



**Fertile Body Method  
Practitioner Course  
Manual**



# The Fertile Body Method

HYPNOSIS AND MIND-BODY APPROACHES FOR FERTILITY

## Learning Outcomes

The FBM Online Training Program is for anyone who wishes to help men and women conceive and have a baby. In particular the course is aimed at hypnotherapists, NLP practitioners and other therapists who want to use mind-body approaches in their work.

The aim of the course is to give therapists a range of mind-body techniques and a well-structured therapeutic framework within which these tools can be used effectively. Through the training you will gain a broad 'tool box' of the most useful mind-body approaches for helping people to regain wellbeing and enhance their fertility. The course is skills based and provides essential psychological knowledge about fertility problems and the best ways to work with it.

The course can be completed within your own time frame, from the comfort of your own home/clinic. Upon completing the program you will receive a certificate and be eligible to be listed on the Fertile Body Method Therapist register, so that members of the public seeking help with fertility problems can find you easily.

The course will empower practitioners to support clients on their Empower Couples fertility journey:

- \* To make necessary changes to lifestyle, diet, smoking, alcohol and exercise habits
- \*To feel confident and ready for parenthood
- \*To Improve intimacy and sexual relationship (for natural conception)
- \*Restore menstrual health, or sperm mobility and count
- \*Prepare for IVF or other fertility treatments.



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The self help tools and scripts will enable practitioners to enhance client's fertility by

- \*To maintain the changes they have made
- \*Supporting the couple if they do conceive, to help carry the baby to full term
- \*Supporting the couple if treatment fails
- \*Supporting them to make decisions about fertility treatments and other options for parenthood
- \*Providing emotional support and an opportunity to talk openly
- \*Processing any death and loss
- \*Coming to terms with infertility

## **A comprehensive syllabus**

### *Introduction to the online programme*

Overview of the course

How to get the most out of it

### *Getting started with a fertility case*

Information gathering

Managing expectations

Setting a good therapeutic goal

### *Fertility and Infertility*

Understand the causes and effects of fertility problems

Learn fertility jargon

The creative menstrual cycle

### *The FBM therapeutic framework*

Mind-body medicine for fertility

Get to know the FBM framework

Learn how to apply the framework to a variety of cases



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## *FBM techniques and scripts*

Descriptions and demonstrations of 10 effective therapeutic techniques that can be used for working with fertility problem.

## *FBM self-help tools*

Descriptions and demonstrations of 10 self help tools that can be used when working with fertility problems.

## *Four case studies*

Recurrent miscarriage

Unexplained infertility

Multiple IVF failure

Support after miscarriage

## **Accreditation**

Yes the course is accredited by International Institute for Complementary Therapists (IICT) in UK, Europe, South Africa, Australia and USA.

## **Home Study Commitment**

The length of time it takes you to complete the program will depend very much on how much time you are able to dedicate to it. A good portion of the time you will need is for reading the manual and watching the training online DVD. Over and above that, there is 1 compulsory hour long 1-to-1 online session with Arty Amarisa and 1 practical assignment. There are also 10 web lessons with teaching and demonstrations videos, audio clips, and up to 10 reflective questions per lesson. The time needed for each lesson will vary but on average you will need a couple of hours per lesson. Student feedback indicates that on



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average people are taking between 90 and 120 hours in total to complete the course.

### **Start and finish dates**

There are no start or end dates for the course. It is designed to be completely flexible for each person. You can choose when you wish to start your course and can study at your own pace. You have four months to complete the course for the initial fee that is paid. If you do not complete the course within four months and at a later date you want to complete it then there is a one off fee for £50 to organise the one to one, receive the certificate and your details are added to the fertile body method register.

### **Practitioner requirements**

The Fertile Body Method is a mind-body approach to fertility. To get the most out of the course you will need to have a background in psychological approaches (counselling, hypnotherapy, psychotherapy, NLP etc) and be confident in working with guided visualisation. Therapists who work with fertility problems using other disciplines (such as acupuncture, reflexology, herbs etc) can attend the training to learn more about the psychological and emotional aspects of fertility and to integrate some of the concepts and tools into their practice. But this course does not qualify you to practice as a hypnotherapist, counsellor or psychotherapist. A good understanding of English, writing, reading and speaking is a pre-requisite.

### **Quizzes, reflective questions and case study**

There are no examinations or marked assignments. All course questions and tasks are for revision and self reflection. To qualify you have to answer all the reflective questions, do the practical assignment, and attend a one to one. You can get feedback on your reflective questions during your one to one.



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There are up to 10 reflective questions for each lesson and there are a total of 10 lessons. The guide to answer reflective questions is between a few paragraphs to maximum of 1 page for each answer, handwriting is acceptable but typed pdf documents is preferable.

### **Face to Face Contact and Group Meetings**

There are no regular group meetings but you will be invited to occasional online sessions the Fertile Body Method holds for practitioners. There is one hour 1 to 1 session available which can be divided into two half an hour session to answer any queries and go through the reflective questions and case studies. You will have access to recorded Q and A sessions.

### **Further Support once qualified**

The Fertile Body Therapist Register is a free referral network that is marketed and promoted online and recommended by an increasing number of satisfied clients. To help you further market yourself I have created the Resources for Therapists area on the website which you will have access to. You will be able to download Fertile Body Therapist business cards, postcards, adverts, logos and flyers. You can customise these templates to suit your own needs. The free templates will give you a quick, easy, professional and well crafted way to present this work to potential clients. I am also available for one-to-one and group mentoring session to share my experience of what works and what doesn't in terms of marketing and advertising in the fertility world and to discuss client cases.