

DEVELOPMENT OF NATURAL FAMILY PLANNING
BENEFITS OF BILLINGS OVULATION METHOD®
SCIENTIFIC BACKGROUND
ANATOMY AND PHYSIOLOGY

Study Notes

Session 1

You have been sent literature for this course along with a USB Pen Drive which has PowerPoint Shows, or a WeTransfer link with all the resources, which will assist you in understanding the concepts offered in the Course. To complete the assessments for each session it will be necessary for you to read this literature.

The literature you received is the authentic literature on the Billings Ovulation Method® and will be valuable in your teaching as a resource as well as an important reference whenever you need to gain further insights. Please keep these resources, the text books and the session papers, as well as the official answer sheets for each session, because they will provide continued points of reference for your whole life as a Billings Ovulation Method® teacher.

We recommend that you read the books as soon as you can. In each session you will also be referred to chapters or pages of the different books to assist you to understand the concept you will be studying in that session. We recommend you read this before you begin your assessments. In addition, there will be some extra papers in each session which also must be read. To assist you visually, the PowerPoint Shows listed for each session will give you insights into the concepts studied and will give you a better understanding of the importance of an accurate charted record and how the woman's observations reflect the cervical response to the ovarian hormones.

For this session please read:

SESSION PAPERS:

Development of NFP	1.02
Benefits of Billings Ovulation Method®	1.03
Scientific Validation	1.04
Physiology of a Cycle	1.05
Summary of Mucus Types	1.06
Male Anatomy	1.07
Glossary	1.08
Index	1.09

SESSION READING:

The Billings Method Book	Chapters 1 & 2
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EXTRA READING:

Teaching the Billings Ovulation Method® Part 1
Understanding Couple Fertility
Studies on Human Reproduction

POWERPOINT SHOWS:

- Session 1
- 1. Animation: The Menstrual Cycle**
 - 2. Billings Ovulation Method® Narrated Autoshow**
 - 3. Scientific Validation of the Billings Ovulation Method®**

Session 1 will give you the background information you require to participate in this Correspondence Course.

The Billings Ovulation Method® was first developed in 1953 when Dr John Billings responded to a request to help couples with a natural method of fertility regulation. He was joined in his efforts by his wife Dr Evelyn Billings and the Rules of the Billings Ovulation Method® were clearly established. They were later joined in their work by two eminent scientists, Professor James B Brown of Melbourne and Professor Erik Odeblad of Sweden. Since that time much research has gone into discovering the correlation between the woman's signs and symptoms of fertility and the science which validates it. The paper on the development of the Billings Ovulation Method® will give you some more detail about these beginnings and subsequent developments.

The Billings Ovulation Method® is based on the premise that it is a co-operative method involving a sharing of the responsibility between the couple. Knowledge of fertility allows the couple to make decisions to achieve the family size that they alone judge appropriate for their family circumstances and this knowledge enables them to achieve or avoid pregnancy as their life unfolds. The Billings Ovulation Method® is a way of life, not just a birth control method. It can bring a richness to the love of the couple which flows on to their children and to society. The paper on the benefits of the Billings Ovulation Method® will give insights on the very real value that the philosophy of love and life brings into our lives and the lives of those we teach.

The Scientific Background and Anatomy and Physiology are important papers that you should refer to throughout your course. They give an understanding of the science relating to fertility as we now know it and why the Billings Ovulation Method® is a scientifically validated and reliable method of natural fertility regulation.

The work of Professor James B Brown on ovarian hormones and Professor Erik Odeblad on the functioning of the woman's cervix and its role in fertility will be studied throughout the course and as you progress your understanding of the normal functioning of the hormones of the ovarian cycle and the role of the cervix in fertility will help you to interpret all charts you will study.

We have provided a Glossary of terms you will see used throughout the course. There is also an Index of all the papers you will receive during the course. We suggest you keep these on hand – either print them out or keep them on your desktop, so that you can refer to them when necessary.

All the literature you have received will prove invaluable to you as you go through this course and particularly when you begin to teach. We have provided you with extra reading for each session which will highlight chapters or pages of the books so that you can know where to access information you are learning in each session. We ask that you spend some time reading all the books, going back to the various pages or chapters referred to, so that you can reinforce your learning as you expand your knowledge.

Remember you will learn as you go along. If the scientific papers are not clear to you now, do not be concerned, they will become clearer as you progress through this course.

Session 1 has more background reading than the remaining sessions of the Course and has only one written assessment. Other sessions you will be asked to complete a questionnaire worksheet and also charts which will be reinforcing the concepts covered in the session.

Read the enclosed Papers and recommended reading and watch the PowerPoints from the USB Pen Drive/download you have received. These presentations will go through a

demonstration of the topic covered in each session. They will give you a visual appreciation of the topic and assist you to complete the exercises. Then complete the Worksheet in Word format.

It would be valuable to watch these PowerPoints again from time to time even when you have completed the Session to which they refer as much of the information will be relevant throughout the entire course.

When you have finished your assignments for this session please complete the Study Return Sheet and Personal Learning Objectives and return them for correction to your tutor by email. Once you have completed the assessment exercises satisfactorily, your Tutor will send you the official answer sheets. The official answers may be much more detailed than your answers. It is a vital part of your learning for you study the answer sheets to increase your knowledge and help you make more sense of the course.

Remember to put your name on all material to be returned. Please complete the Worksheet in the Word format – don't send through PDF or jpeg copies of the answers as the Tutor will not be able to make corrections. To be able to save your work you will have to rename the file. Please add your initials to the file name, e.g. 2.12 Normal Cycles Worksheet A.B.C.

Return of all assignments is required within a month of receipt of this session.

LEARNING OUTCOMES - SESSION 1

Through reading, course participants will be able to:

- Describe why the Billings Ovulation Method® is a co-operative method in which the couple share responsibility for fertility regulation;
- Identify the benefits to the family and society of natural fertility regulation;
- Identify the six requirements for couple fertility;
- Explain the role of the cervix and its various secretions as an essential ingredient of fertility of the woman and how it determines sperm survival;
- Explain the normal functioning of the ovarian hormones throughout the ovulatory fertile cycle and the life span of the ovum.

As explained in the covering letter you received when enquiring about the training, we offer the option of teaching you to chart your own cycles as a way to enhance your learning. A blank Excel chart and Personal Record Chart notes have been included in your session 1 reading. If you are able to take up the option, read the notes, chart for 2 weeks with abstinence and send the chart to your Tutor.