



**natural  
fertility**

te whakato kakano tuturu

**NZ**  
aotearoa

**NFNZ Accredited Fertility Educator  
Training Programme Guide**

**Certificate and Diploma of Fertility Education  
and Reproductive Health**

**2021-2022**

## Introduction

Natural Fertility NZ (NFNZ) is a non-profit organisation, that trains and equips educators to teach evidenced based fertility awareness based methods to individuals and couples, in particular:

- The sympto-thermal method (STM)
- Advanced guidelines for STM
- The lactational amenorrhea method (LAM) & fertility while breastfeeding

Educators are also prepared to present Continuing Medical Education (CME) to GP's, Midwives and Nurses, and to present community education sessions.

NFNZ supports its Accredited Educators through continued access to senior educators, monthly educator online meetings for chart discussion, facebook group for general discussion, and a number of grants (the details of the grants are made available after the organisation has secured their funding for the year - usually in January).

The full programme is taught over 24 months, which is divided into a Certificate & Diploma. You will start by obtaining the Certificate in the 1st year, and then if you choose to do so, the Diploma in the second semester of the 2nd year. *The Diploma is not compulsory, and can be completed at any time when there is an intake (every 2nd year). Some educators choose to wait a couple of years to build up their experience first.*

### Delivery of the NFNZ Programme for 2020 - 2022

<b>Certificate</b>	<b>Semester 1, 2021</b> <ul style="list-style-type: none"><li>- Online theory</li><li>- 4 day practicum CHCH</li><li>- Supervised practice</li></ul>	<b>Semester 2, 2021</b> <ul style="list-style-type: none"><li>- Online theory</li><li>- 4 day practicum CHCH</li><li>- Supervised practice</li></ul>
<b>Diploma (optional)</b>		<b>Semester 2, 2022</b> <ul style="list-style-type: none"><li>- Online theory</li><li>- 2 day online practicum</li></ul>

While this programme is not NZQA accredited (not eligible for a Studylink student loan), it is highly respected, with NFNZ Educators registered to provide CME sessions for GP's, Midwives and Nurses.

**Upon successful completion of the Programme, you will be awarded the 'Certificate in Fertility Education and Reproductive Health' and offered membership to NZNZ. While a member, you will be recognised as a NFNZ Accredited Educator and can access the many benefits of membership. This will help you as you begin your Fertility education business or add this knowledge to your current businesses services.**

Please read the rest of this document for further information regarding the application process, study requirements, important dates, and programme details. If you have any questions regarding this information, then please do not hesitate to contact Roshanne, at [admin@naturalfertility.co.nz](mailto:admin@naturalfertility.co.nz).

**When you are ready to apply, please click this link for the application form:**

<https://forms.gle/A8DkjauJGEwMUXhFA>

## Application Details

### Requirements and Preferred Skills

- Preferred entry to those with a primary health qualification (degree) such as: nursing, medicine, midwifery, doctor; qualification in complementary health disciplines such as: homeopathy, naturopathy, medical herbalist.
- For those without a formal health qualification – experience in teaching and/or working in the community with community groups, women, schools.
- Experience in business or current clinical practice and/or a drive to market yourself and your services after you have completed the programme.
- Literacy and study skills to support independent learning are a must. You will need to be competent using email, word processing programs, online learning platforms and have easy access to a computer with internet access to course content and to complete assignments.

### Personal Attributes and Expectations of NFNZ Educators

NFNZ Educators work with clients who may be dealing with grief and significant challenges such as infertility or miscarriage. NFNZ requires Educators to show empathy and professionalism and as such expect a very high standard of behaviour and decorum from student's. Educators must also foster an attitude of equality, diversity, and cultural safety - respecting the Treaty of Waitangi and Maori health, and all relevant legislation.

You will be required to behave in a manner that the health consumer, other students and teachers determine as being culturally safe, respectful and to demonstrate the ability to apply the principles of the Treaty of Waitangi/Te Tiriti O Waitangi to your supervised practice component - which will be a reflection of your future practice.

## Certificate - 2021

### Fees

The fee for the Certificate is \$4855.00, A further 10% is deducted to all early bird applications received by August 31st. The 10% non refundable deposit must be paid within one week of being accepted into the programme. Upon acceptance the student T&C's will be sent to you, please read and sign these, provide photo ID, and pay the deposit to secure your place. And the remainder is payable in full, 6 weeks prior to the programme commencing.

Additional costs may include:

- Food, accommodation, airfares, and transfers to attend the two practicums in Christchurch
- Phone calls to your Course Facilitator and/or the National Clinical Supervisor
- Photocopying costs of assignments as we always recommend that you keep a copy
- Costs relating to the development of your own teaching resources.
- Costs relating to resits of assignments and assessments

### Study hours & Contact time

You can expect to spend 10-20 hours per/week studying during each semester. It must be noted that this is an estimate depending on your study experience, you may need more or less time to complete the weekly theory and the assignments.

Semester 1, 2021		Semester 2, 2021	
Theory, Quizzes & Discussion (online)	100	Theory, Quizzes & Discussion (online)	100
Assignments x 2	20	Assignments x 2	20
Online Meetings x 3	4	Online Meetings x 2	4
4 Day Practicum	36	4 Day Practicum	36
Supervised Practice	10	Supervised Practice	10
<b>Total Hours</b>	<b>170</b>	<b>Total Hours</b>	<b>170</b>

### Teaching Locations

The theory component of the course is delivered using an online learning platform, where you will be able to access learning material, quizzes, communicate with trainers, and hand in assignments. All quizzes and assignments must be submitted by the due date. Quizzes/discussions are due weekly.

Online Meetings will be held using an online meeting platform, attendance at these will enhance your learning - all students are expected to take part.

The 4 Day Intensive Practicums (x2) will be held at the Christchurch Community house in Christchurch. You will participate in role play, chart interpretation and a formal assessment on day

4. Please note the 'face to face' Practicums are a compulsory part of the training programme and must be attended in full to successfully complete the programme. **Under no circumstances will any student be allowed to attend any practicum unless ALL assignments including any remedial work is completed, marked and passed.**

The Supervised Practice component is completed after each practicum. It involves recording your appointments with a client, and submitting their charts, recordings and report for the Clinical Supervisor to Review.

## Important Dates

\*Online Meeting Dates are still to be confirmed.

Item	Date
<b>SEMESTER 1 STARTS</b> (access to theory, assignments, quizzes)	22nd February 2021
Online Meeting with Trainers & other Students Topic - Q&A, Introductions, Orientation	16th March, 7pm
Online Meeting with Trainers & other Students Topic - Q&A, Chart interpretation	13th April 7pm
Assignment 1 Due	9th May
Online Meeting with Trainers & other Students Topic - Q&A, Chart interpretation	25 May 7pm
Assignment 2 Due	30th May
<b>PRACTICUM 1</b>	11th - 14th June
Start Supervised Practice	15th June
<b>SEMESTER 2 STARTS</b> (access to theory, assignments, quizzes)	28th June
Online Meeting with Trainers & other Students Topic - Q&A, Education sessions	7th July 7pm
Online Meeting with Trainers & other Students Topic - Q&A, Chart interpretation	20th July 7pm
Assignment 3 Due	15th August
<b>PRACTICUM 2</b>	10 - 13th September
Assignment 4 Due	3rd October
Time to work on Supervised Practice	14th September to 11th December
<b>FINAL DAY FOR SP SUBMISSIONS</b>	12th December

## Programme - Topic and Assessment Overview

YEAR 1 - Certificate			
Semester 1		Semester 2	
<b>Sympto-thermal method 1</b> - Intro to FAM, history and methods - Sympto-thermal intro - To Conceive Clients	<b>Online</b> <i>Assignment 1 (chart interp.)</i>  <i>Discussion exercise x 2</i>  <i>Quizzes x 3</i>	<b>Sympto-thermal method 2</b> - Sympto-thermal guidelines - For avoiding conception - Unplanned pregnancies - Post hormonal birth control	<b>Online</b> <i>Assignment 3 (chart interp.)</i>  <i>Discussion exercise x 2</i>  <i>Quizzes x 3</i>
<b>Reproductive Health</b> - Anatomy & Physiology - Pathophysiology - Sexual Health - Infertility - Contraceptive methods - Preconception healthcare - Scope of practice, referrals	<b>Online</b> <i>Assignment 2 (special topic)</i>  <i>Quizzes x 3</i>  <i>Discussion exercise x 2</i>	<b>Education</b> - Community education session - Presenting CME's	<b>Online</b>  2 x compulsory Activities
<b>Clinical Practice 1</b> - 4 day intensive block course - Supervised practice	<b>Onsite</b> 2 x Practical Assessments	<b>Clinical Practice 2</b> - 4 day intensive block course - Supervised practice	<b>Onsite</b> 2 x Practical Assessments
<b>Professional Practice 1</b> - Legislation - Clinic administration - Review of the research - Creating clinic resources - Cultural sensitivity	<b>Online</b>  <i>Discussion exercise x 4</i>	<b>Professional Practice 2</b> - Marketing your service - Business plan - NFNZ membership and processes - How to integrate with current practice	<b>Online</b> <i>Assignment 4 (business plan)</i>  <i>Discussion exercise x 2</i>

## Diploma - 2022

### Fees

The fee for the Diploma are not set until mid 2021. This is usually around \$2000.00. No subsidies are available, but NFNZ have committed to charging the fees at cost which makes it incredibly affordable for our members. We do have payment plan options for the Diploma if required.

Additional costs may include:

- Phone calls to your Course Facilitator and/or the National Clinical Supervisor
- Photocopying costs of assignments as we always recommend that you keep a copy
- Costs relating to the development of your own teaching resources.
- Costs relating to resits of assignments and assessments

### Study hours & Contact time

You can expect to spend 5 hours per/week studying during the semester. It must be noted that this is an estimate depending on your study experience, you may need more or less time to complete the weekly theory and the assignments.

		Semester 2, 2022	
		Theory, Quizzes & Discussion (online)	26
		Assignments x 4	40
		Online Meetings x 3	6
		2 Day Practicum	18
		Supervised Practice	0
		<b>Total Hours</b>	<b>90</b>

### Teaching Locations

The theory component of the course is delivered using an online learning platform, where you will be able to access learning material, quizzes, communicate with trainers, and hand in assignments. All quizzes and assignments must be submitted by the due date. Quizzes/discussions are due weekly.

Online Meetings will be held using an online meeting platform, attendance at these will enhance your learning - all students are expected to take part.

The 2 Day Intensive Practicum will be held online. You will participate in role play, chart interpretation and peer assessments. Please note the Practicum is compulsory. Under no circumstances will any student be allowed to attend any practicum unless ALL assignments including any remedial work is completed, marked and passed.

The Supervised Practice component is completed after the practicum. It involves reviewing your first 2 clients from each category with the Clinical Supervisor. This supervised practice is not formally assessed.

## Important Dates

\*Online Meeting Dates are still to be confirmed. Other dates are subject to change. Quiz dates TBA.

Item	Dates TBA
<b>SEMESTER 2 STARTS</b> (access to orientation and theory)	
Online Meeting with Trainers & other Students Topic - Q&A, Chart interpretation Advanced and Peri-meno	
Assignment 1 Due	
Online Meeting with Trainers & other Students Topic - Q&A, Intro to Breastfeeding and Fertility	
Assignment 2 Due	
Online Meeting with Trainers & other Students Topic - Q&A, Chart interpretation Breastfeeding Charting	
Assignment 3 Due	
<b>PRACTICUM</b>	
Assignment 4 Due	
Start Supervised Practice	



## Programme - Topic and Assessment Overview

YEAR 2 - Diploma			
		<i>Semester 2</i>	
		<b>Sympto-thermal method 3</b> - Advanced guidelines - Understanding Menopause - Support and Referrals - Troubleshooting	<b>Online</b> <i>Assignment</i>
		<b>Fertility while Breastfeeding</b> - A&P of the Breast - Lactation - Processes of Breastfeeding - Fertility and Breastfeeding	<b>Online</b> <i>Assignment</i>
		<b>Clinical Practice 3</b> - Charting - Peri Menopausal clients - Teaching LAM - Breastfeeding charting - Partial Breastfeeding charting - Pract2 day intensive block course - Supervised practice (not formally assessed)	<b>Onsite</b> <i>Practical Assessments</i>  <i>Quizzes x 4</i>
		<b>Adolescent Education</b> - Age appropriate - Legislation - Puberty A&P - Teaching Puberty - Teaching Fertility Awareness - Ethics	<b>Online</b> <i>Assignment</i>  <i>Discussion exercise x TBA</i>
		<b>Research</b> - Overview of Research and Principles - Referencing - Research Review	<b>Online</b> <i>Assignment (research review)</i>