



**Malteser**

*...weil Nähe zählt.*

# Guidelines for Sensiplan teachers

Arbeitsgruppe NFP

## The five pillars

The safety of the symptothermal family planning method SENSIPLAN, to which the S2K guidelines (January 2024) and the safety specifications refer, is based on five pillars:

- The rules of Arbeitsgruppe NFP, published in the Handbook „Natural and Safe“ and in the accompanying „Workbook“.
- The standardized training of Sensiplan teachers. This is described in the training plan.
- The personal introduction of women and couples to the SENSIPLAN method by a certified teacher according to the didactics described in „Introduction to the safe use of Sensiplan“ and the standardized materials. The introduction takes place as individual counseling or in a group (max. 4 women/couples)
- Mandatory further training every two years for quality control and
- at least one consultation per year

Deviations from these specifications mean that the high level of safety of Sensiplan is not guaranteed and therefore are not allowed to be declared as Sensiplan.

*In this case, the women and couples must be informed.*

## Training Period

Women and men who are training to become SENSIPLAN teachers may only introduce women and couples to the SENSIPLAN method free of charge and under supervision after passing the written examination. A total of 3 women or couples may be counseled, the so-called internship phase takes place according to a schedule and is described in the training regulations and in the „Introduction to the safe use of Sensiplan“.

*Further consultations are only possible after completion of the training and receipt of the certificate.*

## Certificate Sensiplan Consultant

The validity of the certificate is linked to:

- regular training: participation in training offered by AG NFP over a period of two years, regular counseling of women and couples (at least one counseling session per year) and annual feedback on counseling activities to AG NFP (annual survey)
- counseling sessions as individual or couple counseling or in a small group (maximum of four women/couples) over the course of approx. three cycles according to the procedure described in „Introduction to the safe use of Sensiplan“
- Connection of the advisory activity to a regional group, if available
- Discussion of special consultation situations with the regional group or with medical staff of AG NFP

*Offers to potential clients that advertise the efficacy of the SENSIPLAN method or refer to the SENSIPLAN trademark that do not comply with the above guidelines will be penalized by AG NFP. This can lead to the withdrawal of recognition as a SENSIPLAN teacher.*

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