

CREIGHTON MODEL FertilityCare – Teaching Shedule

Please contact me with any questions. My email is alyssa@embraceyourcycle.com. My phone number is: 815-848-7997

- Introductory Session
- 1st Follow-Up..... Two Weeks
- 2nd Follow-Up..... Four Weeks
- 3rd Follow-Up..... Six Weeks
- 4th Follow-Up..... Eight Weeks
- 5th Follow-Up..... Twelve Weeks
- 6th Follow-Up..... Twenty Four Weeks
- 7th Follow-Up..... Nine Months
- 8th Follow-Up..... Twelve Months

Example: A couple comes for their introductory session on January 1st

- 1st Follow-Up..... January 14th
- 2nd Follow-Up..... January 28th
- 3rd Follow-Up..... February 11th
- 4th Follow-Up..... February 25th
- 5th Follow-Up..... March 31st
- 6th Follow-Up..... June 23rd
- 7th Follow-Up..... September 22nd
- 8th Follow-Up..... December 22nd

This adds up to 12 months of charting (see Fee Schedule below for details on the One Year Program).

Introductory Session—Standardized presentation, created by the Pope Paul VI Institute, that is made up of 4 parts: a few introductory remarks on FertilCare and NaPro Technology, a basic review of anatomy and physiology, a review of the Creighton Model System, and a few concluding remarks of the success rate and benefits of choosing the Creighton Model Fertility Care System. All clients wishing to begin charting through the Creighton Model must go through the introductory session. At the end of the introductory session, the client is provided with charts, stamps, and manual to begin charting. They schedule their first follow-up at the conclusion of the introductory session. Introductory sessions may be scheduled one-on-one, but I also offer group introductory sessions.

Follow-Up Sessions—Sessions are also standardized. This benefits you because, if you move to a different state (or Europe/Australia), you will receive the same, precise instruction from one of our practitioners. Now, this does not mean that sessions are not tailor made to you. In fact, there are protocols for any and all charting situations. I will meet you where you are at and provide instructions accordingly. All sessions are confidential and personal. I meet with all my clients one-on-one, never in a group. Your fertility is important and deserves the time given during these individualized sessions. I offer distance learning Follow-Up Sessions via Skype for those not living in the Illinois Valley.