



## **Psychoeducational Recovery Course**

**For a group of former members of  
UC/Moonies**

**On 6 Thursday evenings  
fortnightly  
4:00 to 6:00 pm**

**September to November 2021**

**Online on Zoom with Gillie  
Jenkinson of Hope Valley  
Counselling**

**Here is some further  
Information...**

## Aim

To support you to understand your experience from a psychological perspective through psychoeducation and help you to recover as you continue to build a real and authentic post cult identity.

## Psychoeducational Recovery Course (PRC) Programme

- PRC group boundaries and confidentiality
- Exploring Identity - identifying the cult pseudo-identity and working out what is your authentic identity or 'the real me'
- What is an introject - highlighting faulty beliefs and blind spots
- Boundary setting using assertive-anger
- Finding a voice and encouraging self-love
- Trauma theory - understanding basic trauma theory, rage, the effects on your body, and how to ground yourself
- Discussing the definition of what is a 'cult'

The time is limited and will go very quickly, but we will cover as much as possible in the time.

## Dates and Times on Zoom

All on Thursdays fortnightly from 4:00 pm to 6:00 pm in 2021:

16 September  
30 September  
14 October  
28 October  
11 November  
25 November

You will need a computer or good-sized tablet and to be happy to keep the video on so everyone can meet one another properly. I do not recommend attempting to use a smart phone as the screen is too small to see everyone. You will also need a reliable internet connection.

## Purpose & Rationale

Thank you for your interest in attending a Psychoeducational Recovery Course (PRC), the purpose of which is to provide support and psychoeducation as part of a group of former members of UC (the 'Moonies').

The aim is to help you to raise awareness and understanding of the dynamics and processes involved in your membership.

The psychoeducational process has been shown to be essential for former members to progress and there are some advantages in doing this work in a group. Obviously, there are also challenges – a PRC can be supportive but will also bring back painful memories and so may be 'triggering'.

As all participants are survivors of various types of abuse, and some also lived in highly controlling environments in their families, please be aware of the potential for triggers as you consider being involved. You will see an 'Agreement' statement on the attached 'Booking Form' should you wish to attend.

Having said this, I will work hard to ensure you feel safe and grounded throughout the PRC.

I recognise that the needs of Second & Multi-Generation Adults (SGAs/MGAs), that is, those who were born and/or raised in UC, are different to First Generation Adults (FGAs) who decided to join or were recruited. We will keep this in mind throughout.

I will provide you with certain relevant psychoeducational information sheets which will be included in the price of the PRC. Discussions around these will help you understand more fully the dynamics of the environment you grew up in, and the specific impact this has had on you personally, as well as providing you with resources to take away with you. Hearing others' stories can also help normalise your own and highlight blind-spots you may have.

The relevant psychoeducational worksheets will be emailed to you before each fortnightly PRC for you to print (if you want a printed version).

## Who am I?

I am a first-generation former member of a group called 'The Love of God Community', a bible-based cult, and an accredited psychotherapist, trainer, writer, group facilitator, and supervisor, with over 25 years' experience working with XMs, including former Moonies. If you want to know more about me, please see below or have a look at my website <http://www.hopevalleycounselling.com/about>

## Facilitator Roles

I will be the facilitator and will be supporting each of you and helping you to make connections with the psychoeducational theory.

There will probably be another trained therapist attending to provide support should anyone be triggered and need to leave the conversation and/or talk to someone during the PRC. We can create an online 'breakout room' if someone needs to talk privately while the PRC is proceeding. The other therapist is yet to be confirmed.

## Self-care/impact & debrief

Because of potential triggers and the work involved in processing these matters, I recommend that, if possible, you keep some time free before and after sessions. We can discuss this when we have our initial discussion before the PRC (see below).

Some participants may know each other already or have grown up together. This can be positive, but it can also be difficult if you or your families have 'history' with each other – e.g. if abuse occurred from family members of other group participants.

If this is likely to be the case, please discuss this with me in the initial discussion. This will give you a chance to think about the potential impact of these relationships. I will be here to facilitate the group and ensure safety.

It may help to see a local therapist whilst attending. If you currently see a therapist, it is important to let them know (and get their agreement) if you are attending this PRC as I do not want to encroach on another therapist's work.

Confidentiality, boundaries, and safety are paramount, and I will negotiate these together at the start of the PRC and throughout.

## Application process

If you are interested in attending, please complete the 'Booking Form and Agreement', and email it to me at [gillie@hopevalleycounselling.com](mailto:gillie@hopevalleycounselling.com).

I will then contact you to arrange a 15-minute meeting on Zoom.

A final (mutual) decision will be made at this meeting as to whether it seems to be the right thing for you to attend. This is important as a PRC is not right for everyone, or the timing may or may not be right for you.

## Costs/Charges

Hope Valley Counselling is offering the PRC for £120 per person, which includes:

1. The initial discussion with Gillie
2. 6 sessions of 2 hours each on Zoom
3. Psychoeducational information sheets

## Payment

We ask for a non-refundable deposit of £40 within 7 days of the initial discussion with Gillie. The remaining £80 should be paid by 31 August 2021 but may be paid earlier, for example if you wish to pay in instalments. (If the initial discussion with Gillie is after 24 August 2021, the full amount is payable within 7 days.)

If you cancel by 31 August 2021, we will return any payments made, less the non-refundable deposit of £40. If you cancel after that date no refunds will be made because the time has been allocated and there is not enough time to include other participants.

If we cancel for any reason a full refund will be made.

## Numbers

The PRC will only run if there are sufficient numbers. If it does not run any amounts paid will be refunded.

If you are interested, please contact me by completing and returning the Booking Form & Agreement.

Warmly,  
*Gillie*

Dr Gillie Jenkinson (PhD)  
Director  
Psychotherapist & Counsellor

**Please raise any queries with me - I encourage questions and if you prefer something done differently, or another issue addressed, I appreciate input and suggestions.**



**Gillie Jenkinson, PhD, MA**, is a Reg MBACP and UKCP accredited psychotherapist in UK. Gillie served two internships at a cult recovery mental health facility, Wellspring Retreat Centre, Ohio, USA and has many years' experience working with trauma, including survivors of spiritual and cult abuse, and sexual abuse. She has developed an approach to counselling former members - "Time Away for Post-Cult Counselling".

Gillie was a member of an abusive Bible-based cult in the 1970's. She is a regular presenter at conferences in the UK and internationally, and a published author, including co-authoring a chapter entitled Pathological Spirituality for a medical textbook entitled Spirituality and Psychiatry, published by RCPsych Publications in UK - 2009. Her doctoral research dissertation is entitled: 'Freeing the authentic-self: Phases of Recovery and Growth from an Abusive Cult Experience'. She contributed a chapter to the International Cultic Studies Association book 'Cult Recovery: A clinician's guide to working with former members and families' entitled 'Relational Psychoeducational Intensive: Time Away for Post-Cult Counselling'. Gillie is the Mental Health Editor for ICSA Today.

Website: [www.hopevalleycounselling.com](http://www.hopevalleycounselling.com)

Email: [info@hopevalleycounselling.com](mailto:info@hopevalleycounselling.com)

Phone: +44 1433 639032

## Feedback from Previous Recovery Courses

*"This has been the single most influential educational and therapeutic session I have done. It has brought together everything I have learned about myself to-date and helped me with a much better understanding of how the brain deals with trauma, especially at a young age. It has brought meaning and validation to all of my experiences whilst growing up in (the cult) and I now have some of the tools required to challenge the pathways in my brain which have been hard wired upside down. Whilst I can't change who I am, or how I was nurtured during my childhood, it has brought about a sense of self that I can see and start to appreciate, rather than dismiss."*

*"Thank you, I have so much to thank you for, I can see myself, my children, and my future in a totally different light now, (in fact, before it was just darkness, no light). Your understanding of my experience and thought reform unlocked the cage I'd been trapped in. Thank you."*