



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 Mercy FertilityCare Services or other programs of special interest to women and families, contact Mercy Women’s Center at **916.614.2200**.

### ABOUT MERCY WOMEN’S CENTER

Mercy Women’s Center provides education and services to the entire community. Wellness programs, childbirth and parenting classes, lactation services and a variety of support groups are offered, as well as programs aimed at preventing domestic violence and perinatal substance abuse. Mercy Women’s Center is a department of Mercy San Juan Medical Center.

CREIGHTON MODEL

## FertilityCare Services



### MERCY WOMEN’S CENTER

650 Howe Avenue, Suite 530  
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[mercymoms.org](http://mercymoms.org)

## 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.

### Advantages

- Medically safe
- Highly reliable
- Morally acceptable
- Easy to learn
- Inexpensive
- Responsibility shared equally by both man and woman
- Can be used at any state of a woman's reproductive life
- Precisely identifies the true days of fertility and infertility
- Valuable aid for couples who are having difficulty achieving a pregnancy

### 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, Mercy'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 offered at the Mercy Women's Center. 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 \$25 for the introductory session and individual follow-up appointments are \$35. However, Mercy Women's Center is pleased to discuss alternative financial arrangements, including partial scholarships based on need.