

TOOLS FOR TRANSFORMATION

Creating Change in Fathers & Systems

a part of the
Dad Allies Learning Series
hosted by the
Washington Fatherhood Council

~ facilitated by ~
NICKY WILKS



**Welcome and thank you for joining. As we wait for others to arrive, please type into the chat:
Your name, your professional role(s) and/or reason for joining, and your current location**

Fatherhood Focus in Parenting

We know that:

Child and family well-being improve when fathers are positively engaged in their children's lives.

Fathers play a unique and important role in children's development.

Fathers should have support and resources to become the fathers they aspire to be.



Transforming lives

Washington
Fatherhood
Council





~ MINDFUL MOMENT ~

WORKSHOP ORIENTATION

AT-A-GLANCE

- 11:30a - 1:00p (90 mins) w/ bio breaks
- Didactic + Experiential

TOPICS

- Men & Dads Today
- Transformation & Rites of Passage
- Transformational Tools for Dads

KEY OUTCOMES

- Experience in Rites of Passage framework
- Stronger connection to our personal “why”
- Better aware of resources for dads



GROUP AGREEMENTS

- Contribute!
- Find a growth edge
- Confidentiality



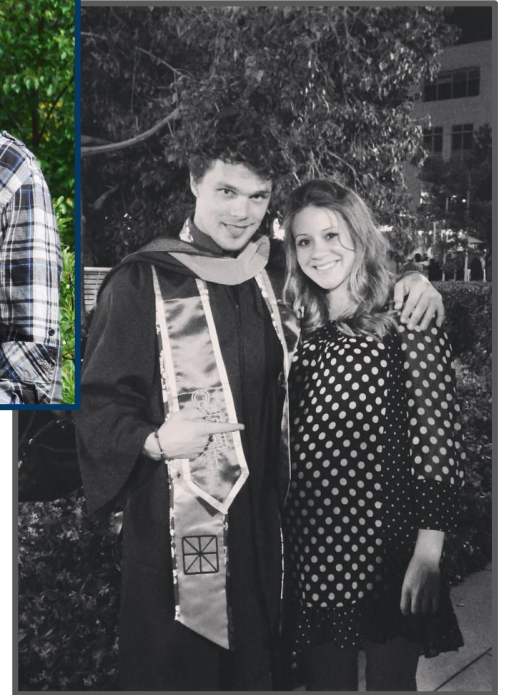
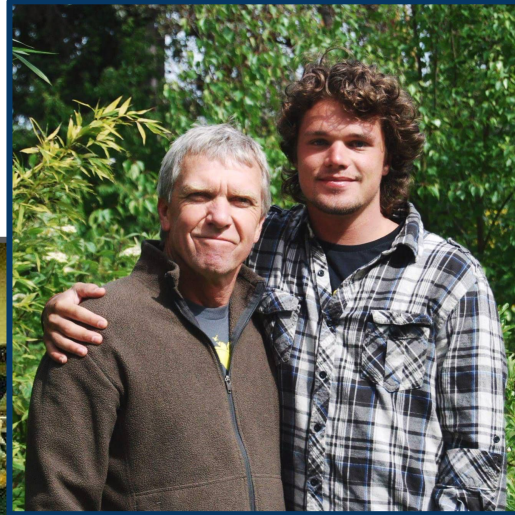
WHO AM I?

Facilitator. Guide. Trainer. Father.



WHO WAS I?

Playboy. Son. Child...



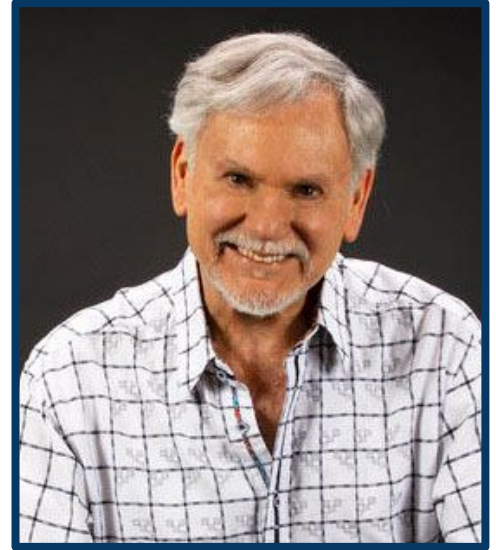
THE CASE FOR FATHERHOOD

*“The **more the father is involved**, the more easily the child makes **open, receptive, and trusting** contact with new people.”*

- Dr. Warren Farrell, "Father and Child Reunion".

*“Living in homes **without dads** is more correlated with **suicide among teenagers** than any other factor.”*

- Dr. Warren Farrell, The Boy Crisis



Honoring Dr. Warren Farrell

Engage: Add your own stats, quotes & supporting info into the chat

THE FATHER WOUND

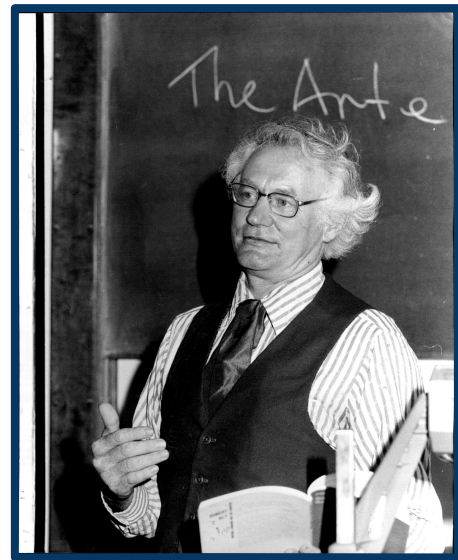
Finding the Father

My friend, this body offers to carry us for
nothing - as the ocean carries logs.
So on some days the body wails with its great
energy;
it smashes up the boulders,
lifting small crabs, that flow around the
sides.

Someone knocks on the door.
We do not have time to dress.
He wants us to go with him through the
blowing and rainy streets,
to the dark house.

We will go there, the body says,
and there find the father whom we have never met,
who wandered out in a snowstorm the night we were
born,
and who then lost his memory,
and has lived since longing for his child,
whom he saw only once...
while he worked as a shoemaker,
as a cattle herder in Australia,
as a restaurant cook who painted at night.

When you light the lamp you will see him.
he sits there behind the door....
the eyebrows so heavy,
the forehead so light....
lonely in his whole body,
waiting for you.



Honoring Dr. Robert Bly

“A time with no father...”

WISDOM HARVEST

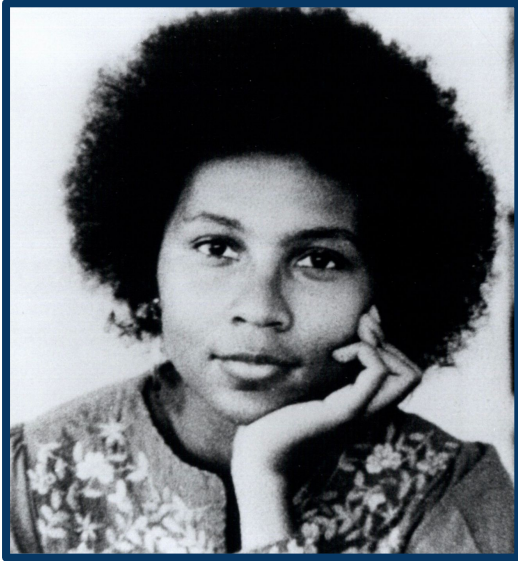
AUDIENCE VOICE

- 1) “Raise hand” on Zoom to volunteer
- 2) 1-2 mins each
- 3) Respond to one or both of the following:

What challenges did you/your father face in raising children?

What did the “father wound” look like for you/him?

MEN & MASCULINITY



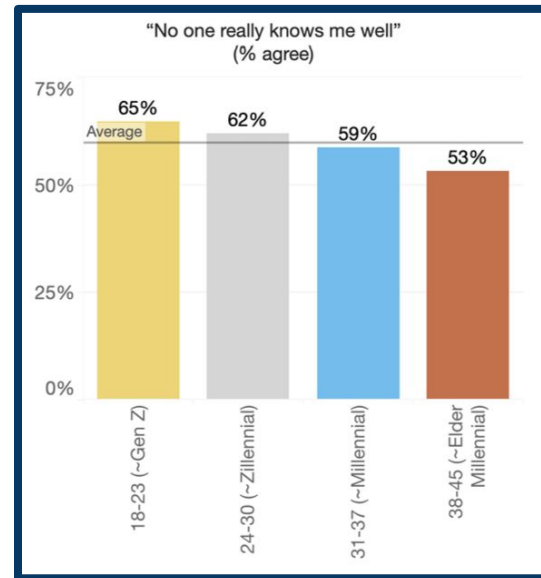
Honoring bell hooks

*“The first act of violence that patriarchy demands of males is not violence toward women. Instead **patriarchy demands of all males that they engage in acts of psychic self-mutilation**, that they kill off the emotional parts of themselves. If an individual is not successful in emotionally crippling himself, **he can count on patriarchal men to enact rituals of power** that will assault his self-esteem.”*

*“Most patriarchal fathers in our nation **do not use physical violence** to keep their sons in check; **they use various techniques of psychological terrorism**, the primary one being the **practice of shaming.**” - bell hooks, *the Will to Change**

MANHOOD TODAY

- Crisis of masculinity accelerated post “Me Too”
- U.S. Surgeon General declares 'epidemic of loneliness and isolation'
- Trends: Video games, porn, and economic pressures



From “State of American Men”
Report by Equimundo, 2023

Engage: Add your own stats, quotes & supporting info into the chat



~ MINDFUL MOMENT ~

RITES OF PASSAGE



Ancient Tools for Timeless Transformation

WHAT IS A RITE OF PASSAGE?

A Rite of Passage (ROP)

is an intentional activity, ceremony or ritual used to celebrate, mark and/or acknowledge a major life transition.



ROP EXAMPLES

Modern

- “Legal age”
- Sexual activity
- Achievements
- Religious
- Family/baby
- Graduations
- Retirement



Traditional

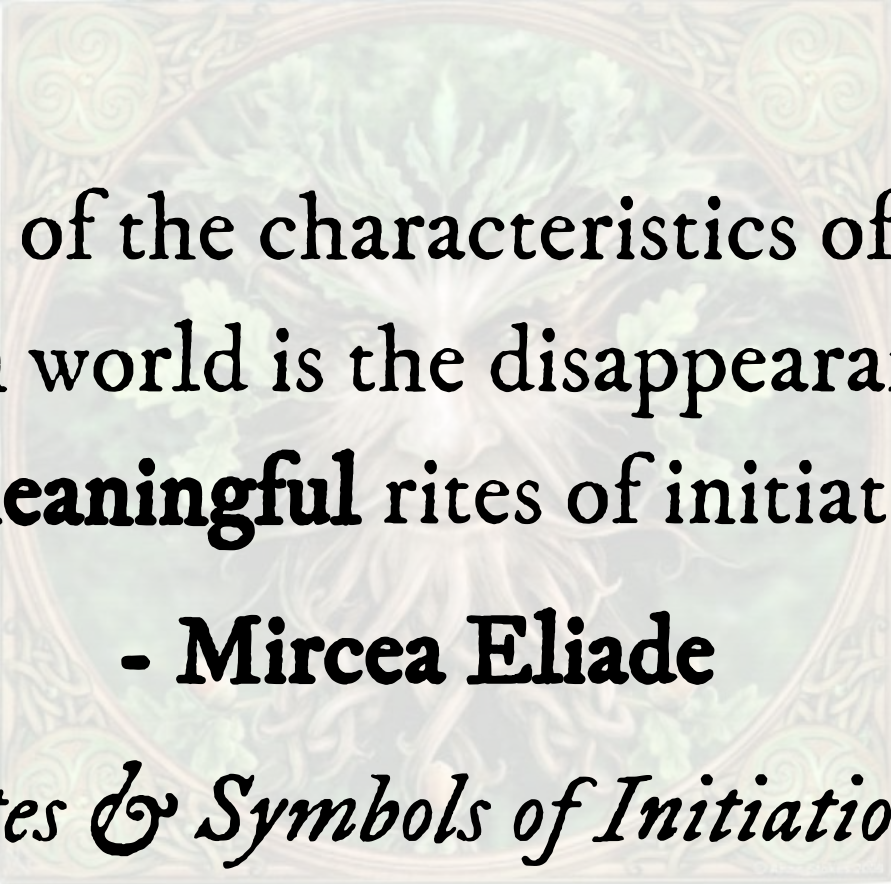
- Birth
- Naming
- Coming of Age
- Parenthood
- Vision Quest
- Elderhood
- Death

WISDOM HARVEST

AUDIENCE ENGAGEMENT

Respond by **typing into the chat...**

- 1) Have you ever been provided a rite of passage?
- 2) How about for becoming a father...?



“One of the characteristics of the modern world is the disappearance of any **meaningful** rites of initiation”

- **Mircea Eliade**

“Rites & Symbols of Initiation”

ROP: THREE STAGE MODEL

SEVERANCE → **THRESHOLD** → **RETURN** →

AGITATION

LIMINAL
SPACE

INTEGRATION



rites of Passage: Wisdom Harvest

Audience Engagement

Respond by **typing into the chat...**

What are common examples of “agitation” that you notice in your work with fathers and/or children?

~ MINDFUL MOMENT ~



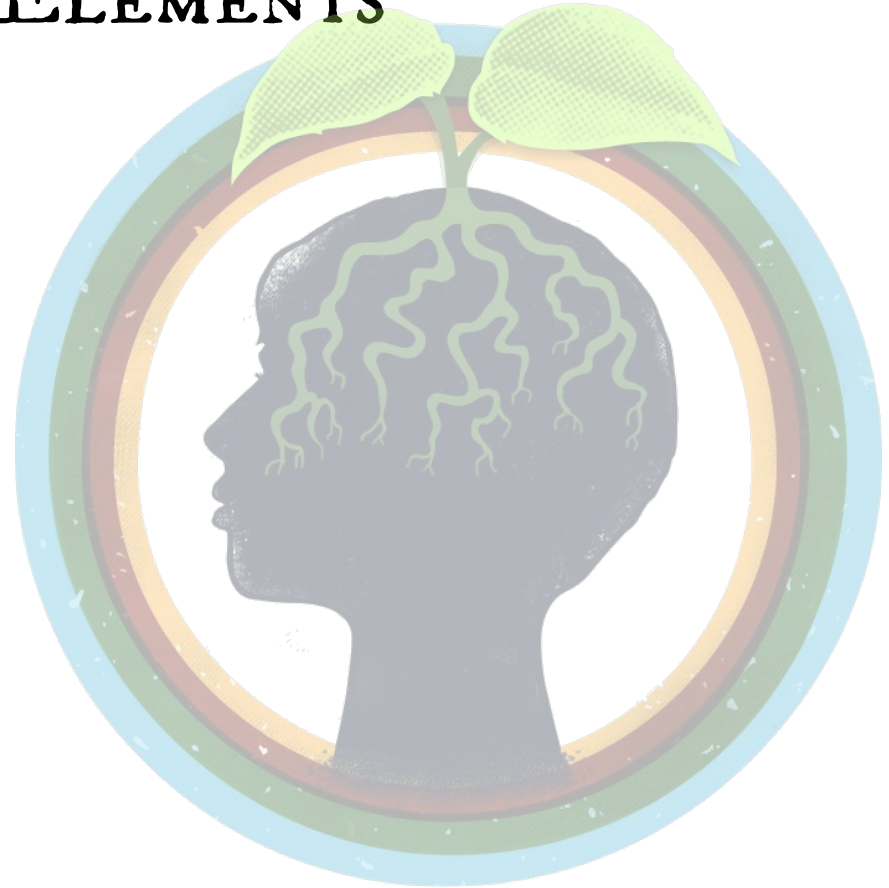
ROP: FOUR ELEMENTS

I. STORY

II. RISK

III. VISION

IV. GIFT



BACK TO BASICS

I. STORY

II. RISK

III. VISION

IV. GIFT



CHALLENGE ACCEPTED

I. STORY

II. RISK

III. VISION

IV. GIFT



rites of Passage: Story & Risk

BREAKOUT ROOMS (5 pp)

Each person gets 1-2 mins - help with timekeeping!

Tell a personal story of a time in your life when you felt the importance of fatherhood - be specific!

rites of Passage: Wisdom Harvest

Audience Engagement

Respond by **typing into the chat...**

What were some of the themes that came up in your group?

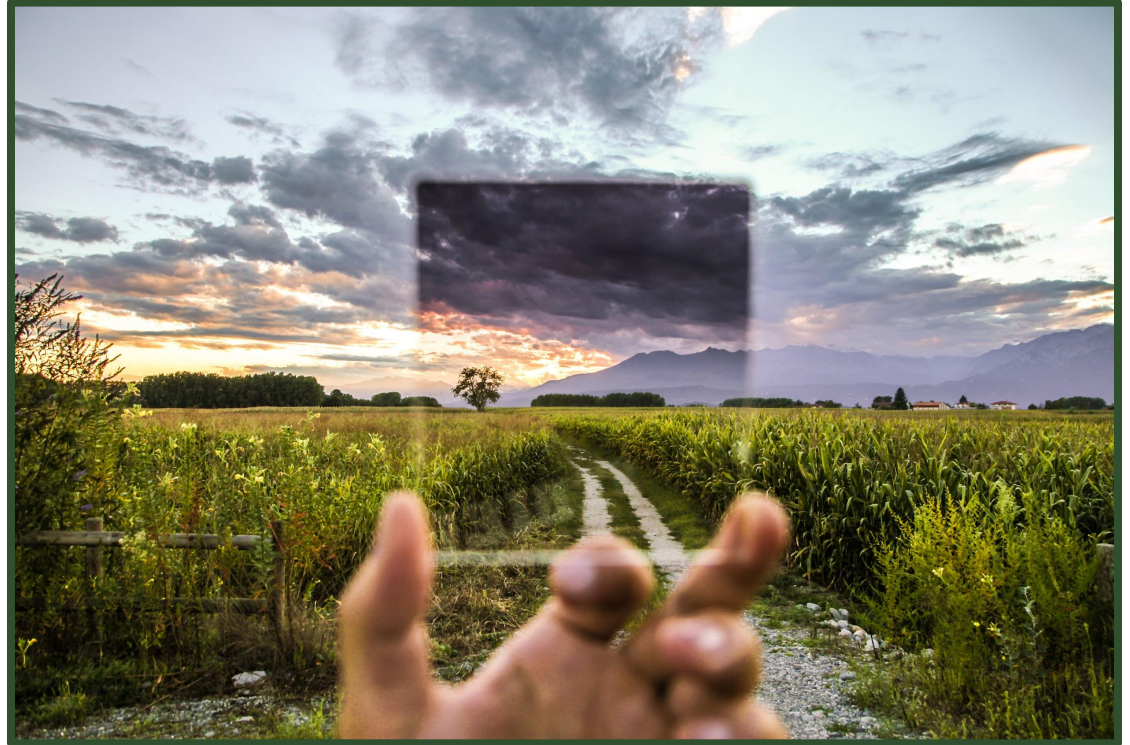
IMAGINING A BETTER FUTURE

I. STORY

II. RISK

III. VISION

IV. GIFT



RITES OF PASSAGE: VISION

BREAKOUT ROOMS (5 pp)

Each person gets 1-2 minutes - help with timekeeping!

Think about your work with dads and/or children, then:

Describe a vision for change that will help your people thrive. Be specific and affirmative.

rites of Passage: Wisdom Harvest

AUDIENCE ENGAGEMENT

Respond by **typing into the chat...**

What did you hear that inspired you?

How did that **feel** for you, personally?

HONORING

I. STORY

II. RISK

III. VISION

IV. GIFT



rites of Passage: Applying the Skills

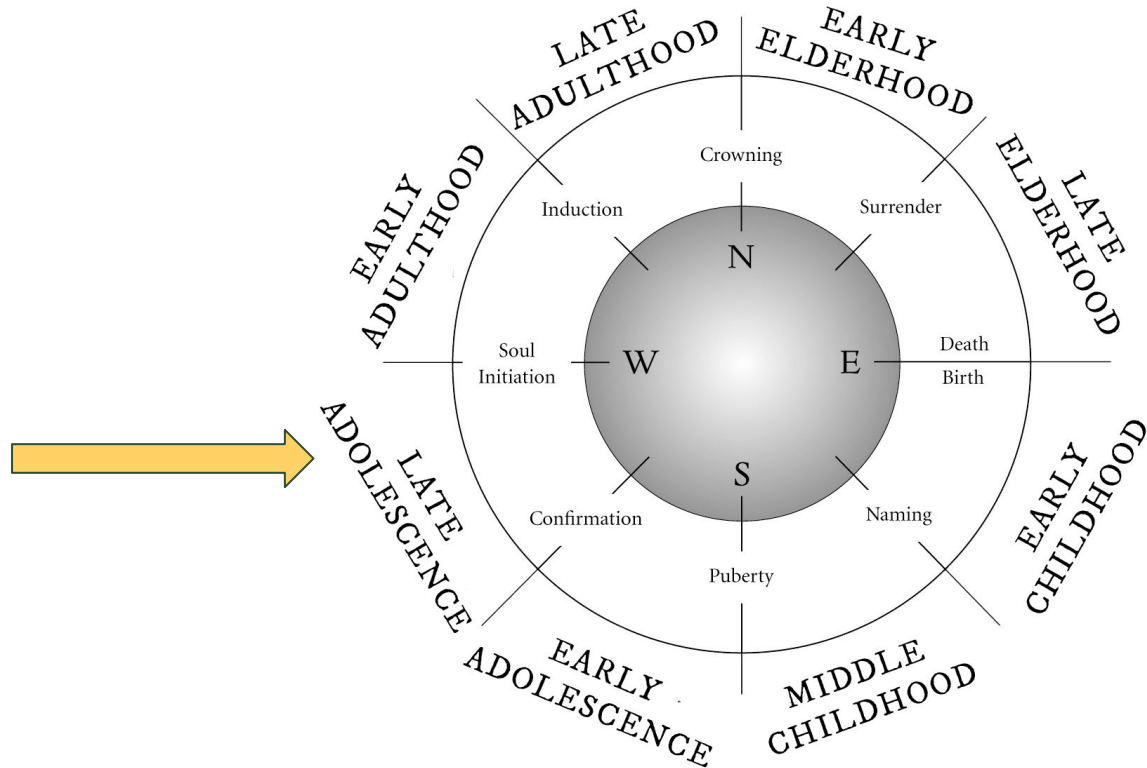
Offline Challenge

Think about the vision you just shared.

Now, bring to mind someone who is helping to bring it to life, whether they know it or not. Then...

Commit to “honoring” this person before the day ends!

INITIATION CYCLE & PASSAGES





TRANSFORMATIONAL TOOLS FOR FATHERS

7 proven tactics to build resilient relationships in kids and dads

Adapted from Dr. Arne Rubinstein & The Rites of Passage Institute

Share stories with your child about what you did when you were their age

It is important your child hear about what life was like for you when you were growing up including about your own parents, your experiences at school, your friends, your successes and your challenges.





Make a habit of acknowledging and encouraging your child's unique gifts & talents

All people are born with unique gifts for the world - it is vital that children are not judged solely on their performance and achievements, or that they think they have to be like what they see online.

**Practice regular 1-on-1 time
with your child doing
something you both enjoy**

With your mobile phone turned off!

*Children of all ages love this -
and it's a great way to build your relationship.*



Teach & model skills of reflection

This helps children start to critically assess situations and learn about good decision making. Feel free to use real life events, movies, video games, books etc. Ask reflective questions and listen to their answer first before you give your own.





Support your child to solve their own problems to stimulate brain development

Coach them to identify options so they can make choices for solving problems and then together decide on the best way forward. Don't try to handle everything for them, especially as they approach adolescence.

When discipline is required: separate the person from the behavior.

Be gentle on the person and firm on the behavior. The goal here is to show that while certain behaviors are not appropriate, they, as a person, are always loved, and they can always learn and grow from an experience.

Bonus: this is a great opportunity to share a story about an important lesson you learned.



Connect privileges with responsibility

Children ages 3+ can understand fairness and are ready to learn through earning. Make it clear that their "wants" will come after their needs and the needs of the family, and tie their requests to specific behaviors.



FREE 2 PAGE DOWNLOAD FOR DADS

TRANSFORMATIONAL TOOLS FOR FATHERS

Building resilience through connection in children and dads

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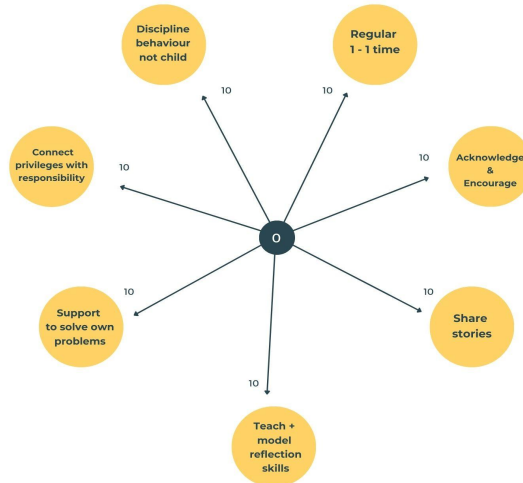
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TRANSFORMATIONAL TOOLS SELF SCORE-CARD

Put an 'X' on each line to best indicate where you are currently at with these 7 tools. Ten is on the outside and zero is on the inside.



At the end of the presentation follow the link and/or scan the QR code to complete the feedback survey and you will see a link to download the pdf



~ MINDFUL MOMENT ~

WHAT IS COUNCIL?

Group communication and connection -
usually in a circle

Involves use of “forms” to facilitate
authentic expression

Allows us to be seen, heard, and
supported without advice-giving

Guided by 5 primary intentions



5 INTENTIONS OF COUNCIL

- Speak from the heart
- Listen from the heart
- Spontaneity
- Lean of expression
- Confidentiality



COUNCIL FOR MEN & DADS

- Weekly sessions, usually during an evening
- Simple, yet intentional prompts, themes, and activities
- 1-2 trained facilitators - paid, or volunteer
- May include elders



ABOUT JOURNEYMEN & ONE VILLAGE

- Training in Rites of Passage and group facilitation
- Camps, courses and leadership for youth
- Some groups gender-specific, plus inclusive offerings
- Based on Vashon, WA



LINKS & ORGS FOR DADS

**Rites of Passage Workshop w/ Michael Meade
& Dr. Arne Rubinstein ~ Vashon Island, June 24**

www.go.journeymen.us/workshop



Mankind Project - Mens Rite of Passage & Council

www.mankindproject.org

Illuman - Mens & Elders Rites of Passage & Council

www.illumanoftwa.org/

Sacred Sons - Men's Rites of Passage & Training

www.sacredsons.com



ADDITIONAL BOOKS & RESOURCES

Robert Bly - Iron John

Michael Meade - The Genius Myth, Paths of Initiation

Dr. Warren Farrell - The Boy Crisis

bell hooks - The Will to Change

Arne Rubinstein - The Making of Men & Rites of Passage Institute

Bill Plotkin - Wild Mind, Nature & The Human Soul

Jon Young - Coyote's Guide to Connecting with Nature

Foster & Little - Trail to the Sacred Mountain

Richard Rohr - From Wild Man to Wise Man, Adam's Return,

THANK YOU & FEEDBACK



Go to: go.journeymen.us/fathers-feedback

Or scan here:



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www.nickywilks.com