

Teacher Training Overview

The Training Program involves self-study and mentor couples who will meet in-person or by video conference at regularly scheduled intervals. The program is divided into three steps so you can start gaining presentation and teaching experience while you are completing your training.

Step 1 - Promoting Natural Family Planning (NFP)

These topics will prepare you to promote NFP in a variety of settings. (e.g. marriage preparation courses, health care facilities, etc.)

- Introduction to Serena & Teacher Training
- Promotion of Natural Family Planning
- Reproductive Anatomy & Physiology
- Family Planning Methods & Effectiveness

At the end of this stage you will be asked to demonstrate your knowledge and abilities by completing the **Theory Exam Part 1** and making an **NFP promotional presentation**.

Step 2 - Teaching the Symptothermal Method (STM)

These topics will prepare you to teach the Symptothermal Method of NFP as taught by Serena to clients who wish to avoid or achieve a pregnancy. It will also give you the skills to interpret charts using the basic and exception rules of the method.

- STM – Signs
- STM – Charting & Interpretation
- STM – Achieving pregnancy & Coming off hormonal contraceptives
- Teaching the STM
- Providing Follow-ups & Mentoring Users

At the end of this stage you will be asked to demonstrate your knowledge and abilities by completing the **Theory Exam Part 2**, **Chart Exam Part 1** and your first **Teaching & Follow-up Sessions**.

Step 3 - Teaching the STM – Advanced Topics

These topics will prepare you to teach the Symptothermal Method of NFP for use in special situations such as after childbirth and during perimenopause. They will also prepare you to interpret more complex charts.

- Return of Fertility After Childbirth
- STM - Perimenopause
- Reproductive Health – Maintaining Good Health & Health Issues

At the end of this stage you will be asked to demonstrate your knowledge and abilities by completing **The Chart Exam Part 2**.

By the end of the Teacher Training Program you will have read *In Tune With Your Fertility* and more detailed supporting documents, received training and mentorship from Serena teachers, completed the Serena Teacher Theory and Chart exams, presented an NFP promotional presentation and completed your first teaching and follow up sessions.