

CREIGHTON MODEL FertilityCare System

Allied Health Education Programs

Program Director: Thomas W. Hilgers, MD

Location: Omaha, Nebraska

Certificate Programs for CREIGHTON MODEL FertilityCare System:

- FertilityCare Practitioners
- Instructors
- CrMS Medical Consultants
- Physician Assistants
- Nurse Practitioners
- Nurse Midwives
- Pharmacists
- Educators

2026-2027



EDUCATION PHASE I:

Oct. 10-17, 2026

EDUCATION PHASE II:

April 1-10, 2027

- Educators

April 5-10, 2027

- FertilityCare Practitioners

April 4-10, 2027

- CrMS Medical Consultants

April 3-10, 2027

- CrMS Medical Consultants/ Practitioners (combined program)
- CrMS Physician Assistants
- CrMS Nurse Practitioners
- CrMS Nurse Midwives
- CrMS Pharmacists



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DEVELOPERS OF THE CREIGHTON MODEL *FertilityCare™* SYSTEM



Ann M. Prebil,
RN, BSN, CFCE,
and her husband, Tom

Susan K. Hilgers,
BA, CFCE

Thomas W. Hilgers,
MD, Dip. ABOG, CFCE

K. Diane Daly,
RN, CFCE,
and her husband, Tom



**THE SAME HAPPY GROUP
IN 1977**

2026–2027 CREIGHTON MODEL *FertilityCare* System Practitioner, Instructor, Educator, CrMS Medical Consultant, Physician Assistant, Nurse Practitioner, Nurse Midwife, and Pharmacist Allied Health Education Program

The 2026–2027 **CREIGHTON MODEL *FertilityCare* System**
Allied Health Education Program offerings are jointly provided by:



and

Creighton University Health Sciences
Continuing Education



Omaha, Nebraska
USA

All Programs are accredited by



TABLE OF CONTENTS

I. SAINT PAUL VI INSTITUTE CREIGHTON MODEL FertilityCare System ALLIED HEALTH EDUCATION PROGRAMS	6
A. Home of our Education Programs	6
B. Educational Objective	6
C. Developers and Director	6
D. CREIGHTON MODEL FertilityCare System (CrMS)	7
E. NaProTECHNOLOGY	7
F. The Double helix	8
II. JOIN A PROFESSION TO ESTABLISH PRO-LIFE WOMEN'S REPRODUCTIVE HEALTH CARE BASED ON PRO-LIFE VALUES	8
A. FertilityCare Practitioner	8
B. CrMS Medical Consultant	8
III. CREIGHTON MODEL FertilityCare System (CrMS) PROGRAMS	8
A. FertilityCare Practitioner Program	9
1. Education Phase I (EPI)	9
2. Supervised Practicum I (SPI)	10
3. Education Phase II (EPII)	10
4. Supervised Practicum II (SPII)	11
B. FertilityCare Instructor Program	11
C. FertilityCare Educator Program	11
D. CrMS Medical Consultant Program	12
1. Education Phase I (EPI)	12
2. Supervised Practicum (SP)	12
3. Education Phase II (EPII)	13
E. Nurse practitioner, physician assistant, nurse midwife, and pharmacist programs	13
IV. ELIGIBILITY	14
A. Applicant Eligibility	14
B. Auditors	14
C. International Students	14
V. CONTINUING EDUCATION CREDITS FOR DOCTORS, NURSES, PHYSICIAN ASSISTANTS, AND NURSE PRACTITIONERS*	15
VI. FEES	16
VII. FACULTY	19

I. SAINT PAUL VI INSTITUTE CREIGHTON MODEL **FertilityCare** System ALLIED HEALTH EDUCATION PROGRAMS

A. HOME OF OUR EDUCATION PROGRAMS

The Saint Paul VI Institute for the Study of Human Reproduction (the “Institute”), founded in 1985 and located in Omaha, Nebraska, USA, is the leading education, research, and service center in the United States and Internationally in the area of the natural regulation of human fertility and the development of morally and professionally acceptable reproductive health services. Dedicated to Saint Paul VI’s challenge to “physicians and health care professionals” and to “men of science,” the Institute is a living memorial to the challenges placed before us by Saint Paul VI in his encyclical letter *Humanae Vitae* (Of Human Life).

B. EDUCATIONAL OBJECTIVE

The educational objective of the Allied Health Education Programs is to create a new allied health profession through intense and focused educational process of Education Phases and Supervised Practicums. These two phases teach the details of **FertilityCare** management for the **FertilityCare** Practitioner and Medical **NaProTECHNOLOGY** for the CrMS Medical Consultant, **thus producing highly-educated professionals** who can enter their communities and empower women and couples seeking these services.

C. DEVELOPERS AND DIRECTOR

The **CREIGHTON MODEL FertilityCare System** (“CrMS”) and the new women’s health science of **NaProTECHNOLOGY** have been developed through a research and education effort coordinated and directed by Thomas W. Hilgers, MD, Director of Saint Paul VI Institute for the Study of Human Reproduction and clinical professor in the Department of Obstetrics and Gynecology, Creighton University School of Medicine. The CrMS co-developers, along with Dr. Hilgers, are K. Diane Daly, RN, CFCE; Susan Hilgers, BA, CFCE; and Ann Prebil, RN, BSN, CFCE (1946–2017).

As a medical student at the University of Minnesota, Dr. Hilgers, thinking the church would change its position on contraception, decided to read the newly released Papal Encyclical, *Humanae Vitae*, written by Saint Paul VI. This teaching made a profound impact on him personally and professionally. He was moved to answer the Holy Father’s appeal to men of science, doctors, and medical personnel. Dr. Hilgers realized that faith and reason would guide him in his research and as a practicing obstetrician and gynecologist.

During his 50 years of research, Dr. Hilgers has field tested the challenges and principles of *Humanae Vitae* and found they are legitimate, true, and work “for all people of good will.” The teachings of the Catholic Church have guided the development of CrMS and **NaProTECHNOLOGY**. Consequently, Dr. Hilgers and all physicians who embrace **NaProTECHNOLOGY** now have the tools needed to practice pro-life medicine consistent with their faith. **We are not training NFP-only doctors;** rather we are training physicians who have the opportunity to offer **NaProTECHNOLOGY**, which gives physicians the opportunity to practice diagnostic and healing medicine for women as a legitimate alternative to Artificial Reproductive Technology (“ART”).



Developers of the CrMS Ann Prebil, CFCE; Sue Hilgers, CFCE; Dr. Thomas W. Hilgers, MD, CFCE; and K. Diane Daly, CFCE.

¹“To Men of Science: We wish now to express our encouragement to men of science who ‘can considerably advance the welfare of marriage and the family, along with peace of conscience, if by pooling their efforts, they labor to explain more thoroughly the various conditions favoring a proper regulation of births.’ It is particularly desirable, that, according to the wish already expressed by Pope Pius XII, medical science succeed in providing a sufficiently secure basis for a regulation of birth, founded on the observance of natural rhythms. In this way, scientists and especially Catholic scientists, will clearly demonstrate in actual fact, that, as the Church teaches, ‘a true contradiction cannot exist between the divine laws pertaining to the transmission of life and those pertaining to the fostering of authentic conjugal love.’”

— Saint Paul VI (*Humanae Vitae*, Issued July 25, 1968)

D. CREIGHTON MODEL FertilityCare System (CrMS)

The **CrMS** provides comprehensive, professional services through individualized follow-up, standardized teaching tools, and ongoing research. It is the only education program in this field that meets the education demands of a newly emerging allied health profession and provides a case management approach to teaching.

CrMS is:

- The first standardized system of the menstrual and fertility cycle biomarkers which strongly links and networks the ability to achieve or avoid pregnancy successfully with the ability of the woman to monitor and maintain her gynecologic and reproductive health;
- Based on 40 years of research by Dr. Thomas Hilgers and colleagues;
- Versatile and effective at any stage of a woman's reproductive life;
- a Fertility Appreciation System;
- The foundation of **NaProTECHNOLOGY**; and
- An international language of women's menstrual and fertility cycles and reproductive and gynecologic health maintenance.

CrMS IS NOT:

- Just a natural family planning method or natural method of contraception;
- Just for married couples;
- a Fertility Awareness Method; (see co-developers statement included in application packet)
- Difficult to learn or expensive to use; and
- Complicated.

E. NaProTECHNOLOGY

NaProTECHNOLOGY is natural procreative technology that utilizes the **CrMS** charting as a tool to diagnose and treat women's reproductive disorders. This new women's health science addresses nearly every reproductive and gynecologic medical issue. It provides genuine hope, help, and healing for women, is a legitimate and effective approach to women's health care, is a true alternative to contraception and IVF. It is a new medical, surgical, and educational specialty for women of procreative age.

NaProTECHNOLOGY is:

- The **first and only approach** that networks family planning with reproductive and gynecologic health monitoring and maintenance;
- Able to evaluate and diagnose the underlying problems;
- **Morally acceptable to people of all faiths**, maintaining the integrity of the human person, dignity of women, and integrity of marriage;
- A technology that provides real solutions to real problems such as infertility, PMS, ovarian cysts, repetitive miscarriage, postpartum depression, hormonal abnormalities, chronic discharges, and other health problems; and
- Pro-life medicine, which respects women, couples, and unborn children.

NaProTECHNOLOGY IS NOT:

- A medical technology that destroys, manipulates or disrespects a woman's fertility;
- A medical technology that goes against the teachings of the Catholic Church;
- A quick fix or band aid approach; and
- To be combined with artificial approaches.



F. THE DOUBLE HELIX

The Double Helix refers to the relationship between the **CrMS** and **NaProTECHNOLOGY**. **NaProTECHNOLOGY** was developed as a result of the research that had been done on the **CrMS**. Because the **CrMS** is the foundation and source of **NaProTECHNOLOGY**, **NaProTECHNOLOGY** cannot be practiced without the **CrMS**.

II. JOIN A PROFESSION TO ESTABLISH PRO-LIFE WOMEN'S REPRODUCTIVE HEALTH CARE BASED ON PRO-LIFE VALUES

"To Doctors and Medical Personnel: We hold those physicians and medical personnel in the highest esteem who, in the exercise of their profession, value above every human interest the superior demands of their Christian vocation. Let them persevere, therefore, in promoting on every occasion the discovery of solutions inspired by faith and right reason, let them strive to arouse this conviction and this respect in their associates. Let them also consider as their proper professional duty the task of acquiring all the knowledge needed in this delicate sector, so as to be able to give to those married persons who consult them wise counsel and healthy direction, such as they have a right to expect."

— Saint Paul VI (*Humanae Vitae*, Issued July 25, 1968)

An infrastructure for this new profession is established and operational. Upon satisfactory completion of the Education program, the graduate seeking to operate in the United States becomes part of this new profession through the **The American Academy of FertilityCare Professionals (AAFCP)** and **FertilityCare Centers of America (FCCA)**. For graduates seeking to operate internationally, the graduate becomes part of this new profession through **The American Academy of FertilityCare Professionals (AAFCP)** and **FertilityCare Centers International (FCCI)**. The AAFCP maintains the quality of the teaching standards through certification and the educational standards through accreditation. FCCA and FCCI unite and promote all **FertilityCare** professionals. Dr. Hilgers has stated that through this professional infrastructure, we are called to a higher calling by providing **professional** fertility regulation, and reproductive and gynecologic guidance and medical services.

A. **FertilityCare** PRACTITIONER

The **CREIGHTON MODEL FertilityCare** Practitioner Education Program's primary objective is to teach the skills necessary to teach the **CREIGHTON MODEL FertilityCare System (CrMS)** as an allied health provider within the moral context of respect for human life. The **CrMS** is the foundation for the new women's health science of **NaProTECHNOLOGY**. The course objective includes the standardized protocols necessary for appropriate **FertilityCare** Practitioner referrals to a CrMS Medical Consultant and the role of the **FertilityCare** Practitioner with the referral process.

B. CrMS MEDICAL CONSULTANT

The objective of the CrMS Medical Consultant Program is to provide instruction on how to:

- Think differently about diagnosis and treatment with the focus on healing patients with a consistent respect for life;
- Understand that **NaProTECHNOLOGY** cannot be mixed with artificial approaches; and
- Commit to learning the science of **NaProTECHNOLOGY**, following protocols, and working cooperatively with the certified **FertilityCare** Practitioners in order to provide the highest quality medical care.

III. CREIGHTON MODEL FertilityCare System (CrMS) PROGRAMS

"Extra-ordinary experience! This was an outstanding experience of total immersion!" — Comment from Participant

This is the 49th consecutive year in which **CREIGHTON MODEL** Education Programs have been offered. All graduates of **CREIGHTON MODEL** Education Programs must be affiliated with **FertilityCare Centers of America** or **FertilityCare Centers International** in order to obtain **CREIGHTON MODEL FertilityCare System** client teaching materials. These two organizations are designed to unite **CREIGHTON MODEL FertilityCare** Centers nationally and internationally.

A. **FertilityCare** PRACTITIONER PROGRAM

The **FertilityCare** Practitioner Program is a 13-month program for training **CrMS** teachers. The **FertilityCare** Practitioner Program provides education in both the basic as well as advanced aspects of the **CrMS** and consists of two education phases (Education Phase I ("EPI") and Education Phase II ("EPII")), and two supervised practica (Supervised Practicum I ("SPI") and Supervised Practicum II ("SPII")). Only EPI and EPII are presented on location in Omaha, Nebraska. All other educational services are provided through an innovative system of long-distance supervision and on-site visitation.

1. EDUCATION PHASE I (EPI)

EPI is an eight-day total immersion course. At the conclusion of these eight days, participants should be able to demonstrate knowledge of the following curriculum content:

- The Revolution
- The Creighton Model and NaProTechnology Assembled by the Creator
- The Scientific Proof for Assembled by the Creator (Discovered by Humankind) Part I
- Male Anatomy, Female Anatomy;
- Statistical Parameters of the Menstrual Cycle;
- Ovulation and the Hormones of the Menstrual Cycle;
- The Mechanism of Anovulation;
- The Physiology of Menopause and Breastfeeding;
- The Physiology of the Cervix;
- Sperm Survival and Transport;
- Artificially Induced Abortion;
- The Picture Dictionary of Life in the Womb;
- Psychodynamics of Contraception, NFP, and Human Sexuality;
- Principles of Presenting the Introductory Session;
- Artificial Methods of Contraception;
- Is Contraception Good Medicine?;
- Discerning the Differences in the Different Natural Fertility Regulation Methods;
- Use Effectiveness of Contraception, NFP, and the **CREIGHTON MODEL FertilityCare System**;
- Teaching Fertility Appreciation, Utilization of Good Judgment, Quality Control in the **CrMS**, and The Dynamic Interpersonal Education Model;
- **CREIGHTON MODEL FertilityCare System:**
 - The Standardization of Teaching;
 - The Tools of Standardization;
 - Introduction to the **CrMS** Follow-up Form;
 - Definitions Used in the **CrMS** Follow-up Form;
 - Making Good Observations of the Biomarkers (Follow-up Form); and
 - The Picture Dictionary: The Most Significant Discovery of the Last 90 Years;
- **CREIGHTON MODEL FertilityCare System:** The Vaginal Discharge Recording System, The Teaching Schedule, and An Introduction to Problem Solving and Case Management;
- **CREIGHTON MODEL FertilityCare System:** Basic Charting and **CrMS** Instructions;
- *Humanae Vitae*: Exploring Its Themes;
- **CREIGHTON MODEL FertilityCare System:** Basic Chart Reading, Correcting, and Special Instructions;
- Supervised Practicum I Responsibilities;
- **CREIGHTON MODEL FertilityCare System:** Basic Principles of Follow-up;
- The **CREIGHTON MODEL** Follow-up Form;
- The Organization and Flow of the First and Subsequent Follow-ups;
- Conducting an Introductory Session and Follow-up;
- Techniques of Follow-up;
- Introduction to **NaProTECHNOLOGY**: Basic Problem Solving;
- The Scientific Proof for Assembled by the Creator (Discovered by Humankind) Part II
- **CREIGHTON MODEL FertilityCare System:** Case Management Objectives and Unusual Descriptions Observed in Charting;

- Basic Issues and Decision Making;
- **NaProTECHNOLOGY:** Introduction to Pre-Peak Yellow Stamps, New Hope for Infertility, Introduction to the Investigation and Care of the Infertile Couple, and Visualization Techniques in Infertility;
- Qualities of Being a Professional and Promotion of **FertilityCare**.
- Introductory Session Teaching Lab;

2. SUPERVISED PRACTICUM I (SPI)

The SPI is six months in duration and is to be completed at the student's home location. SPI involves a faculty-supervised structured experience that focuses on developing the following basic teaching skills:

- Presentation of the Introductory Session;
- How to conduct a Follow-up;
- The Techniques of Follow-up;
- Teaching Observations & Charting;
- Presentation of the Picture Dictionary;
- Evaluation of Case Report;
- Evaluation of Case Management;
- Use of Basic Organizational Tools;
- Teaching Observations, Charting, and Instruction.

3. EDUCATION PHASE II (EPII)

EPII is a six-day total immersion course, consisting of lectures, clinical group discussion, and hands-on problem solving of the advanced aspects of teaching the **CrMS**. Participants should be able to demonstrate knowledge and ability of the following curriculum content:

- Introduction to Case Management;
- Presentation of Basic Cases;
- **NaProTECHNOLOGY III:** A Subspecialty for Women of Procreative Age;
- SPII Responsibilities;
- *Dignitas Personae*: Companion Piece to *Humanae Vitae* and *Donum Vitae*;
- Comprehensive Case Review;
- Advanced Case Management I – The Role of the **CrMS** in Managing Infertility and other Reproductive Disorders;
- Advanced Case Management II – The Management of Unusual Bleeding with **CrMS**;
- Advanced Case Management III – Advanced Chart Reading, Identify the True Mucus Cycle, General Overview, Regular Cycles, Management of Continuous Mucus, Use of Yellow Stamps in **CrMS**: Breastfeeding, Long Cycles, Post-Peak/Peak-type mucus, Summary of Yellow Stamp Procedures;
- **NaProTECHNOLOGY:** A Remedy for the Injustice of IVF;
- Advanced Case Management IV – Introduction to Pregnancy Evaluation, The Pregnancy Evaluation Form, and Completing the Pregnancy Evaluation Form;
- Pregnancy Classification Work Session;
- American Academy of **FertilityCare** Professionals;
- Establishing a **FertilityCare** Center: **FertilityCare** Centers of America, **FertilityCare** Centers International;
- Light at the End of the Transgender Tunnel: Making Healthcare Rights of Conscience Great Again;
- Managing the Human Resources of a **CREIGHTON MODEL FertilityCare** Program;
- Practical Psychology for **FertilityCare** Practitioners;
- Advanced Case Management V – Advanced Issues in **CrMS**: Basic Ethical Principles and **CREIGHTON MODEL** Educational Principles for Working with Advanced Issues;
- **CrMS** Charting Patterns in Unusual Situations;
- Additional Applications of Essential Sameness;

- Presentation of Advanced Cases;
- Understanding how to Discern the Different Methods of NFP – Part II;
- Saint Paul VI Institute Services: Patient Care;
- Advanced Organizational Aspects of **CrMS**;
- Applying **NaProTECHNOLOGY** in a **CREIGHTON MODEL** Practice.

4. SUPERVISED PRACTICUM II (Spii)

SPII is seven months in duration and is a supervised clinical experience at the student's home location. The clinical aspects of this supervised practicum are devoted to learning advanced teaching skills in:

- Advanced Chart Reading and Correcting;
- Advanced Case Management;
- Case Management Evaluation;
- Conducting Pregnancy Evaluations;
- Writing Goals and Objectives;
- Writing Job Descriptions;
- Completing Assignments on Advanced Case Management.



In addition, SPII includes an **On-Site Visit** by a member of the **CREIGHTON MODEL** faculty and/or an Educator/Supervisor Intern. At the On-Site Visit, the following will be reviewed:

- Introductory Session;
- Follow-up;
- Tour of Facilities;
- Comprehensive Case Review.

B. **FertilityCare** INSTRUCTOR PROGRAM

This is a seven-month program, open to persons with less than two years of post high school education. It is designed to provide only basic education in the **CrMS**. These teachers may teach only under the supervision of a **FertilityCare** Practitioner. The training program includes EPI and SPI as described previously under the **FertilityCare** Practitioner program description. Only those curriculum items that are previously outlined for EPI and SPI make up the Instructor Program. There is no EPII or On-Site Visit.

C. **FertilityCare** EDUCATOR PROGRAM

This 13-month program is the most advanced allied health program available in **FertilityCare**. It is available only to **FertilityCare** Practitioners with at least one year of teaching experience and who are certified as **FertilityCare** Practitioners (or in the process of being certified) by the American Academy of **FertilityCare** Professionals (AAFCP). The individual must have a Bachelor's Degree or be a Registered Nurse. The focus of this program develop and implement a **CREIGHTON MODEL** Education Program that meets the standards of the AAFCP; or to serve as faculty on an established education program. This program has two education phases, two supervised practicums and an On-Site Visit. Contact the Saint Paul VI Institute Allied Health Education Department for more details on the curriculum content of this program.

* Application to the program does not ensure acceptance. Because class space is limited, applicants are accepted on the basis of qualifications and geographic need. If you have submitted an application, it is under consideration. The **FertilityCare** Supervisor program is also offered. This program is 13 months in duration and is available only to **FertilityCare** Practitioners with at least one year of teaching experience and who are certified as a **FertilityCare** Practitioner (or in the process of being certified) by the American Academy of **FertilityCare** Professionals (AAFCP). Contact the Saint Paul VI Institute Allied Health Education Department for more details on the curriculum content

of this program.

D. CrMS MEDICAL CONSULTANT PROGRAM

The CrMS Medical Consultant Program is a six-month program with two education phases, EPI and EPII, and one supervised practicum, SPI, designed to assist physicians to incorporate into their medical practices the newly emerging science of **NaProTECHNOLOGY**. It also assists the physician to establish a cooperative agreement with a **FertilityCare** Center in order for the **FertilityCare** Center to feature **NaProTECHNOLOGY**. In addition, a CrMS Medical Consultant can also work in a supportive and administrative role with a **FertilityCare** Education Program.

Physicians enrolled in the CrMS Medical Consultant Program should understand that the medical applications learned are related specifically to the **CrMS**. Therefore, they should either plan to have a **FertilityCare** Practitioner available in their area or establish a professional relationship with an approved **FertilityCare** Center. It is possible for a physician to enroll in a combined CrMS Medical Consultant/Practitioner Program; however, this course is demanding, and one must have sufficient time to complete it.

1. EDUCATION PHASE I (EPI)

EPI is an eight-day total immersion course for the CrMS Medical Consultants. The EPI curriculum for the CrMS Medical Consultant includes many shared lectures with the **FertilityCare** Practitioner curriculum, as stated on page 9, with additional lectures that are specifically designed for the CrMS Medical Consultant Program. At the conclusion of these eight days, participants should be able to demonstrate knowledge of the following additional curriculum content:

- The Introduction to the CrMS Medical Consultant Course, The Important Role of CrMS Medical Consultants in the Future of NFP and **CrMS**, The **CrMS** Team Approach, **NaProTECHNOLOGY** – The New Women’s Health Science, The **CrMS** in Historical Perspective;
- Basic **NaProTECHNOLOGY**: Pathophysiologic Correlates to the Hormones of the Menstrual Cycle;
- Basic **NaProTECHNOLOGY**: Human Ovulation and Its Anatomic and Functional Disorders;
- Basic **NaProTECHNOLOGY**: Types I, II, III, IV, and V Luteal Phase Deficiency and Follicular Phase Deficiency;
- The **CREIGHTON MODEL FertilityCare System** Core Curriculum;
- **CrMS**: Follow-Up Form and Picture Dictionary: Concept, Purpose, and Significance of the Individual Follow-up;
- Introduction to Medical **NaProTECHNOLOGY**: **CrMS** as Foundation of **NaProTECHNOLOGY**, Targeted Endocrine Evaluation of the Menstrual Cycle, Establishing Normal Hormone Levels, and Hormones vs. Artimones;
- Cooperative Progesterone Replacement Therapy and Medical Support of the Luteal Phase, Effects of Stress, Premenstrual Syndrome, Postpartum Depression, Chronic Discharges, The Evaluation and Treatment of Ovarian Cysts, Dating Pregnancy, Assessing Progesterone in Pregnancy, Progesterone Support in Pregnancy, The Prevention of Premature Birth, and Surgical **NaProTECHNOLOGY**;
- Understanding the Difference Between Laboratories;
- Introduction to Saint Paul VI Institute Services: Patient Care, Ultrasound, and Lab.

2. SUPERVISED PRACTICUM (SP)

The Supervised Practicum begins at the conclusion of EPI, lasts for a six-month period, and concludes with the start of Education Phase II. During the Supervised Practicum, the student will do the following:

- Observe a Follow-up Session;
- Observe an Introductory Session;
- Observe a Pregnancy Evaluation;

- Complete three Open Book Assignments;
- Develop an Outline for an In-service Lecture Focusing on **NaProTECHNOLOGY**;
- Present three hours of In-service Lecture Time, Using Previously Approved Outline, to Medical Professionals in their Area;
- Optional Honors Projects
 - The honors project involves completion of a use effectiveness evaluation using pre-designed worksheets; the honors thesis consists of a research paper on a topic of one's choice related to the field of natural family planning. Special recognition will be given to those students who satisfactorily complete assignments for the honors program.

3. EDUCATION PHASE II (EPII)

EPII is a seven-day total immersion course for the CrMS Medical Consultant students consisting of lecture, clinical group discussion, and hands-on problem solving of the advanced aspects of teaching the **CrMS** and **NaProTECHNOLOGY**. The EPII curriculum for the CrMS Medical Consultant includes shared lectures with the **FertilityCare** Practitioner curriculum, as stated on page 10, with additional lectures that are specifically designed for the CrMS Medical Consultant Program. At the conclusion of these seven days, participants should be able to demonstrate knowledge of the following additional curriculum content:

- Basic **NaProTECHNOLOGY**: An Introduction to Research in the Natural Methods;
- Medical **NaProTECHNOLOGY**: HPOD and its Target Organ Effects;
- Medical **NaProTECHNOLOGY**: Endometriosis, PCOD, Pelvic Adhesions, and Amenorrhea;
- Medical **NaProTECHNOLOGY**: The Evaluation and Treatment of Infertility and Miscarriage;
- **NaProTECHNOLOGY** and Use of Compounding Pharmacies;
- Advanced Chart Reading;
- A Management Approach to Continuous Discharge — The Use of Yellow Stamps in Teaching the **CrMS**;
- Medical **NaProTECHNOLOGY**: The Evaluation and Treatment of Infertility and Miscarriage: The Treatment of OTOD;
- Medical **NaProTECHNOLOGY**: Recurrent Spontaneous Abortion;
- Medical **NaProTECHNOLOGY**: Effectiveness of **NaProTECHNOLOGY** in Treating Infertility and Miscarriage;
- Medical **NaProTECHNOLOGY**: Unusual Bleeding, Endometrial Cancer and Breast Cancer;
- Surgical **NaProTECHNOLOGY**: Selective Hysterosalpingography, Transcervical Catheterization of the Fallopian Tubes and Reconstructive Pelvic Surgery;
- Measuring the Effectiveness Reality in **CrMS + NaProTECHNOLOGY** — Part II
- **NaProTECHNOLOGY** Discussion Session of Medical Cases; and
- Certification Procedures.

E. NURSE PRACTITIONER, PHYSICIAN ASSISTANT, NURSE MIDWIFE, AND PHARMACIST PROGRAMS

Double Program Options

Required Double Programs

CrMS programs are also offered to Nurse Practitioners, Physician Assistants, Nurse Midwives, and Pharmacists. These certificate programs are 13-month programs that include a combination of the FertilityCare Practitioner and CrMS Medical Consultant Programs. Both certificates — CrMS Medical Consultant and **FertilityCare** Practitioner — will be presented upon satisfactory completion of the **FertilityCare** Practitioner Program and all CrMS Medical Consultant assignments, requirements and examinations.

FertilityCare Practitioner Returning to Complete the CrMS Medical Consultant portion of the Double Program

An individual who has previously completed the **FertilityCare** Practitioner program and is a Nurse Practitioner, Physician Assistant, Nurse Midwife or Pharmacist may return to EPII and complete the CrMS Medical Consultant portion of the program.

Physicians and the Double Program

It is possible for a physician to enroll in a combined CrMS Medical Consultant/**FertilityCare** Instructor or Practitioner Program. Saint Paul VI Institute Education Department can provide you with a Fact Sheet for each of those program requirements and answer any question you may have regarding a Double Program.

IV. ELIGIBILITY

A. APPLICANT ELIGIBILITY

The Saint Paul VI Institute Allied Health Education Department welcomes applications from individuals or couples with strong motivation and commitment to the very highest quality **FertilityCare** services.

FertilityCare PRACTITIONERS:

1. Registered nurse with current license.
2. Allied health professional with a BA or BS degree in:
 - a. Health or basic sciences;
 - b. Behavioral sciences;
 - c. Social sciences;
 - d. Education;
 - e. Other non-health fields are individually recognized.
3. Associate degree/diploma such as:
 - a. Licensed Practical Nurse;
 - b. Human Services Practitioner;
 - c. The equivalent of two years of college study.

CRMS MEDICAL CONSULTANTS:

4. Medical physician with current license.
5. Nurse Practitioner, Physician Assistant, or Nurse Midwife with current license and able to legally prescribe medications and order tests (with or without proctoring) in the state of practice.
6. Pharmacist with current license.

Further eligibility criteria requires that applicants do not prescribe or refer for contraceptives, do not perform or refer for sterilization or abortion, do not perform or refer for any of the artificial technologies, practice (use) natural family planning or, if single and celibate, monitor their natural fertility and be a philosophical acceptor of natural family planning. This program recognizes that human sexuality is a function of the whole person and not just a function of its parts. It further recognizes the scriptural notation that we are “created in the image and likeness of God” and that such a philosophical principle ultimately dictates the approach to the human person that will come under the care of a **FertilityCare** professional.

B. AUDITORS

The course is available for individuals who do not meet the applicant eligibility requirements but wish to audit the program. A physician, physician assistant, or nurse practitioner may audit for CME credit; a nurse may audit for CEU credit. CME and CEU credit requires satisfactory completion of examinations offered during the Education Phases.

C. INTERNATIONAL STUDENTS

When applying for the Saint Paul VI Institute's education programs, all applicants understand that the course

instruction, teaching materials, and examinations will be available only in English. Applicants are also expected to have communication technology (fax, phone, e-mail, timely mail service) to complete course requirements.

V. CONTINUING EDUCATION CREDITS FOR DOCTORS, NURSES, PHYSICIAN ASSISTANTS, AND NURSE PRACTITIONERS*

Category 1

Creighton University Health Sciences Continuing Education designates this live activity for a maximum of 67.75 *AMA PRA Category 1 Credit(s)™*. Physicians should claim only credit commensurate with the extent of their participation in the activity.

AAPA accepts AMA category 1 credit for the PRA from organizations accredited by ACCME.

Nurse CE

Creighton University Health Sciences Continuing Education designates this activity for 67.75 contact hours for nurses. Nurses should claim only credit commensurate with the extent of their participation in the activity.

Nurses licensed in Iowa and California: This activity was planned and developed in accordance with the continuing education standards of the American Nurses Credentialing Center (ANCC). The Iowa Board of Nursing and the California Board of Nursing will honor ANCC continuing education credits for face-to-face programs held outside Iowa and California, or for ANCC-approved online recorded courses taken in a self-study format.

ACOG



The American College of Obstetricians and Gynecologists has assigned up to 67.75 cognate credits to this program.

Accreditation Statement

In support of improving patient care, this activity has been planned and implemented by Creighton University Health Sciences Continuing Education and the Saint Paul VI Institute. Creighton University Health Sciences Continuing Education (HSCE) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

FINAL CERTIFICATE EXAMINATION

All students enrolled in the **FertilityCare** Practitioner, Instructor, and CrMS Medical Consultant Programs are required to take a criterion-referenced, professionally administered final certificate examination. The **FertilityCare** Practitioner certificate examination is given in November, the Instructor exam is given in May, and the CrMS Medical Consultant examination is given on the last day of EPII in April.

JOINT SPONSORSHIP AND CERTIFICATES

Saint Paul VI Institute **FertilityCare** System Allied Health Education Programs are jointly provided by the Saint Paul VI Institute for the Study of Human Reproduction and Creighton University Health Sciences Continuing Education and School of Medicine. Upon satisfactory completion of course requirements, a certificate will be issued and signed by the Dean of the School of Medicine and the Director of the Saint Paul VI Institute.

AMERICAN ACADEMY OF **FertilityCare PROFESSIONALS ACCREDITATION**

Saint Paul VI Institute **FertilityCare** Allied Health Education Programs are accredited by the American Academy of **FertilityCare** Professionals (AAFCP). The educational programs provide students the appropriate education background to become eligible for the certification procedures of the AAFCP.

VI. FEES

TUITION

All fees are subject to change. All tuition costs and other program fees must be paid upon entry into the program and according to the Program Fee Schedule and Financial Policies provided by the program. The following tuition has been established for each program:

	Tuition and Fees
• FertilityCare Practitioner*	\$4,975.00
• FertilityCare Instructor*	\$3,950.00
• CrMS Medical Consultant	\$5,875.00
• Double Programs CrMS Medical Consultant, CrMS Physician Assistant, CrMS Nurse Practitioner, Nurse Midwife, and Pharmacist – with Practitioner Program*	\$8,900.00
• FertilityCare Educator	\$5,995.00
• CrMS Medical Consultant Auditor	\$5,000.00

* These programs require the purchase of client teaching materials. Cost of client teaching materials varies depending upon whether or not the student is providing **CREIGHTON MODEL FertilityCare** Services within the confines of an existing center that is affiliated with **FertilityCare** Centers of America. If beginning an independent center, the approximate cost of client materials, in order to meet the requirements necessary for program completion, is \$450.50. It should be noted that initial outlay of expenses for these supplies may be reimbursable from client fees.

TEXTBOOKS

All textbook and shipping fees must be paid upon receipt of the Publication Department Invoice and prior to shipment. The following textbook fees have been established for each program:

• FertilityCare Practitioner	\$299.85
• FertilityCare Instructor	\$209.90
• CREIGHTON MODEL Medical Consultant	\$659.80
• CREIGHTON MODEL Medical Consultant/ FertilityCare Practitioner Combined Course	\$734.80
• FertilityCare Educator	\$784.95
• Medical Consultant Auditor	\$434.80

Current materials distribution procedures take into account the need to provide the most cost-effective means possible to minimize the additional costs of shipping and/or sales tax for students. International students should expect to pay higher shipping costs.

FertilityCare PRACTITIONER PROGRAM ON-SITE VISIT FEES

The room, board, and round-trip transportation for the **FertilityCare** Practitioner On-Site Visit will be the responsibility of the student.

ROOM & BOARD FEES

The course is held at the DoubleTree by Hilton. Accommodations are arranged through the Saint Paul VI Institute Education Department, but travel arrangements are the responsibility of the participating students.

Education Phases I and II room, board, and facility use fees will be charged per person at the following per-day rates:

HOTEL COSTS PER STUDENT:

- \$225.00 per night private room (1 student)

Includes sleeping room, breakfast and lunch (all days), and dinner (EPI=4, EPII=3), tax and gratuity also included. The hotel offers complimentary parking. **Rates are subject to change.** Please note: lunches and dinners are for students only who are staying at the hotel. Closing banquet dinner tickets are available for purchase for those not staying at the hotel and family members.

* Facility Use Fee

- \$80.00 per day For those not making accommodations through Saint Paul VI Institute Education Department.

Prices subject to change.

FINANCIAL AID

The Saint Paul VI Institute has limited ability to provide financial assistance. A resource guide for funding suggestions has been developed for students. Medical Military applicants might qualify for funding through the Military. Contact your Military's Education Service Office.

ARCHBISHOP DANIEL E. SHEEHAN SCHOLARSHIP FUND

Named for the late archbishop of Omaha, these are tuition scholarships only and do not apply to the materials fee, room and board, or On-Site Visit expenses. This scholarship fund can assist some students with up to 50% tuition reduction. For the most part, these scholarship funds are restricted to the State of Nebraska.

SAINT PAUL VI INSTITUTE SCHOLARSHIP FUND

These are tuition scholarships only and do not apply to the materials fee, room and board expenses or On-Site Visit expenses. These can assist students with tuition reduction in variable amounts and are not restricted by geography.

NANCY BOTKIN MEMORIAL SCHOLARSHIP

These are tuition scholarships only and are restricted to students in the **FertilityCare** Educator program.

APPLICATION, DEPOSIT, AND DEADLINES

If interested in one of the programs, request an application from the Saint Paul VI Institute **FertilityCare System** Allied Health Education Department.

Class size is limited. Early submission of an application is strongly recommended. Timely acceptance into the program will allow adequate study time of the books and materials. Applications received after August 14, 2026 are not guaranteed a seat in the current class. Applications received after September 21, 2026 will be deferred to our October 2027 class. Upon acceptance into the program, a \$500.00 tuition deposit is required to secure enrollment in the class.

VISIT OUR WEBSITE FOR A COURSE APPLICATION

www.saintpaulvi.com/education

Saint Paul VI Institute
FertilityCare Allied Health Education Dept.
6901 Mercy Rd., Omaha, NE 68106
(402) 390-9168 • Fax: (402) 390-9851

VII. FACULTY

*"The dedication and approachability of the faculty members was inspiring and it was great to hear the personal stories behind their life's work with **CREIGHTON MODEL**. The fact that they have all dedicated such large portions of their lives to this added enormous weight to each presentation, as it was clear that therein lay a true belief of heart and soul."* — Comment from Participant



Back row: Christy Shoen, Anne Marie St. Germain, Alia Keys, Theresa Schortgen, Kathy Hirkala, Kathy Rivet.

Front row: Sue Hilgers, Dr. Thomas W. Hilgers, Diane Daly.

Thomas W. Hilgers, MD, CFCE, AFCMC: Director, Certificate Programs for **CREIGHTON MODEL FertilityCare System** Allied Health Education Programs; Director, Saint Paul VI Institute for the Study of Human Reproduction; Clinical Professor, Department of Obstetrics and Gynecology, Creighton University School of Medicine, Omaha, Nebraska; Co-developer of the **CrMS** and developer of **NaProTECHNOLOGY**.

Michaela Behrens, MD, CFCMC: Physician, Saint Paul VI Institute for the Study of Human Reproduction, Omaha, Nebraska.

K. Diane Daly, RN, CFCE: Supervisor, Mercy Hospital Department of **FertilityCare** Services; Director, Office of NFP, Archdiocese of St. Louis, St. Louis, Missouri; Co-developer of the **CrMS**.

Susan K. Hilgers, BA, CFCE: Vice-President for Institute Advancement, Saint Paul VI Institute for the Study of Human Reproduction, Omaha, Nebraska; Co-developer of the **CrMS**.

Teresa A. Hilgers, MD, FCP, CFCMC: Physician, Saint Paul VI Institute for the Study of Human Reproduction, Omaha, Nebraska. Current President, Society of Procreative Surgeons.

Kathy Hirkala, RN, BSN, CFCE: Director, **FertilityCare** Center of the Upper Ohio Valley, Weirton, West Virginia and Director, **FertilityCare** Center of the Upper Ohio Valley, Inc. Practitioner Education Program, Weirton, West Virginia.

Catherine Keefe, MD, CFCMC: Physician, Saint Paul VI Institute for the Study of Human Reproduction, Omaha, Nebraska.

Alia Keys, BA, CFCE: Director, St. Mary's **FertilityCare** Services, St. Louis, Missouri and Director, Mercy **FertilityCare** Practitioner Education Program, St. Louis, Missouri.

Sr. Renée Mirkes, OSF, PhD: Director, Center for NaProEthics, Saint Paul VI Institute for the Study of Human Reproduction, Omaha, Nebraska.

Kelly Morrow, PhD: Clinical Psychologist, Saint Paul VI Institute for the Study of Human Reproduction, Omaha, Nebraska.

Kathy Rivet, BS, CFCE: Director, Marguerite d'Youville **FertilityCare** Practitioner Program, Manchester, New Hampshire.

The Rev. Edward J. Richárd, D ThM, JD: Pastor at Our Lady of Prompt Succor Catholic Church, Sulphur, Louisiana.

Christy Shoen, BS, CFCE: Director, Family **FertilityCare** Center, Chagrin Falls, Ohio.

Anne Marie St. Germain, CFCP, CFCE: Certified **FertilityCare** Practitioner at Family **FertilityCare** Services Manchester, New Hampshire.

Jeanice Vinduska, BS, CFCE: Co-Director, Saint Paul VI Institute **FertilityCare** Center of Omaha, Omaha, Nebraska and Director, Mid America **FertilityCare** Interim Accreditation Education Program, Plattsmouth, Nebraska.

Faculty realizes no financial gain from their involvement in the education programs.



At a Glance...Saint Paul VI Institute

Students attending education phases in Omaha, Nebraska will tour the **Saint Paul VI Institute for the Study of Human Reproduction** facility. The Institute is a 17,000-square-foot international research, education, medical, and service center with a staff of 24 full- and 36 part-time professionals and an annual budget of approximately \$1.1 million. The Institute's developments are the **CREIGHTON MODEL FertilityCare System (CrMS)** and **NaProTECHNOLOGY**. These provide healthy, moral solutions to issues in women's health care impacting the lives of thousands of women, couples, doctors, medical students, nurses, priests and babies every year on national and international levels. It is dedicated to continuing its founding mission of building a Culture of Life in women's health care through its current programs and services, which include:

- **National Center for Women's Health:**
Features patient care services, a state-of-the-art ultrasound center, and national hormone laboratory
- **Allied Health Education Program:**
Educates medical professionals and **FertilityCare** Practitioners in the **CrMS** and **NaProTECHNOLOGY**
- **St. John Paul II Fellowship Program:**
Trains OB/GYNs in the medical and surgical applications of **NaProTECHNOLOGY** in one year, full-time program
- **Research Division:**
Develops cutting-edge approaches to reproductive health issues and investigates cures for infertility
- **Center for NaProEthics:**
Articulates the unity between faith, reason, and true science
- **FertilityCare Center of Omaha:**
FertilityCare Practitioners teach women and couples the **CrMS** at the Center
- **Seminary Course:**
Co-sponsors a course in marriage, the family, and human sexuality at three American seminaries—Kenrick-Glennon, Pontifical College Josephinum, and St. Charles Borromeo
- **Summer Pre-medical Internship:**
Immerses pre-medical students in the Institute's cutting-edge research

