

Billings Ovulation Method® Teacher Training Extension Program

Rome, 30/04/2023 – 3/05/2023

Sunday 30th April, from 9:00am to 4:30pm

INTRODUCTION

Aims and Objectives

SECTION 1 – Science and Billings Ovulation Method® Review

SESSION 1 – Review of the Science

Correlation of the Science

Ovarian and Pituitary Hormones throughout the normal fertile cycle

Review of the Cervix

The ovarian hormones and the cervix working in perfect harmony

Patterns of secretion of the various mucus types

SESSION 2 – Review of the Billings Ovulation Method® Chart

Part A – Average length cycle

dry BIP – charting/hormones/Rules

BIP of discharge – charting/hormones/Rules

Part B – Delayed Ovulation

Combined BIP – charting/hormones/Rules

Part C – Different types of bleeding

Part D – Natural Indicators of Ovulation

SECTION 2 – Asking the Right Question

SESSION 3 – The Challenging Chart

Part A – The Challenging Chart - PowerPoint

Woman's Anxiety and Bad Habits – charting exercises

Part B – Cleaning up the Chart – worksheet

Tips to Remember

Part C – Role Play – how the woman's answers can change your perception of the chart

Monday 1st May, from 9:00am to 4:30pm

SECTION 3 – The Continuum of Ovarian Activity

SESSION 4 – Types of Ovarian Activity

Part A – Physiology of a Cycle

Part B – Cycle Variants: The Continuum of Ovarian activity - PowerPoint Presentation

SESSION 5 – Charting demonstrations of Cycle Variants of the Continuum

Part A – Changes in the cervical crypts as the woman ages

Part B – Menarche

Part C – Menopause – worksheet and discussion

Part D – Post hormonal contraception

Part E – Breastfeeding – worksheet and discussion

Tuesday 2nd May, from 9:00am to 7:00pm

SECTION 4 – DIAGNOSTIC BENEFITS OF THE BILLINGS OVULATION METHOD®

SESSION 6 – What is the chart telling you?

Part A – Charting Exercise

Part B – Every Chart Tells a Story PowerPoint Presentation

Part C – Case Studies

SESSION 7 – Reproductive Health Review

Part A – Chart examples and discussions

Part B – Slide Rule demonstration and practice

SECTION 5 – ASSESSMENT

Wednesday 3rd May, from 1:00am to 4:00pm

Assessment correction and discussion

Question and Answers

TRAINERS

GILLIAN BARKER, WOOMB International Director, Australia

BERNADETTE DAVIES, WOOMB International Director, Australia

The BOM® Teacher Training Extension Program is addressed to BOM® Senior Teachers

VENUE

Catholic University of the Sacred Heart, Largo F. Vito, 1 Roma

Segreteria Organizzativa

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