:**
Features patient care services, a state-of-the-art ultrasound center, and national hormone laboratory
- **Allied Health Education Program:**
Educates medical professionals and practitioners in the CrMS and NaProTechnology
- **Research Division:**
Develops cutting-edge approaches to reproductive health issues and investigates cures for infertility
- **Center for NaProEthics:**
Articulates the unity between faith, reason and true science
- **John Paul II Fellowship Program:**
Trains OB/GYNs in the medical and surgical applications of NaProNaProTechnology in affiliation with Creighton University School of Medicine
- **Seminary Course:**
Co-sponsors a course in marriage, the family, and human sexuality at three American seminaries—Kenrick-Glennon, Pontifical College Josephinum and St. Charles Borromeo
- **Summer Pre-medical Internship:**
Immerses pre-medical students in the Institute's cutting-edge research



> FINAL CERTIFICATE EXAMINATION

All students enrolled in the Practitioner, Instructor and Medical Consultant Programs are required to take a criterion referenced, professionally administered final certificate examination. The **Practitioner** certificate examination is given in **November**, the **Instructor** exam is given in **May**, and the **Medical Consultant** examination is given on the **last day** of the **second education phase** in February.

> APPLICANT ELIGIBILITY

The Pope Paul VI Institute Allied Health Education Department welcomes applications from individuals or couples with **strong motivation and commitment** to the **very highest quality educational services** in natural family planning.

MEDICAL CONSULTANTS:

1. Medical physician with current license

PRACTITIONERS (BY INVITATION ONLY):

1. Registered nurse with current license
2. Allied health professional with a BA or BS degree in:
 - a. Health or basic sciences
 - b. Behavioral sciences
 - c. Social sciences
 - d. Education
 - e. Other non-health fields are individually recognized
3. Associate degree/diploma such as:
 - a. Licensed Practical Nurse
 - b. Human Services Practitioner
 - c. Or, the equivalent of two years of college study

Further eligibility criterion requires that the applicant(s) *do not prescribe or refer for contraceptives, do not perform or refer for sterilization or abortion, do not perform or refer for any of the*

“Professional, enthusiastic, and convicted are the words I would use to describe this outstanding group of people. I am motivated to be like them.”



artificial technologies, practice (use) natural family planning or, if single and celibate, monitor their natural fertility and be a **philosophical acceptor** of natural family planning. This program recognizes that human sexuality is a function of the whole person and not just a function of its parts. It further recognizes the scriptural notation that we are “created in the image and likeness of God” and that such a philosophical principle ultimately dictates the approach to the human person that will come under the care of a *FertilityCare* professional.

By applying for the Pope Paul VI Institute’s medical consultant program, all applicants understand the medical consultant course teaching, teaching materials, and examinations will be available only in English.

> CREIGHTON MODEL FERTILITYCARE SYSTEM EDUCATOR PROGRAM — BY INVITATION ONLY

EDUCATION PHASE I September 8-15, 2012
EDUCATION PHASE II February 7-16, 2013

This 13-month program is **the most advanced allied health program** available in fertility care. It is available **only** to *FertilityCare* Practitioners with at least one year of teaching experience and who are certified as a Practitioner (or in the process of being certified) by the American Academy of *FertilityCare* Professionals (AAFCP). The individual must have a Bachelor’s Degree or be a Registered Nurse. Some focus areas of this program include: **developing and implementing a Creighton Model Education Program that meets the standards of the AAFCP; and serving as faculty on an established education program.** This program has two education phases, two supervised practica and an On-Site Visit. Contact the Pope Paul VI Institute Allied Health Education Department for more details on the curriculum content of this program.

“I met such a variety of people from all over the USA and abroad. As I spoke to many of these people, I am encouraged for the future and for families.”

Comments from Participants



> **JOINT SPONSORSHIP AND CERTIFICATES**

Pope Paul VI Institute FertilityCare Allied Health Education Programs are jointly sponsored by the **Creighton University School of Medicine, Division of Continuing Medical Education** and the **Pope Paul VI Institute for the Study of Human Reproduction**. Upon satisfactory completion of course requirements, a certificate will be issued and signed by the **President of Creighton University, the Vice President for Health Sciences and the Director of the Pope Paul VI Institute**.

> **AMERICAN ACADEMY OF FERTILITYCARE PROFESSIONALS ACCREDITATION**

Pope Paul VI Institute FertilityCare Allied Health Education Programs are accredited by the **American Academy of FertilityCare Professionals (AAFCP)**. The education programs provide students the appropriate educational background to become eligible for the certification procedures of the AAFCP.



Pictured, left to right:
Susan K. Hilgers
Thomas W. Hilgers, MD
Ann M. Prebil
K. Diane Daly

> **FACULTY**

Thomas W. Hilgers, M.D., CFCE, CFCMC: Director, Certificate Programs for Creighton Model Allied Health Education Programs. Director, Pope Paul VI Institute for the Study of Human Reproduction, Clinical Professor, Department of Obstetrics and Gynecology, Creighton University School of Medicine, Omaha, Nebraska. Co-developer of the Creighton Model System and developer of NaProTechnology.

Phil C. Boyle, MICCP, MRCGP, CFCMC: Founder and director, Galway NaProTechnology Clinic, Galway, Ireland. Certified FertilityCare medical consultant and contributor to *The Medical & Surgical Practice of NaProTechnology*. Director, FertilityCare Centers of Europe; member, FertilityCare Centers International.

K. Diane Daly, RN, CFCE: Supervisor, Mercy Hospital Department of FertilityCare Services; Director, Office of NFP, Archdiocese of St. Louis, St. Louis, Missouri. Co-developer of the Creighton Model System.

Susan K. Hilgers, BA, CFCE: Faculty Member, Pope Paul VI Institute for the Study of Human Reproduction, Omaha, Nebraska. Co-developer of the Creighton Model System.

Margaret Howard, MAM, CFCE: Director, FertilityCare Education Limited, Omaha, Nebraska.

Ann M. Prebil, RN, BSN, CFCE: Supervisor, Mercy Hospital Department of FertilityCare Services, St. Louis, Missouri. Co-developer of the Creighton Model System.

Kathy Rivet, BS, CFCE: Director, Marguerite d'Youville FertilityCare Practitioner Program, Manchester, New Hampshire.

The Reverend Jarosław Szymczak, PhD: Fr. Szymczak is of the Faculty for Studies on the Family, in Lomianki-Warsaw, Poland, at Cardinal Stefan Wyszyński University. He is a consecrated priest of the Secular Institute of Consecrated Life Holy Family.

Phyllis A. White, BA, CFCE: Director, FertilityCare Center of Kansas City Teacher Education Program, Blue Springs, Missouri.

> TUITION

All tuition costs must be paid upon entry into the program or according to the tuition payment schedule provided by the program. The following **tuition** has been established for each program:

- **Natural Family Planning Medical Consultant** \$2,300.00
- **FertilityCare Practitioner** \$3,420.00
- **FertilityCare Educator** \$3,650.00
- **Medical Consultant Auditor** \$2,000.00

> TEXTBOOK FEES

Required textbooks and client teaching supplies are purchased from Pope Paul VI Institute Publications and are subject to shipping charges and/or Nebraska sales tax. Fees for required textbooks vary depending upon the education program.

All programs require *Anatomy and Physiology: A Primer for the FertilityCare Professional*. The **Medical Consultant** and **Educator programs** require *The Medical and Surgical Practice of NaProTechnology*. The Educator program also require current versions of Book I and Book II. If these have already been purchased, a reduction in textbook fees may be considered.

- **Natural Family Planning Medical Consultant** \$675.00
- **FertilityCare Practitioner** \$300.00 ♦
- **FertilityCare Educator** \$740.00 ♦
- **Medical Consultant Auditor** \$500.00

♦ These programs require the purchase of client teaching materials. Cost of client teaching materials varies depending upon whether or not the student is providing Creighton Model FertilityCare Services within the confines of an existing center that is affiliated with FertilityCare Centers of America and of Europe. If beginning an independent center, the approximate cost of client materials, in order to meet the requirements necessary for program completion, is \$450.50. It should be noted that initial outlay of expenses for these supplies may be reimbursable from client fees.

Current materials distribution procedures take into account the need to provide the most cost effective means possible to

minimize the additional costs of shipping and/or sales tax for students. International students should expect to pay higher shipping costs.

Educator On-Site Visit: In-country travel and room and board for the Educator will be the responsibility of the Educator Intern.
Practitioner On-Site Visit: In-country travel and room and board for the Educator Intern will be the responsibility of the Practitioner Intern.

> LOCATION

This class will be held in Łomianki, Poland, a town in Warsaw West County. Travel arrangements are the responsibility of the participating students.



"Each of the delicate considerations of our needs were greatly appreciated such as the student lounge, facility, meals, etc."

Comment from Participant

> ROOM, BOARD, AND CLASSROOM FEES

Upon acceptance into the program (and by June 1, 2012) participants will receive a mailing of local area lodgings that will be providing accommodations for the Pope Paul VI Institute FertilityCare Allied Health Education programs. In addition, participants will receive information on area restaurants, places of worship, and attractions.

Any additional fees for parking or facility use will be determined and communicated at that time.



“Despite the hours, I felt I had (almost) a week-long retreat. Institute tour was awe-inspiring and inspirational (and motivational); as well as a concrete example of how God ‘follows-up’ on acts of faith. The faculty were all very caring, helpful, knowledgeable, patient — excellent role models!”

Comment from Participant

> FINANCIAL AID

The Pope Paul VI Institute has limited ability to provide financial assistance. A resource guide for funding suggestions has been developed for students.

Medical Military applicants may qualify for funding through the Military. Contact your Military’s Education Service Office.

Archbishop Daniel E. Sheehan Scholarship Fund

Named for the late archbishop of Omaha, these are tuition scholarships only and do not apply to the materials fee, room and board or On-Site Visit expenses. This scholarship fund can assist some students with up to 50% tuition reduction. For the most part, these scholarship funds are restricted to the State of Nebraska.

Pope Paul VI Institute Scholarship Fund

These are tuition scholarships only and do not apply to the materials fee, room and board expenses or On-Site Visit expenses. These can assist students with tuition reduction in variable amounts and are not restricted by geography.

Nancy Botkin Memorial Scholarship

These are tuition scholarships only and are restricted to students in the FertilityCare Educator program.

“A worthwhile investment in my future and the future of all those whose lives will be forever changed physically, emotionally, mentally and spiritually by this incredible work.”

Comment from Participant



> APPLICATION, DEPOSIT, AND DEADLINES

If interested in one of the programs, request an application from the Pope Paul VI Institute FertilityCare Allied Health Education Office.

Class size is limited. We recommend that applications be submitted before July 1, 2012. This will allow the needed time to process your application, arrange for payment, receive needed materials, and begin studying in preparation for your education phase experience.

Upon acceptance into the program, a \$250 tuition deposit is required immediately to secure your enrollment in the class. An advance packet of books and materials will be shipped directly to the student once the tuition deposit is received.

WRITE, CALL, FAX OR E-MAIL FOR COURSE APPLICATION

Pope Paul VI Institute FertilityCare Allied Health Education Office

**6901 Mercy Road
Omaha, NE 68106**

PHONE: (402) 390-9168

FAX: (402) 390-9851

INTERNET: www.popepaulvi.com

E-MAIL: education@popepaulvi.com