

Kim McCabe and Helena Løvendal welcome you to the

Rites for Girls Professional Facilitator Training in Australia 2021



Supporting girls to make the transition from girl to woman
a life-enhancing experience

Certified professional training
including two 14-day residential modules in New South Wales, Australia
April 2021 • November 2021
followed by 12 months supervised practice

with

Kim McCabe

Founder/director Rites for Girls

&

Helena Løvendal

*Founder/director The Centre For Gender Psychology and Creative Couple Work.
Head of Education Sexual Grounding Therapy Intl.*

Welcome to our Australian Rites for Girls Facilitator Training

Hello!

We are delighted that you're interested in this work and are considering joining us. Supporting young girls in their journey towards becoming young women has always been one of the most important tasks for women and mothers, but even more so now.

We have great plans for this work and we cannot do it without other women like yourself: women who share our passion and vision of making the transition from being a girl to becoming a woman something that our daughters look forward to and feel proud about. Our aim is to foster a transition that will provide girls with a solid sense of their own worth through a joyful connection to their developing female bodies and a trust in their own feelings and experiences – and most importantly, experiencing their mother and other female role models as inspiring women of wisdom, power and deep beauty who they, as young-women-to-become, can trust and relate to.

But how do you pass on what you may not have received yourself?

This training is a unique opportunity for women to learn exactly that. You may be a mother, or not. You may be a skilled professional with years of experience. You may think that you haven't got what it takes, yet something in you responds passionately at the prospect of doing this work. What matters is that you care deeply about how our daughters experience the transition from girlhood to young womanhood. And that you are ready to meet yourself as a woman of deep beauty, power, wisdom and wicked humour!

Girls Journeying Together Groups

Learn how to facilitate small groups of pre-teen girls, meeting monthly for a year, as they practice being true to themselves, learn about puberty, share their hopes and fears, and help each other into their teens.

This work is preventative, keeping girls free of many of the mental health issues that are so prevalent amongst teens today. You will learn to guide girls through adolescence, reducing some of the pressures and helping them to emerge into adulthood as strong, sure, capable young women.

Once qualified you can join the Rites for Girls Association of accredited teachers offering this work worldwide.

Welcoming women from across the world

Responding to enthusiastic interest from women in Australia, we warmly welcome applications from women across Australasia and the rest of the world for this training.

Programme format

The training consists of two 14-day residential modules of group training, individual support, peer groups and written work, followed by 12 months supervised practical experience while leading your own girls' group. The residential modules cover the material and techniques for the Girls Journeying Together programme and will ask you to reflect upon your own experiences at that pre-teen stage of your life. We will be journeying together as women, mirroring the journey that you will be learning to facilitate for the girls. This means that two processes will go on simultaneously during the training: you will experience the Girls Journeying Together group process as an 11-year-old yourself; and alongside this, partake in processing, teaching and experiential exercises to support your own individual process as an adult, professional woman working with girls of this age. It will be demanding but rewarding as you engage in the dual process that this in-depth training requires.

Facilitating a Girls Journeying Together group can seem deceptively simple to the untrained and inexperienced. In reality, this simple appearance is rooted in a complexity of psychotherapeutic skills and personal psychological competences — hence the length and the format of this training. Just as the girls attending Girls Journeying Together find themselves changed by the end of the year, so you will experience yourself and each other differently as women by the end of this training.

Expect to emerge as the woman the young girl inside you was waiting for!

Begin earning immediately after completing the residential training modules

After the second residential module, you'll have been given all you need to start offering your taster sessions in preparation for running your first Girls Journeying Together group. However, you can start telling people that you will be offering a girls' group as soon as you are accepted onto the programme and a profile page will be created for you on our Rites for Girls website helping you to promote your groups.

Once the residential training has been completed and if you're ready, you'll be supported to begin your own girls' group locally which enables you to begin earning back your training fee while still in training. A package of promotional material will be available to you and a year of monthly on-line group supervision with either Kim or Helena is included in the training fees giving you supervised practice. Extra individual supervisions can be arranged according to need or requirement. Once you have completed your first year-long Girls Journeying Together group, your supervisors will be able to advise you in your readiness to write your final qualifying paper. Unless there are reasons for suggesting you wait a little longer, you will then be eligible to qualify as an accredited Rites for Girls facilitator and become a full member of the Rites for Girls Association.

Some of the topics we will cover:

- Celebrating being girls and women
- What is 'gender ground' and why is it important?
- Relationship to mother and female line
- Developmental changes at puberty
- Emotional and physical changes and the onset of periods
- How do we define beauty and power?
- Managing emotions and stress
- Social media and peer pressure
- Identity - who am I and what are my strengths and dreams?
- Relationship to our female bodies
- Becoming a young sexual female and relationship to father and men
- Finding safety within and expression of self in the world
- Mentor support
- Rites of passage work

Methodology

We will use experiential exercises, group work and theoretical teaching, movement, dance, reflection, meditation, visualisation, sharing... and who knows what else!

Assignments and support between modules

Peer groups will be organised during the first training module to support you throughout the training and beyond as you prepare to deliver your own taster sessions and Girls Journeying Together group. These peer groups will be self-regulating as to how often and how they meet although we suggest once a month minimum.

There will be written and practical assignments to complete in between the training modules and a final qualifying paper to submit before graduation.

Written work will be 2000 - 2500 words due 2 weeks prior to the next residential module to allow time for it to be read. Assignments submitted later are not guaranteed to be read or commented on.

Please note: If you have a fear of written work, please don't let that stop you from joining us. We're not demanding academic papers nor do you need a talent for writing; the written assignments are partly to help us to see how we can better support each individual woman in her progress, and partly to help ground and integrate your learning for yourself.

Supervised practice of running your own Girls Journeying Together Group

We will prepare you well over the two residential training modules and support you as you prepare to put into practice what you have learned. We want to help you to make this a good experience for both the girls and you.

After the second module if you feel ready and we agree, you can start your own taster sessions for Girls Journeying Together group in readiness for beginning your Girls Journeying Together group a month later.

Once you're running your own Girls Journeying Together group, you'll be expected to present a short monthly written report of around 1000 words to your on-line supervision group to track your progress and share the joys and struggles you encounter on the way. This will show us what support you need from us, and these reports will help you to write your qualifying paper at the end of your first Girls Journeying Together year.

If you feel you want to take some time post-training to integrate and find your feet and your own voice as a facilitator before starting to run your own Girls Journeying Together group, we will continue to support you for the next 12 months through scheduled monthly, on-line group supervision sessions. You will still be able to contribute and learn from the monthly coaching sessions despite not running your own girls' group yet.

If you have not completed your first Girls Journeying Together group by the end of the supervised practice year and still wish to complete the training and work towards graduation, Kim or Helena will be available for extra supervision and tutorials. There will be a reduced fee of \$150 per hour for these extra supervision sessions, which can be arranged individually or shared with a small group of trainee facilitators. You will be expected to continue monthly supervision with Kim or Helena until you have completed running your first Girls Journeying Together year. If following graduation, you wish to find an alternative supervisor for the required six-monthly professional development supervision please consult with us to make sure that the supervision will meet your needs for this work.

We expect you to continue with your cost-free peer group supervision after graduation to deepen and support each other as your work develops.

Graduation

Students are able to apply for graduation on successfully completing their first Girls Journeying Together group.

Once your final qualifying paper has been submitted to Kim and Helena and been accepted by us both, we will have the pleasure to graduate you and present you with your Rites for Girls Facilitator certificate to join our growing family of Rites for Girls graduate facilitators around the world. You will then be invited to join The Rites for Girls Association and be listed as one of our accredited facilitators for people to contact. Over time we will be building a faculty to support this work worldwide and we expect this will be staffed by some of our early graduates. We can't wait!

Benefits of membership of the Rites for Girls Association

Once you are a graduate Rites for Girls Facilitator you are eligible to become a full member of the Rites for Girls Association. There is an annual fee of \$220 that will help the association towards the costs of on-going website hosting and updating, publicity and administration costs. For this fee you will benefit from the following:

- You will be listed on the Rites for Girls website as an accredited facilitator licensed to run Girls Journeying Together groups
- Your groups will be advertised on the website together with your profile and email
- You will be licensed to use the Rites for Girls logo, kit of promotional materials and training materials
- You will be eligible for a yourname@ritesforgirls email address
- You will be able to attend public events as a representative of the Rites for Girls Association
- You will have access to our Rites for Girls supervisors to support you in your work
- You can join our on-line support network of Girls Journeying Together facilitators
- You will be eligible to attend further training so you can learn how to continue your work with the girls as they progress through their teens
- You will have organisational membership of the British Association for Counselling and Psychotherapy

Graduation

Completion of the training does not automatically earn you the Rites for Girls Facilitator Certificate. We have criteria that have to be met for you to graduate and be officially recognised as a Rites for Girls facilitator. We want to tell you why this is so important to us:

We are building a worldwide network of women qualified to set up their own year-long Rites for Girls programs, recognised by and associate members of The Rites for Girls Association. We want to create a competent and committed staff team of women that have our full confidence in bringing this important, yet very sensitive work into their own communities and circles. To ensure the integrity of the work we need to trust that each woman we graduate not only understands intellectually, but also largely embodies and lives what she teaches; we need to know that each woman in her unique way can transmit and inspire from her own female knowledge and wisdom.

The work you are embarking on is similar to what indigenous communities might call Initiator or Women's Wisdom Keeper; it carries status and big responsibilities. And while you will make money from this work, your biggest gain will be the sense of meaning and purpose it will give to your life. When you join us, you will gain much more than skills and competences to guide and support young girls' transition into becoming young, confident women, proud and at ease in their female identity.



You are joining a (r)evolutionary network of women working together to restore natural female beauty, power and sexual dignity to girls and women, for the benefit of boys and girls, men and women, for generations to come. We have a vision of growing circles of women across the world re-igniting the age-old tradition of strong and wise women working together for the well-being of self, all of life, and for the coming generations.

BUT to do that, we need you to come aboard!

About us

Kim McCabe: Founding director of Rites for Girls since 2011.



As originator and facilitator of Girls Journeying Together programmes she offers year-long groups for girls with simultaneous support for their mothers.

She studied child psychology at Cambridge University, was a counsellor to distressed teenagers, and taught sex education in schools and youth groups. She also trained as an assertiveness trainer, a 5Rhythms shamanic dance teacher, and a business management consultant. She is a home-educating mother of 3.

*After thirty years of researching and working with young people, Kim has found a way to support girls healthily through their teens and is author of the book **'From Daughter to Woman, parenting girls safely through their teens'** published by Robinson Publishing, July 2018.*

Helena Løvendal: Born Denmark in 1958. In private practice since 1988 in London, UK.
Founder director Man-Woman Project Ltd.



The Centre for Gender Psychology & UK Centre for Psychosexual Therapy & Education

www.helena-lovendal.com

www.psychosexualcentre.co.uk

www.genderpsychology.com

Head of Education, SGT International

<http://www.sexualgrounding.com>

Originator of 'Ways of Woman'- Inner Leadership for Women programs since 1993. *www.facebook.com/waysofwoman*

Helena offers psychotherapy, coaching and workshops for individuals and couples, as well as specialist training and supervision for professionals in the field of relationships, sex and gender relations in UK, Europe, and Scandinavia.

Amongst the first qualified Sexual Grounding Therapists®, she is a SGT Senior Trainer and Head of Education SGT International since May 2013.

*Her first book **"Sex, Love and the Dangers of Intimacy – a Guide to Passionate Relationships when the 'Honeymoon' is over"**, published by HarperCollins in 2002, re-published in 2010 by Lone Arrow Press. She is currently working on her next book.*



Practical information - training fees, venue costs and travel

Full training fee: \$ 9800 tbc we are looking for funding so we can subsidise this fee

Early bird discount: \$ 9500 tbc

Payments by instalment options:

- Two payments of \$4900 on 1st September 2021 and 1st May 2021
- Twelve monthly payments of \$830 from 1st September 2021 to 1st August 2021 (totalling \$9960)

The training fee covers payment for all training modules, twelve on-line supervision sessions, reading of assignment, two individual mentoring sessions with either Helena or Kim during the training modules and a free copy of Kim's book '*From Daughter to Woman, parenting girls safely through their teens*'.

Participants immediately have the opportunity to earn money from this training through their supervised facilitation of their own Girls Journeying Together group for which they can start recruiting girls following the first module.

Don't let the finances be the only obstacle to you attending, call us.

If you want to support this work but don't want to train as a facilitator yourself, you may like to send a contribution towards enabling another woman to train who might not otherwise be able to attend. Please let us know!

IMPORTANT - Please note: Once you have been accepted for the training, you are committed to pay the full training fee and accommodation fees for all modules. Full payment has to be settled prior to applying for graduation. If for whatever reason you are not able to complete all modules, you will still be held to this financial commitment. Considering each case separately, we may be able to let you join another training at a later stage at a reduced training fee. Hopefully such a situation will be rare.

In the case of unforeseen events, Kim and Helena reserve the rights to change venue, dates and staff at short notice. In the rare event that this would be needed, we will do all we can to ensure that the programme will be completed and that the quality of the training will not suffer. If the training is not completed, you will receive a refund. If a training is postponed, you will be offered the choice of a full refund or to keep your place for the later dates.

Deposit to secure your place: \$350 to be paid on return of your application form.

In the event that we aren't able to accept you onto the training, your deposit will be refunded in full, otherwise your deposit is non-refundable.



The venue: A key concept when running Girls Journeying Together groups is to offer a comfortable, safe and nourishing environment for the girls. It is essential for us to model this in our provision for you on this training programme, whilst keeping it affordable.

Highball House

Highball House is one of Bundanoon's original guesthouses built circa 1903 sitting on 5000m² of established tree lined gardens. Bundanoon is located in the Southern Highlands of NSW just over 90 mins travel time from Sydney and Canberra. The centre of the village is about a 500m level walk where there are a variety of different shops and cafes and a pub.

<https://www.highballhouse.com.au/>



Accommodation

Highball House has 14 bedrooms and there are a range of options to suit different needs. Most rooms in the house are twin, a few triples and limited singles. Bedrooms will be allocated on a first asked for basis. All prices include full board, linen, 3 fresh meals a day,





herbal tea, coffee, fresh fruit/vegetables healthy snacks and finishing with a celebratory meal on our final night.



Accommodation options (2019 prices below, 2021 prices tbc):

Room Type	Accommodation price per day	Food price per day	Total 14 nights
Single Room	\$120	\$40	\$2,240.00
Twin shared room	\$65	\$40	\$1,470.00
Triple shared room	\$50	\$40	\$1,260.00

(these accommodation choices will be allocated on a first-paid basis)

Food

All meals are mostly organic, wholesome and nourishing freshly made by a local caterer. All selections of meals would include substantial vegetarian and gluten free options.

Example menu suggestions:

Breakfast

A selection of DIY options including free range eggs, bacon, mushrooms, spinach, cereal, fresh fruit and yoghurt and a variety of breads.

Lunch

Soups, complex salads, cold meats, fresh frittata, quiches etc with fresh bread and a sweet bite for after.

Dinner examples

Chicken and walnut tagine with spinach couscous and Persian pumpkin salad

Indian curry selection with aromatic rice and poppadoms

Whole baked side of salmon with salsa verde, hot zesty potatoes, carrots and french beans with toasted almonds

Dukkah roasted chicken, smashed potatoes, braised Brussel sprout and zucchini salad

Pulled pork/vegetarian lasagne with green salad

Dessert

A selection of slices, whole cakes/puddings, ice-cream and fruit

Snacks

A selection of homemade biscuits, whole fresh fruit, nuts and crackers

Please let us know of any dietary requirements at the time of booking and paying for your accommodation.



Please note: all accommodation and food costs are due one month before arrival. Room requests will be allocated on a first-come first-paid basis.

Travel

Bundanoon is located in the Southern Highlands of NSW just over 90 mins travel time from Sydney and Canberra. Bundanoon is easily accessible via the M5 and the M7 motorway.

Nearest airports are Sydney and Canberra Airport.

Public Transport

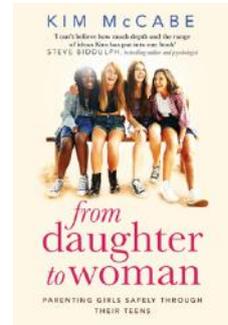
Trains regularly run from Sydney to Moss Vale or Bundanoon Station.
(approx. 1.55 hours - 2.5 hours)

<https://goo.gl/maps/8js1WCR2krr>

<https://goo.gl/maps/LKGmdxkHLuu>

Canberra – Bundanoon via bus and train (2hrs 50 min)

<https://goo.gl/maps/Krd71TkYeTF2>



Full travel details will be given on acceptance onto the training and we will support you to meet up with the other women so you can travel together whenever possible.

Timings

Training will begin at 2pm on the first day and finish at 1pm on the last day, with lunch provided at 1pm before you make your return journey home.

Is this for me?

We have a range of ways to help you to decide if this training is right for you at this time in your life.

Live webinars: you can sign up for these on our [website](#).

Videos of Girls Journeying Together groups: look for the videos on our website about Girls Journeying Together groups, one made by the girls and another made by their mothers and a third interviewing Kim. We also have videos from our current apprentice facilitators.

Frequently asked questions about the training are answered on our website. You may also be interested to read the answers to frequently asked questions by mothers when considering Girls Journeying Together group.

Rites for Girls on Facebook and **Instagram** are other way of joining the conversation about what girls need to grow up strong and free. [Follow us](#) and like us to help us to reach more girls and make more of a difference.



Rites for Girls®

From Daughter to Woman, parenting girls safely through their teens by Kim McCabe provides you with insight into the philosophy that lies behind the work of Rites for Girls.

How do I apply?

Women choosing to join this pioneering work can apply for a place on the Rites for Girls Facilitator Training programme by completing the application form and sending it with a \$350 deposit to Rites for Girls.

The deposit may be paid by making a bank transfer.

Our bank details are: Rites for Girls CIC 08-92-99 65834732 00
International a/c no: GB30 CPBK 0892 9965 8347 32
Bank ID code: CPBK GB22

If you have any further questions, please don't hesitate to contact our organiser in Australia, Julia: ausadmin@ritesforgirls.com Phone: +61 416 967 163

We look forward to receiving your application form and hopefully meeting you at our next training.

Warm wishes,

Kim and Helena