

# GRACE OF THE MOON

## Preconception and Fertility Awareness Services



Sarah Naomi Bly, FAE, DEM  
Fertility Awareness Educator, Midwife

### Program Details

#### FAE teacher training and certification program (TTP)

**Who this program is for:** For those desiring a thorough education to become a Fertility Awareness Educator and Holistic Hormonal Health Educator.

#### **The TTP program will provide:**

- The educational foundation and material mastery for creating and sustaining a FAM teaching and consulting practice. A certified FAE will be prepared to offer:
  - FAM for self awareness, birth control, and conscious conception
  - FAM for gauging gynecological health throughout the reproductive years
  - Basic diet and lifestyle practices to uphold hormonal health
  - Working with ‘abnormal’ and ‘irregular’ charts; assessing and referring
  - Support around conscious sexuality
  - Sexual and reproductive health basics
- The resources needed for a FAM practice including hand-outs, documents, charts, and other organizational materials
- Basic professional skills for running a business
- Counseling skills necessary for working with women in this capacity
- Connections to the FAE professional network in the United States and abroad
- Certification from Grace of the Moon
- Pending\* certification and membership from the Fertility Awareness Network (FAN)
- An invitation to the FAN online list-serve

\*\*FAN is the only international network of secular Fertility Awareness Professionals. It is an offshoot of the Fertility Awareness Center, which was founded in 1981 by Barbara Feldman and is now facilitated by FAE Ilene Richman. FAN provides FA professionals the opportunity to stay connected, feel their part in the global movement of Fertility Awareness and share information, research, and case studies. FAN is currently undergoing great changes, seeking to become stronger and more available to the growing community of practitioners. Therefore, until the new format of FAN emerges (goal = 2014) certification will not be included. However, in time, FAN will be the greater certifying body for candidates from the Grace of the Moon program. Thus, you will receive automatic membership (with a fee), advertisement and certification from FAN when completing the GOTM teacher training program. GOTM certifications completed before this time will be honored by FAN when the new FAN certification is established. Thank you for your understanding.

## Cost:

Tuition for TTP program: \$4400. Payment plans are available.

- ~Does not include text books, study guide or travel expenses for intensive.
- ~All else included.
- ~Scholarships are potentially available for those in need.

## Program format:

**Year One:** Completion of Six training modules. Modules will be sent via email.

Each module will contain:

- Module outline
- Module goals
- Reading assignments from text books
- Choices for research assignments and presentations
- Hand out assignments
- Chosen study questions from the Study Guide
- Additional questions from Sarah
- Booklist and Resources
- Class schedule and private consult schedule

Your assignments and creations for each module include (in this order):

(Note: I have added estimated time commitments per module to help you plan)

- Read/research as suggested (several hours)
- Complete study questions (couple/few hours)
- Do additional suggested reading as desired (as many hours as you'd like)
- Choose reports and exchange emails to confirm (10 minutes)
- Complete one research paper: 1-2 pages (2-3 hours)
- Create one hand-out for teaching use: 1 page (2-3 hours)
- Prepare class presentation and write outline (2-3 hours)
- Attend on-line classes. We meet regularly for 6 weeks of every 2 months then have two weeks off before beginning the next module. Class days may change according to participant needs, but currently are as follows: Every Wednesday morning 9am-12 PST plus two Monday evenings 5:30-7:30pm PST. (22 hours)
- Print and snail mail all completed paperwork to Sarah (20 minutes)
- Attend one guest teacher lecture (during a scheduled class)
- Attend one private module review session with Sarah (1 hour)

Module schedule:

- Module released every other new moon
- 1 module due every two months for 12 months

**Year Two, first six months:** Continued material mastery

Content (in 'rounds' of four weeks each):

Master classes: lecture and discussion

Creation and review of class outlines, visual aides and handouts

Chart reviews

Practice sessions and practice classes with classmates

One weeklong intensive in Ashland, Oregon with morning and afternoon sessions and training opportunities with local professionals in related fields. Lodging and travel **not** included. Guest lectures and all sessions **are** included.

Schedule: One 3 hour class per week.

One week long intensive in Ashland, dates TBA.

**Year Two, second six months:** Study Group and Teacher-In-Training Phase:

Content:

Observing private consults with Sarah and other professionals

Chart reviews

Practice classes with friends and community, recorded

Critique of classes with classmates and instructor

One class with group per month

Graduation!

Schedule: TBA

## **Program Details**

### **FAE advanced teacher certification program (ATC)**

**Who this program is for:** For health care practitioners who are already comfortable teaching FAM and are interested in becoming certified as an FAE.

#### **The ATC program will provide:**

- critique and counsel on teaching skills and material comprehension
- review of relevant paperwork and handouts
- peer-review of case studies
- assistance in mastery of weak areas and skills
- certification from Grace Of The Moon
- pending certification from the Fertility Awareness Network (FAN) \*\*see below
- an invitation to the FAN online list serve

**Tuition for ATC program:** See below for details.

#### **Program Format:**

This program will involve a more specialized curriculum designed to meet each applicant where they are on their path to being a FAE. The assessments will be done by several colleagues from the Fertility Awareness Network. Depending on experience, it will involve some variation of the following steps.

- Review of already created paperwork
- Review of outlines for classes offered
- Peer review of classes taught
- Peer review of private consults
- One-on-one sessions with a FAE to improve material and teaching skills
- Focus sessions on weak links in material comprehension
- Optional advanced studies in chart interpretation & alternative healing modalities
- Free access to TTP student comrade study sessions
- Access to FAN professional list-serves and networks

The time it will take will also be dependent on the experience you bring in with you. The tuition will be at an hourly rate with additional fees for administration, certification, and entrance into the Fertility Awareness Network.

~Per hour rate: \$70 (subject to change)

~Administration fees: \$100/month

~Certification fees: Grace of the Moon: \$100 one-time fee

Fertility Awareness Network: TBA fee plus yearly dues