



**Natural Family Planning from
The Couple to Couple League**

EXTREME MAKEOVER

Presenting the Couple to Couple League's Natural Family Planning Program

*Safe, healthy, effective... and it can change hearts
in surprising ways*

Who we are

The Couple to Couple League International (CCL), based in Cincinnati, Ohio, is a leading provider of education in the safe and effective practice of Natural Family Planning (NFP). Since its founding in 1971, CCL has instructed more than 185,000 engaged and married couples in 23 countries. The organization currently trains 7,000 couples each year in the United States.

What we do

CCL's educational platform is built on a "triple strand approach:" the full Sympto-Thermal Method of NFP, the promotion of breastfeeding and its child-spacing potential, and the moral underpinnings for the NFP decision.

The focus of CCL teaching is:

- 1) NFP is **knowledge** of one's fertility;
- 2) **Responsible parenthood** is the **virtuous application** of this **knowledge to marriage**.

We provide couples with the knowledge and ability to read all the signs of fertility in order to achieve or avoid pregnancy through the Sympto-Thermal Method. Then we discuss the *virtuous application* of this knowledge by couples who model dignity, respect and love for each other by practicing NFP. This is known as responsible parenthood.

The Couple-to-Couple difference...

The fundamentals of NFP and the Sympto-Thermal method can be taught by anyone with the proper training. However, the profound impact of this choice in marriage is best understood when witnessed by a practicing couple. Therefore all CCL courses are taught by certified teaching couples that have successfully completed a rigorous approximately 50-hour training program and received mentoring from another veteran couple.

Inspired By Theology of the Body

CCL has fully integrated the tenants of the late Pope John Paul II's seminal masterpiece *Theology of the Body* throughout all educational and operational programs, including its training, teaching, writing and counseling. From a practical standpoint, this means that CCL's teaching approach starts with the person as a reflection of God, without relying first on the authority of the Catholic Church. Thus the moral underpinnings of NFP can be understood and appreciated by any couple interested in this deep expression of love, concern and respect for each other regardless of their faith background.

Called to the *New Evangelization*

CCL embraced Pope John Paul's call in *Ecclesia in America* to speak in a language that resonates with all of God's people while using the most modern means of communication to spread the Good News. The recent rewriting and redesign of all CCL teaching materials to make them both easier to teach and understand exemplifies this commitment. In addition, CCL is appealing to the "iPod generation" with several new communication technologies including an interactive teaching DVD, online teacher training and student resources, specialized Webcasts and Podcasts, and member online forums.

Basics of the Sympto-Thermal Method

CCL teaches the Sympto-Thermal Method of NFP. In this system, a couple uses crosschecking signs of fertility: cervical mucus, waking temperatures, and changes in the cervix itself. The woman may also use secondary signs of fertility such as ovulation pain and others. This is NOT the Calendar Rhythm Method, but rather a scientifically proven technique for postponing or achieving pregnancy that is 100 percent safe and just as effective as artificial means of birth control. Couples are also taught the benefits of breastfeeding including a delay in fertility after childbirth, improved health of the baby, and less likely postpartum depression.

Our Leadership

Our Board of Directors, which is actively involved in setting the overall direction for CCL, is composed of representatives from a broad range of backgrounds including health care, science, education, business, law, publishing and the clergy. Extensive support services are provided by CCL Central through a professional staff of 11 full-time and four part-time employees to teaching couples, candidate teaching couples, promoters, student couples and members. Local chapter leaders coordinate class schedules, registration and teaching assignments with the diocesan family life offices and local parishes.

Our Founding

When Pope Paul VI reaffirmed the traditional Christian teaching against unnatural forms of birth control in 1968 through the encyclical *Humanae Vitae*, he recommended that married couples help other married couples with Natural Family Planning. In response, John and Sheila Kippley founded the Couple to Couple League in 1971 for three purposes:

- 1) To meet the need for a nationwide, independent, and organized way of delivering NFP services;
- 2) To provide instruction in NFP that includes moral and religious values along with physiological and scientifically accurate information;
- 3) To train volunteer married couples to be proficient counselors and teachers in a 99% effective method of NFP, and at no cost to those who generously undertake this training.

Locate a Local Teaching Couple

You can locate a teaching couple near you by searching our online database of teachers at <http://ccli.org/learn/index.php>.

More Information

For more information, please visit www.ccli.org. Additional resources, including related graphics and a streaming video presentation featuring the CCL teaching program, is available at <http://www.ccli.org/news>.

Or contact:

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