

# Sensiplan consulting in changing times - challenges and opportunities

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## **Back to Basics**

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# Sensiplan

- Symptothermal double check method of natural family planning
- Safe natural method due to
  - method, qualified counselling system & standardized materials
  - couple relationship and communication.
- Developed under scientific supervision at a time when face-to-face counselling by qualified Sensiplan counsellors was the service of choice
- "Guideline on non-hormonal contraceptives" of the *Deutsche Gesellschaft für Gynäkologie und Geburtshilfe (DGGG) (German Society for Obstetrics and Gynecology)*.

# Sensiplan counsellors

1982 – 2023

1.253 Sensiplan counsellors in about 100 training courses according to a standardized curriculum

Beside training courses in Germany trainings in Albania, Austria, Belgium, Czech Republic, Hungary, Lithuania, Mexico, Netherlands, Portugal, Romania, Slovenia, Ukraine, and USA/North Carolina.

There are currently 408 active counsellors, 66 are taking a break for various reasons and 77 are in training.

***sensi***PLAN

# Women using Sensiplan

- 20 and 30% of the women are in a post-hormonal-contraceptive situation
- 10 to 15% are wanting to achieve a pregnancy
- around 45% are in a normal menstrual cycle situation
- additional women learn about Sensiplan while breastfeeding, during the premenopause, etc.

**Machines do not replace people –**  
a relationship can only develop between two people!

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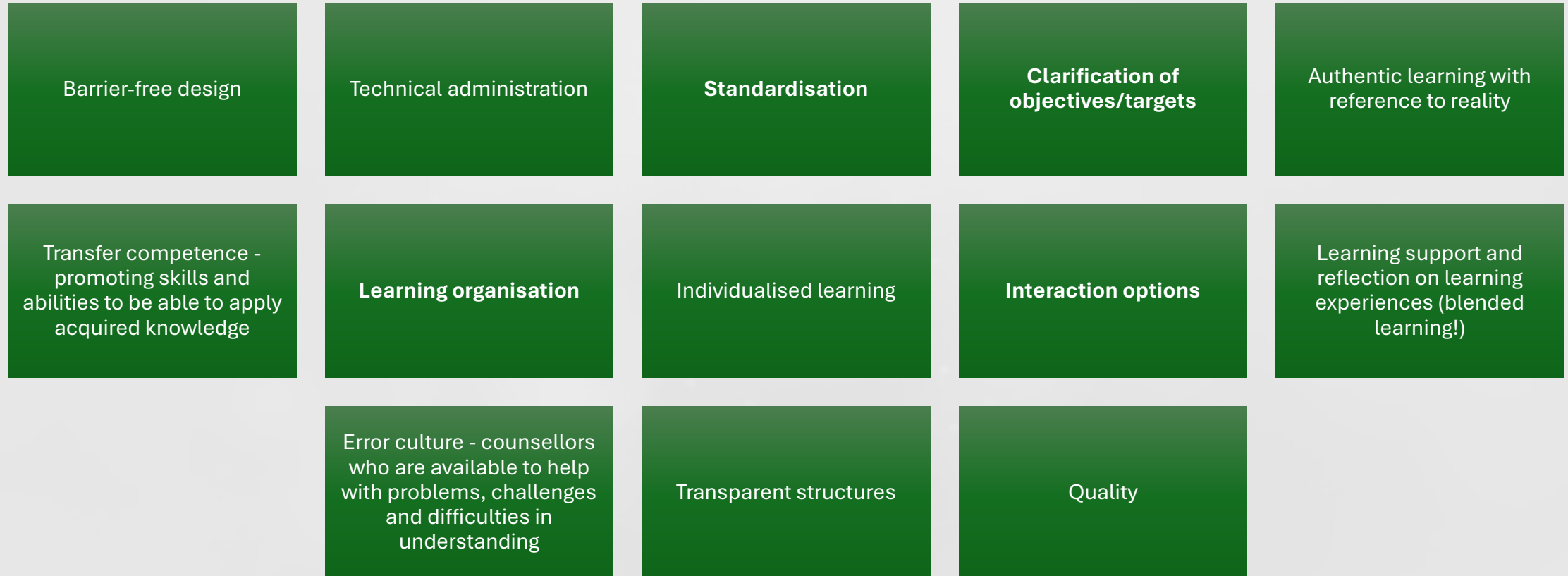
There are two differentiations in e-learning

- Blended learning (mixed form of face-to-face teaching and digitally supported by distance learning)
- Online learning (digitally supported learning)

Studies show: many people prefer face-to-face to online study.



# What does efficient e-learning need?



# Challenges

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Technical application requirements incl. application software

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Autonomy and self-organisation

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Learners as consumers

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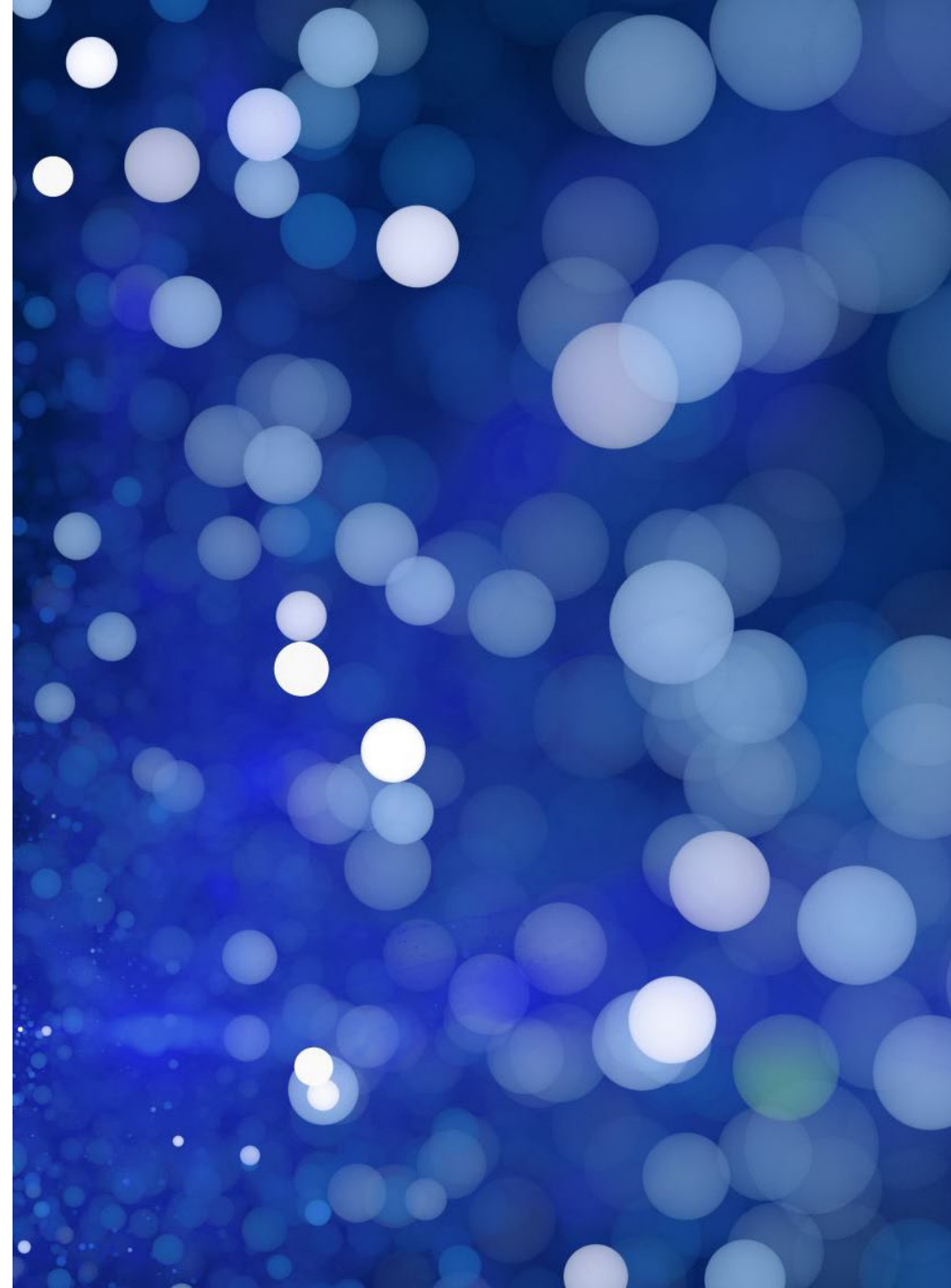
Independence in time and space/learning-promoting time and environment structure

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Presenting learning outcomes

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Visualisation of learning success/evaluation



# Advantages/ disadvantages

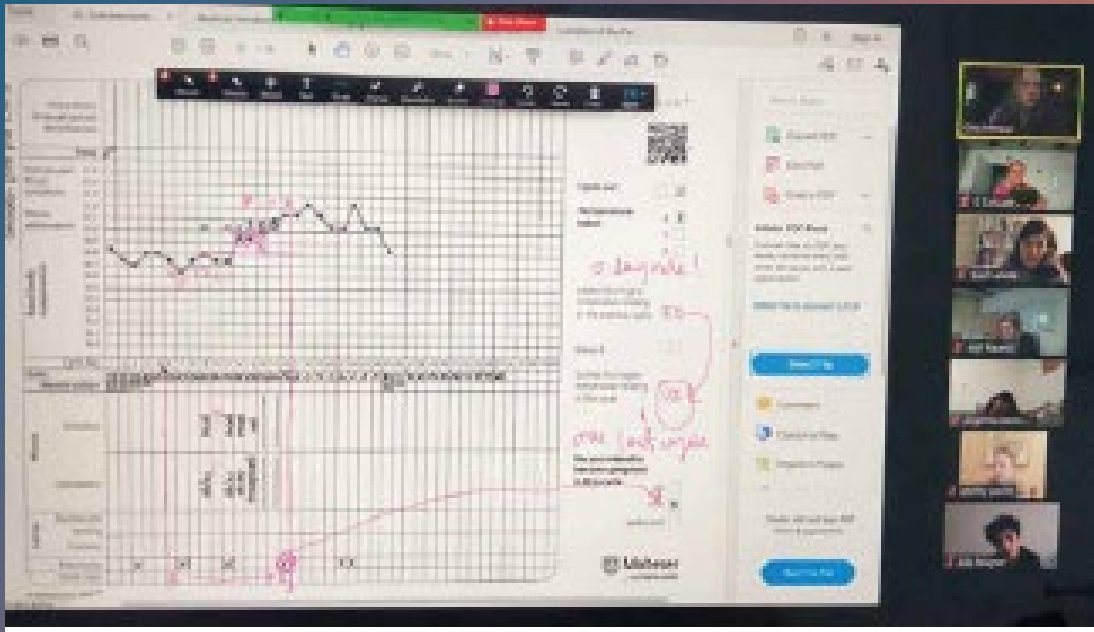
## Plus

- Flexible in terms of location (global) & time
- Open to different learning resources
- Self-organisation of learning
- New social contexts

## Minus

- Need for fixed learning times and a good learning environment
- Need for guidance
- Self-organisation of learning
- Difficult communication/limited opportunities for discourse





## Results of the concrete experiences of the last four years


- The training courses up to the intermediate examination are conducted in person and online in the second phase of the education.
- An interactive standardized e-learning course, which is supplemented by a competent advisory service, is in preparation and will be available online in 2025.





# Tasks

For the next few years

- Selection and training of future Sensiplan counsellors
  - Focus on specific cycle situations & use of Sensiplan during chronic illnesses, etc.
  - Further training of existing counsellors in close coordination between educationalists and physicians and according to new criteria
  - Incorporation of aspects of systemic counselling
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## More information

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Thank you for your attention!

