

INTRODUCTION to the **SYMPTO-THERMAL METHOD** of Natural Family Planning (STM)

A healthy, highly effective (99.6%)

and empowering way to manage your fertility

Human Reproduction 2007 – P. Frank-Herrmann et al.

The Australian Council of Natural Family Planning Incorporated is the peak body in Australia responsible for training and accreditation of Natural Family Planning and Family Life Educators in the Sympto-Thermal Method of Natural Family Planning (STM). It is a national, non-government organisation which is endorsed by the Australian Catholic Bishops Conference.

About the Course

This is an online semester-based course that is designed to introduce students to the Sympto-Thermal Method of Natural Family Planning and fertility awareness.

This introductory course is Part 1 (of 4) of the Australian Council of Natural Family Planning's accreditation process in becoming an NFP or FLE educator.

The Introduction to the STM course is the elementary module to becoming an NFP educator or a non-clinical Family Life Educator (FLE).

To complete this course, students must submit all online activities within 6 -12 months from the course commencement date.





Students will:

1. Be introduced to the anatomy and physiology of the human reproductive system and the scientifically proven foundations of the fertility indicators in a normal cycle.
2. Learn the scientifically proven effectiveness of STM
3. Learn how to chart the naturally occurring indicators of fertility.
4. Learn how to interpret the fertility indicators to avoid or achieve a pregnancy.
5. Learn various options of graded effectiveness.
6. Be able to demonstrate an understanding of the Church's Teaching on family planning.

Pathway to accreditation

Following the successful completion of this course, students willing to progress to becoming fully accredited in the Sympto-Thermal Method will be attached to one of our centres to complete Parts 2-4, depending on suitability.

Successful completion of both practical and theoretical assignments is necessary to be eligible for accreditation as an NFP &/or a Family Life Educator.

How to enrol & enquiries

Chair of Training

Ph: 1800 114 010

E: acnfptrain@gmail.com

Cost

The Introduction to the Sympto-Thermal Method course is \$450.

Students may withdraw from the course without penalty within 3 weeks of the commencement date.

Testimonials

"This training provides scientifically-based information on a highly effective natural method of family planning. It will excite, empower and enrich those wishing to educate themselves and others in the Sympto-Thermal method."

Now the course is online, people will be able to pace themselves with the online module. I wish it was available in the 1990s when I trained as an NFP Educator."

Noelle Melrose
NFS Co-ordinator,
Rockhampton

"It is so exciting to have this course available online! The course, which is run by The Broken Bay Institute, will make training accessible anywhere in Australia, and smaller Centres will be able to participate without the expense and inconvenience of travelling interstate."

Alison Fleming
NFS, South Australia.

Disclaimer: This Introductory program does not accredit students as an STM educator.



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