NAME: (Tick for Tutor’s use only: copy and paste as appropriate. ✓)

**TRIALS**

**REVIEW**  **SESSION NINE**

9.12

**WORKSHEET**

What is Early Day Rule 1   
  
  
  
 Give reasons for this Rule?

What is Early Day Rule 2

Give reasons for this Rule?

What is Early Day Rule 3

Give reasons for this Rule?

What is Peak Rule?

Give reasons for this Rule?

How will you advise the woman to make her observations?

What are the three criteria for a Peak?

1.

2.

3.

What are the 3 Natural Indicators of ovulation?

1.

2.

3.

What are the Ovarian Hormones?

What effect do they have on the woman’s charting?

What is the role of the Follicle Stimulating Hormone (FSH)?

What is the role of the Luteinizing Hormone (LH)?

How does the activity of the Pockets of Shaw help the woman to identify a Peak?

What distinguishes a pattern of infertility from a pattern of fertility?

What is the Basic Infertile Pattern? (BIP).

In what part of the cycle does the BIP occur? (Providing the cervix is responding)

Why is it important to teach the woman to identify her BIP?

What makes the Billings Ovulation Method® unique as a method of natural fertility regulation?

What would you advise if the couple wanted to combine the Billings Ovulation Method®

with rhythm calculations or counting days?

What do you understand by confidentiality?

How does Billings Ovulation Method® benefit the family?

How can the Billings Ovulation Method® teacher contribute to the welfare of the couple?

# BILLINGS OVULATION METHOD®

# TEACHER TRAINING CORRESPONDENCE COURSE

**PERSONAL LEARNING OBJECTIVES RETURN SHEET SESSION NINE**

**9.13**

Please tell us briefly:

What you consider you have learned from your reading during this session:

What did you learn from studying the example chart:

What did you learn from completing:

Chart 23

Chart 24

Chart 25

At this stage do you have any unanswered questions?

Do you intend to become an accredited (or re-accredit) as Billings Ovulation Method® Teacher?

**STUDY RETURN SHEET SESSION NINE**

**9.14**

|  |  |
| --- | --- |
| **Have you read the following?** | Yes/No/Partially |
| The Billings Method Chapter 2 page 14  Chapter 3 page 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 |  |
| Review Study Notes & LO |  |
| Review of Teaching the Billings Ovulation Method® |  |
| Rock Solid Science |  |
| The Fertility Absolutes |  |
| Some Trials of the Billings Ovulation Method® |  |
| Trial of the Billings Ovulation Method® in China |  |
| Review Study Charting Notes |  |
| I have studied the example charts |  |
| I have watched the Powerpoint “Billings Ovulation Method® and Phases of the Cycle” |  |
| I have watched the Powerpoint “Overview of the Billings Ovulation Method®” |  |
| I have completed Chart 23 |  |
| I have completed Chart 24 |  |
| I have completed Chart 25 |  |
| **In my charting exercises, I have reviewed to make sure that:** |  |
| If Early Day Rule 3 is applied, there is a count of 13 if the BIP returned? |  |
| If Peak was recognized, have I marked Peak with an X on the chart? |  |
| If Peak was recognized, is there a count of 123 marked on the chart? |  |
| Would the couple be able to recognize their times of fertility and infertility from the way I have completed the symbols? |  |
| Is the correct symbol used for the days of seminal fluid? |  |
| **Have you completed and enclosed…** |  |
| Worksheet |  |
| Personal Learning Objectives |  |
| **Do you intend to go onto the Clinical Component to become an accredited Billings Ovulation Method® teacher?** |  |
| **\*Would you like someone to review your own chart with you?** |  |

\*We strongly encourage Teacher Trainees to experience personalized follow up with an Accredited BOM Teacher at some point prior to practicum