

The Creighton Model is sometimes referred to as Natural Family Planning. However, it is not the “rhythm method.” It is a modern method of family planning based on scientific research.

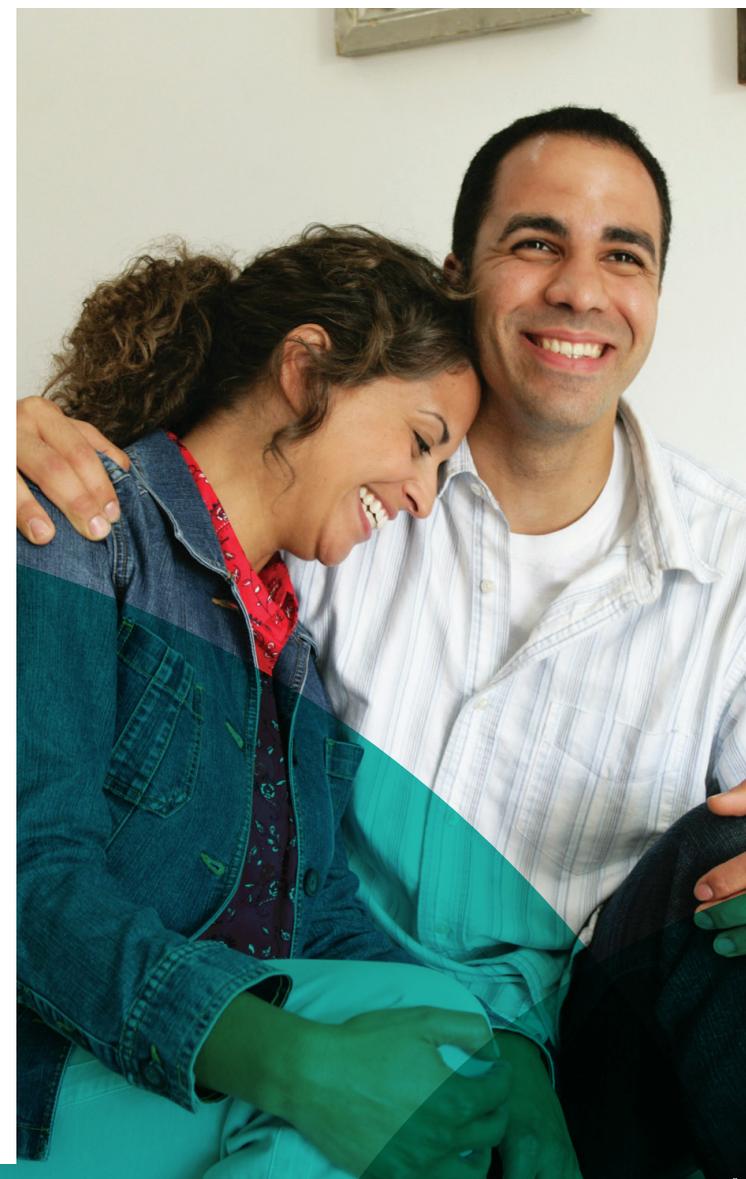
The Creighton Model is a means through which a couple may effectively achieve or avoid pregnancy. The Creighton Model is not contraception but, rather, true family planning.

For more information about our FertilityCare Services contact **916-733-6256**.



FertilityCare Services

Creighton Model



FertilityCare Services

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Family planning with the Creighton Model

The Creighton Model is a unique method of family planning. It relies upon the observation of signs essential to fertility. The method is based upon the fact that during a woman's cycle, she will experience characteristics that indicate times of fertility and infertility. These signs can be easily observed and interpreted and indicate when a woman may avoid pregnancy and when she may become pregnant. In addition, the Creighton Model can be used to identify abnormalities in a woman's health.

Real Solutions to Real Problems

- Infertility
- Menstrual cramps
- Premenstrual syndrome (PMS)
- Ovarian cysts
- Irregular or abnormal bleeding
- Polycystic ovarian disease
- Repetitive miscarriage
- Postpartum Depression
- Prematurity prevention
- Hormonal abnormalities
- Chronic discharges
- Other health problems



Effectiveness

Given the proper training, motivation and cooperation, the Creighton Model can be as effective – if not more – than most other methods of family planning. Successful use of the Creighton Model requires cooperation between both partners and contributes to growth, communication, understanding and respect for their joint fertility and their relationship.

FertilityCare Practitioners

Besides being successful long-term users of the Creighton Model, Dignity Health's instructors have received professional training as FertilityCare Practitioners. The curriculum for this education was developed at the Pope Paul VI Institute for the Study of Human Reproduction in affiliation with the Creighton University School of Medicine in Omaha, Nebraska. Practitioners are certified by the American Academy of FertilityCare Services.

In addition, physicians specially trained as FertilityCare Medical Consultants are available to review individual cases and advise FertilityCare Practitioners as well as ensure the quality of services provided.

The Learning Schedule

Adequate instruction is essential for gaining confidence in the method and obtaining the maximum effectiveness possible. The couple enters the program with an introductory session and continues in the program with a series of individualized follow-up teaching appointments. Generally, eight appointments are scheduled throughout the first year, with subsequent follow-up appointments recommended every six to 12 months as needed.

Introductory sessions and individual appointments are available. The introductory sessions are group presentations and are offered on a monthly basis throughout the year.

Follow-up appointments are scheduled on an individual basis.

There is a registration fee of \$30 for the introductory session and individual follow-up appointments are \$40. Alternative financial arrangements, including partial scholarships based on need, are available.

