

rites for girls: supporting mothers and
daughters in turning the transition from girl
to woman into a life-enhancing experience

– kim mccabe & helena
løvendal-duffell



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Learning Together Online

Resource Guide

About Kim McCabe

I have been the Director of [Rites for Girls](#) since it got founded in 2011 and am a home-educating mother of three. As originator and facilitator of Girls Journeying Together programmes, I offer year-long groups for girls with simultaneous support for their mothers. I studied child psychology at Cambridge University, was a counsellor to distressed teenagers, and taught sex education in schools and youth groups.



I also trained as an assertiveness trainer, a 5Rhythms shamanic dance teacher, and a business management consultant. After thirty years of researching and working with young people, I have found a way to support girls healthily through their teens and am author of the forthcoming book '[From Daughter to Woman, Parenting Girls Safely Through Their Teens](#)' published by Robinson Publishing in 2018.



About Helena Løvendal-Duffell

I was born in Denmark in 1958. I have worked as a psychotherapist in private practice in London since 1988, am co-founder and Director of 'The Centre For Gender Psychology' & 'Creative Couple Work', and originator of 'Ways of Woman' inner leadership programs since 1993.

I offer psychotherapy, coaching; and workshops for individuals and couples, and specialist training and supervision for professionals in the field of relationship and sex and gender relations in the UK, Scandinavia, Russia, and mainland Europe.

I am a Sexual Grounding Therapist Senior Trainer Head of Education SGT International since 2013. My first book 'Sex, Love and the Dangers of Intimacy – A Guide to Passionate Relationships When the "Honeymoon" is Over', published by HarperCollins in 2002, was re-published in 2010 by Lone Arrow Press.



Resources

UK CENTRE FOR PSYCHOSEXUAL THERAPY & EDUCATION:

Website: [UK Centre for Psychosexual Therapy & Education](#)

Facebook Page: [UK Centre for Psychosexual Therapy and Education](#)

OTHER WEBSITE LINKS:

[The Centre for Gender Psychology](#)

[Creative Couple Work](#)

[Sexual Grounding Therapy](#)

[The Man-Woman Project](#)

[Rites for Girls | Training Info](#)

Facebook Page [Ways of Woman](#)



Reading

Click the links below for more book information

[Sex, Love and The Dangers of Intimacy: A Guide to Passionate Relationships When the "Honeymoon" is Over - Helena Løvendal-Duffell](#)

[From Daughter to Woman: Parenting girls safely through their teens - Kim McCabe](#)



Contact | Website | Social Media

Kim McCabe

www.ritesforgirls.com

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Helena Løvendal-Duffell

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