



Teacher Training Curriculum Correspondence Course 2003, 2022



Session 9

Review Study Notes



WOOMB International Ltd

REVIEW **TRIALS**

Study Notes

Session 9

Session Papers:

Revision of the Billings Ovulation Method®	9.02
Rock Solid Science	9.03
The Fertility Absolutes	9.04
Some Trials	9.05
China Trials	9.06
Pituitary Ovarian Example Chart	9.07
Review Study Notes	9.08

Session Readings:

The Billings Method	Chapter 2 page 14
	Chapter 3 pages 24-26; 28; 34
	Chapter 4 pages 36-39
	Chapter 7 pages 69 & 73
	Chapter 12
Teaching the Billings Ovulation Method Part 1	Pages 2-4
Teaching the Billings Ovulation Method Part 2	Pages 2; 22-23; 40
Studies on Human Reproduction	Pages 17-19

PowerPoint Shows:

Session 9

**Billings Ovulation Method® and Phases of the Cycle
Overview of the Billings Ovulation Method®**

Review:

- 1.08 Glossary**
- 2.02 Summary of the Correlation between the Science and the Woman's Chart**
- 4.02 Different Types of Bleeding**

You have been sent the papers for this session via email or, alternatively, they may have been sent via an online file transfer system along with the PowerPoint shows for this session. If so, you will receive an email to say your files are ready to download. Click on "Get you files", "Download files" or "download link", follow the prompts to download the files to your computer. The PowerPoints and session papers are now found in your "Downloads" folder. It is best to move these files into a designated folder in your "Documents" folder. Save all the Teacher Training Correspondence Course files there. Any files left on the Desktop are not saved to your computer and will be lost if your computer crashes.

You may wish to review all or some of the PowerPoint sessions. Keep these PowerPoints on your computer so that you can review them at any time.

By this time, you will have been exposed to a number of charts demonstrating the possible variations of cycles experienced by a woman on her journey from menarche to menopause.

In this session of the Course we will review the essential elements and some Trials of the Billings Ovulation Method® which prove its efficacy and its acceptability by all cultures throughout the world.

The further teaching in this session explains the correlation between the pituitary and ovarian hormones and the woman's charted record.

As you are now very close to teaching under supervision, you need to feel confident in how to deal with women who are moving into a new stage of the Continuum. A woman who is breastfeeding or has ceased hormonal contraception may experience delayed ovulation and long cycles with a combined BIP. Once she has ovulated, there will be a need to re-establish her BIP. With the return of ovulation and menstruation, she now enters a new life stage – that of cycles rather than prolonged infertility. If she is dry after the menstruation, that is her BIP. If she is not dry then she will need to re-establish her BIP. If her cycles return to regular length, this will require 3 cycles of abstinence in the pre-ovulatory phase, or, if ovulation is delayed, 2 weeks without a bleed to confirm a BIP of discharge.

If her history indicates she has habitual long, irregular cycles and she has previously identified a Combined BIP this does not have to be re-established in each new cycle. If she has entered the perimenopause and had been experiencing regular cycles she may now experience delayed ovulation and a Combined BIP may be established. She may experience cycles of normal length interspersed with cycles where ovulation is delayed. Unlike the breastfeeding woman who is returning to fertility, the peri-menopausal woman is in a life-stage of diminishing fertility. The peri-menopausal woman will stay in this continuing life stage until she reaches menopause and it is not necessary for her to re-establish her BIP each time ovulation is delayed.

The Billings Ovulation Method® is based on the recognition of fertility and infertility on a day by day basis. Rhythm thinking or counting days will trick the couple into thinking "ovulation must have occurred by now". Peak must be identified at the time on its own merits, not by presuming it must have occurred or counting back once the bleeding begins. This is demonstrated in the charts you will be working on in this session.

The review charts will consolidate your knowledge gained through this course.

Extensive trials have been conducted on the use of the Billings Ovulation Method® throughout the world. Your reading will direct you to these trials which prove the reliability of the Billings Ovulation Method®. For this reason, it is essential that any pregnancy that occurs, the cause of which is not clear to the couple, must be investigated. Also included in this Session is an important paper written by Professor Brown in 2006 in which he discussed that the results of 750,000 hormone assays (later this figure was changed to 800,000 before his death), had shown that there were 4 Absolutes of Fertility. These are explained through this Course and confirm that the Rules and teachings of the Billings Ovulation Method® are based on a sound scientific basis.

Read the enclosed Papers and recommended reading and then complete Chart Exercises and Worksheets.

When you have finished your assignments for this session please complete the Personal Learning Objectives and Study Return Sheet and return them for correction.

Following the satisfactory completion of these 9 Sessions you will be offered the opportunity to enter the Clinical Supervision Component which leads to accreditation.

To continue on to the Clinical Component, you must indicate on the Study Return Sheet that you intend to go onto Accreditation.

LEARNING OUTCOMES – SESSION 9

Through reading and completing charting assessments, course participants will be able to:

- Explain the science behind the Billings Ovulation Method®
- Explain the Basic Infertile Pattern
- Explain how the Billings Ovulation Method is reliable and unique
- Explain why all unplanned pregnancies must be investigated