

Kim McCabe and Helena Løvendal welcome you to the

# Rites for Girls Professional Facilitator Training in Europe 2020

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



Professional certifying training  
including three 9-day residential modules in England  
18 - 26 April 2020 • 27 June - 5 July 2020 • 7 - 15 November 2020  
followed by 12 months supervised practice

with

**Kim McCabe**

*Founder/director Rites for Girls*

&

**Helena Løvendal**

*Founder/director Man-Woman Project Ltd, UK Centre for Psychosexual Therapy and Education and The Centre for Gender Psychology Head of Education, SGT International*

## **Welcome to our third Europe 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 join the Rites for Girls Association of accredited teachers offering this work worldwide.

### **Welcoming women from across the world**

We warmly welcome applications from women across Europe, America and the rest of the world for this training which is conveniently situated near to main airports and railways.

## **Programme format**

The training consists of three 9-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, teachings 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 promoting your taster sessions in preparation for running your first Girls Journeying Together group following the final training module. 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 we have clear signs that you're ready to start working with the girls under supervision as a trainee facilitator, you'll be supported to begin your own girls' group locally. This makes it potentially possible for 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, provided you start your group by March 2021. Extra private supervisions can be arranged according to need or requirement, individually or in small groups, which will be necessary monthly for anyone starting their group after March 2021. 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 dissertation. Unless there are reasons for suggesting you wait a little longer, once your dissertation has been peer-reviewed and accepted by the trainers, 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.



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## **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
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## **Methodology**

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

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## **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 dissertation to submit before graduation.

Two written assignments between modules of 2000 - 2500 words due latest 2 weeks prior to the next residential module to allow time for it to be read. Assignments submitted later will not be commented on.

The 7500 – 10,000 word dissertation is due for submission after your first GJT group year.

**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 three 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 promote your own taster sessions for Girls Journeying Together group in readiness for beginning your Girls Journeying Together group after the third module.

Once you're running your own Girls Journeying Together group, you'll be expected to present a short monthly written report of around 500 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 dissertation 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 Kim or Helena will be available for extra supervision and tutorials for you to complete the training and work towards graduation. There will be a reduced fee of £80 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 biannual 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.

## **CPD – Continued Professional Development**

Once girls have completed their Girls Journeying Together year of meeting monthly, you continue to offer them bi-annual support right through their teens. The first GJT reunion session is held six months after their celebration session 12 and the second reunion around the anniversary of their celebration session.

As these reunion sessions cannot be taught meaningfully until after you have begun to facilitate your own GJT group, an additional obligatory long weekend CPD training will be held about a year after your final residential module in order to train you to run GJT reunion sessions. There will be an additional cost for this and any subsequent CPD that you attend. As is normal in this line of work, for your well-being and the well-being of those you are working with, you are required to engage in on-going supervision and CPD whilst facilitating GJT groups.

## **Graduation**

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

Prior to starting to write your dissertation, you will be asked to present a brief outline of your proposal for your chosen subject to ensure that topics are relevant to the training we are qualifying you for. Once you have a solid draft version, we strongly recommend that students book an individual supervision to present this draft for feedback before submitting the final version for assessment to greatly minimize the risk of being asked to re-submit a revised version.

### Cost of qualification and graduation process

Reading and commenting on draft dissertation, followed by one-to-one online meeting for feedback: £80ph (expect to pay for 1-2 hours)

Peer review £40 per trainer per 30-minute presentation

Submission of dissertation for reading and assessment: £100

Presentation for graduation: £80

Once your final qualifying dissertation has been accepted by both trainers, Kim and Helena will have the pleasure to graduate you and present you with your Rites for Girls Facilitator diploma 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 association membership fee of £120, and a license fee of £35pm per group that you run, that will contribute towards Rites for Girls development, publicity, marketing, quality monitoring, organizational membership of the BACP, outreach and administration.

You will benefit from the following:

- 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
- Licensed to use the Rites for Girls logo, kit of promotional materials and training materials
- Use of a yourname@ritesforgirls email address
- Able to attend public events as a representative of the Rites for Girls Association
- Access to our Rites for Girls supervisors to support you in your work
- On-line support network of Girls Journeying Together facilitators
- Eligible to attend further training so you can learn how to continue your work with the girls as they progress through their teens (CPD is an annual requirement)
- Benefit from our organisational membership of the British Association for Counselling and Psychotherapy

## **Graduation**

Completion of the training does not automatically guarantee graduation.

We have criteria that have to be met for you to earn your Rites for Girls Facilitator Diploma and graduate to 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 and the **Mother-Daughter Date** diary published September 2019.*



**Helena Løvendal:** Born Denmark in 1958. In private practice since 1988 in London, UK.

**Founder director Man-Woman Project Ltd.**

*UK Centre for Psychosexual Therapy & Education*

*The Centre for Gender Psychology*

*[www.helena-lovendal.com](http://www.helena-lovendal.com)*

*[www.psychosexualcentre.co.uk](http://www.psychosexualcentre.co.uk)*

*[www.genderpsychology.com](http://www.genderpsychology.com)*

**Head of Education, Sexual Grounding Therapy International**

*<http://www.sexualgrounding.com>*

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

**Training fee: £ 4,350**

**Early bird discount for full payment six months before course begins: £ 3,960**

Payments by instalment options:

- Three payments of £1450 on 1<sup>st</sup> March and 1<sup>st</sup> May and 1<sup>st</sup> September 2020
- Twelve monthly payments of £363 from 1<sup>st</sup> January to 1<sup>st</sup> December 2020

The training fee covers payment for all training modules, twelve on-line supervision sessions, reading of assignments, 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*'.

**Earn money while still in training** through supervised facilitation of their own Girls Journeying Together group following the third module. In your first qualified year you can earn enough to recoup the cost of your training.

***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. If for whatever reason you are not able to complete all modules, you will still be held to this financial commitment and at the start of the training you will be asked to sign a legally binding document to confirm that you have read and understood this. 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. Prior to applying for graduation full payment must be settled.

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: £200 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. We endeavour to model this in our provision for you on this training programme, whilst keeping it affordable.

**Providence Chapel** in the Ashdown Forest near Forest Row in Sussex is home to Girls Journeying Together Facilitator training. There are walks in the woods, an 8-person hot tub and internet access. The food is organic and prepared with love.



## **Accommodation**

There are a range of options to suit different needs which will be allocated on a first asked for basis. Most rooms in the retreat centre are twin with bathroom next door, however there are quads, and a yurt sleeping four. All prices include full board, herbal tea and coffee, finishing with a celebratory meal on our final night. We have complimentary use of an outdoor hot tub and fire bowl in the evenings.

Shared twin room with full board for eight nights, nine days: £695

Shared 4-person room with full board for eight nights, nine days: £545

Shared 4-person yurt with full board eight nights, nine days: £450 (byo bedding)

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



## **Food**

Meals are mainly organic, vegetarian, wholesome and nourishing. Lovingly prepared with seasonal produce, sourced locally or harvested from the kitchen garden, meals are low on gluten, dairy and sugar. Gluten and dairy free meals can be prepared specially, and chicken or fish ordered at an extra fee. 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**

Nearest airport is London Gatwick with taxis costing under £25 for a half hour ride. Alternatively, Southern trains run from Gatwick to Haywards Heath (10-minute journey ~ £6) and from there Metrobus 270 runs every hour during day time (30-minute journey) dropping you 50 metres from the Providence Chapel.

From London Heathrow airport a taxi costs around £70 for up to four people and takes just over an hour (and we can help put you in touch with each other to share).

Nearest train station is East Grinstead with taxis costing under £15 for a 10-minute ride (aim to share). From East Grinstead station, Metrobus 270 runs every hour and drops you near your retreat (15-minute journey) or Metrobus 291 runs every hour and drops you in the village of Forest Row, a 15 minute walk away from Providence Chapel.

Full 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 1-2pm 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](#).

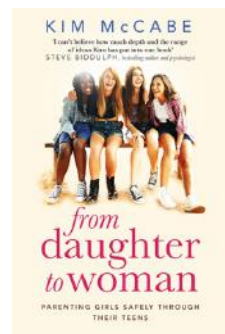
**One day workshop:** [sign up](#) for a taste of the training on our one-day workshop with Kim and Helena in York, 10am-5pm Sunday 24<sup>th</sup> November.

**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 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 ways 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.

**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 £200 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  
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 us  
[admin@ritesforgirls.com](mailto:admin@ritesforgirls.com)

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

Warm wishes,

Kim and Helena