

## Natural Family Planning with Sensiplan



Sensiplan Teacher Training  
Portugal 2024

### Dates

Course block 25. Nov. – 01. Dec. 2024

### Course schedule

Monday	3:00 pm until 9:00 pm
Tuesday to Friday	9:00 am until 5:00 pm
Saturday	10:00 am until 3:00 pm
Sunday	Written exam

Self-paced studies in the evenings

### Advanced training online

14./15. March 2025

**COURSE LANGUAGE ENGLISH!**

### Course Instructors

Dr. Ursula Sottong  
Petra Klann-Heinen

### Training Location

Vilar Porto Hotel  
(<https://casa-de-vilar.hotels-porto-pt.com/en/#main>)  
Rua Arcediogo Van Zeller, 50, Porto, Portugal

### Participation fees

The course fees amount to € 1.600,00 incl. materials. Following your registration you will receive an invoice. Participation is only after receipt of the course fees secured. Please note the payment deadline. If the required number of 15 participants is not reached, we reserve the right to cancel the course; in this case we will refund the course fee. It is possible to stay overnight in the conference center on your own account. If you are interested, please get in touch with the venue.

### Further Information

Malteser Arbeitsgruppe NFP  
Kontakt: [nfp@malteser.org](mailto:nfp@malteser.org)  
Tel.: 0221-9822-4927

### Bank Details

**Bank für Sozialwirtschaft**  
BIC: BFSWDE33XXX

## Sensiplan

Sensiplan stands for the symptothermal method of Malteser Arbeitsgruppe NFP. It is a modern, safe and natural form of family planning in which a woman can observe her physical signs of fertility that typically change in the course of the menstrual cycle. Sensiplan can be used to effectively achieve or avoid pregnancy, based on the woman's and couple's individual needs:

## Goal

The trainees of this Teacher Training Course will be enabled to teach Sensiplan to interested women and couples.

## Content

- Anatomy and physiology
- Fertility and the menstrual cycle
- Sensiplan in normal and special circumstances like after the use of hormonal contraceptives, during menopause and breastfeeding
- Training on the charts
- Educational and psychological aspects of teaching

## Target Group

This Teacher Training Course refers to interested persons incl. doctors, midwives, nurses, social workers and others who would like to teach Sensiplan.

## Preconditions

1. Self-practice of Sensiplan
2. Participation in an introduction course prior to the training course (please contact us if you need help to find a Sensiplan teacher)
3. At least three observed menstrual cycles preceding the beginning of the course
4. Profound knowledge of the book "Natural and safe" and the associated workbook (which can be purchased using the links indicated in the cover letter or from any other source that provides the original books)

## The Schedule

The training is divided into one block (6 days) in presence from November, 25<sup>th</sup> until December, 1<sup>st</sup> 2024 and one additional weekend online. The written exam will be at the end of the first course block on December, 1<sup>st</sup> 2024. Passing this examination is the precondition for starting with the practical training. The practical training takes approximately six months in which the trainee has to introduce Sensiplan to three women or couples.

The oral exam will be online, approx. 6 months after the written exam (dates will follow). After passing the oral exam the Malteser Arbeitsgruppe NFP will issue a certificate which documents the successful conclusion of the Sensiplan Teacher Training Course.

## Registration

Participation in the Sensiplan Teacher Training in Portugal 2024

Herewith I bindingly register to the Teacher Training Course.

Title, last name, first name

Street | House Number

Postal Code | City

Occupation | Education

Date of birth

Telephone | EMail

I have participated in an induction course:

yes  no

If yes, name of the NFP Teacher

Our general terms and conditions are binding, you will find them at:

<https://www.sensiplan.de/storage/media/documents/384/agbs-englisch.pdf>

I accept the general conditions of participation.

I have read the cancellation policy.

I accept the training regulations: [Training Plan for NFP Counsellors](#)

Date, signature

Written registration is requested by 01.10.2024 at the latest.

In the case of absence of a lecturer, if the number of participants is too small or because of unforeseen events we reserve the right to cancel the training at short notice.