

Cultic & Spiritual Abuse: Safeguarding, Coercive Control and Cultural Harm.

Specialist Survivor-Led Training | Live/ Online/ In Person

Thank you for your interest in this ground-breaking training on cultic and spiritual abuse — a widespread, under-recognised safeguarding issue affecting children, adults, families and whole communities.

What makes this training distinct is simple: it is designed and delivered by a survivor with direct lived experience of cultic abuse, spiritual abuse and coercive control outside domestic settings. This brings a depth of insight not found in policy documents or traditional safeguarding frameworks.

This session explores coercive control in belief-based environments, cultic dynamics, cultural vulnerability and the psychology of high-control systems. It is live, interactive, and equips professionals with the clarity and tools needed to identify these harms early and intervene safely. It also builds confidence around cultural navigation — **helping professionals distinguish between culture and harm**, so important safeguarding decisions aren't avoided or delayed.

Why This Training Matters

Cultic and spiritual abuse are some of the least understood safeguarding risks in the UK. They're not legally defined, rarely taught, and often fall straight through existing frameworks — leaving professionals unsure how to recognise them, and survivors unsupported.

These harms can sit in plain sight. High-control groups, coercive belief systems and spiritualised authority can shape behaviour long before anyone realises something is wrong. And because these dynamics often intersect with culture, race and belonging, professionals frequently hesitate to intervene for fear of “getting it wrong.”

The result?

People who need help aren't identified early enough.

This training changes that. It reveals the patterns, tactics and cultural blind spots that make cultic and spiritual abuse so difficult to spot — and equips you with the confidence to challenge them safely.

If your work touches safeguarding, pastoral care, frontline support or community engagement, this training will expand your understanding in ways most courses never reach. **It gives you the tools to recognise what others routinely miss.** Although the training covers spiritual abuse as one strand, its core focus is cultic harm, coercive control and high-control systems across all environments — faith-based or not.

This Session Explores

- Coercive control beyond intimate-partner settings
- Cultic systems and high-control group behaviours
- Spiritual manipulation and belief-based coercion
- Psychological mechanisms of indoctrination
- Culturally competent professional curiosity — how to challenge unsafe practices confidently and respectfully
- How “cultural respect” can unintentionally mask safeguarding concerns
- Hidden vulnerabilities in faith, cultural and community environments
- Trauma-informed, survivor-centred safeguarding approaches

Meet the Trainer: Rachael Reign

Rachael Reign DipHE (Law) is the founder of **Surviving Universal UK**, a leading grassroots organisation supporting victims and survivors of cultic and spiritual abuse. Her work is grounded in lived experience, strengthened by legal study, and shaped by years of frontline safeguarding advocacy.

Her expertise has been recognised in national media and policy discussions, including BBC Panorama, The Guardian and UK parliamentary conversations on coercive control. — and is recognised for her expertise in belief-based harm, particularly within Black and Brown communities. Her training is practical, survivor-led and culturally informed, offering clarity professionals cannot gain from theory alone.

Why This Training Matters in Faith Spaces

Faith communities can be sources of belonging, but they can also carry unique risks when power, doctrine and culture intersect. Unchallenged authority, blurred pastoral boundaries and spiritualised shame can unintentionally create conditions where coercive control thrives.

This training supports faith leaders to recognise these risks, strengthen safeguarding culture and respond safely to those who have experienced cultic or spiritual abuse. It also covers faith-related cultural competencies, including the use of respectful language (for example, recognising that the term “church hurt” can be minimising or derogatory depending on context).

Some places of worship may wish to engage more deeply. Surviving Universal UK offers an **optional faith-based safeguarding consultancy** for communities committed to deeper cultural review and accountability.

To receive the full consultancy prospectus, email: info@survivinguniversaluk.org
Subject line: Faith-Based Consultancy

By the End of This Training, You Will Be Able To:

- Define cultic abuse, spiritual abuse and coercive control in community and belief-based settings
- Recognise risk factors across faith, cultural and non-faith environments
- Identify cultic tactics and spiritual manipulation
- Understand psychological and safeguarding impacts
- Respond safely and ethically to disclosures
- Navigate relevant legal and professional pathways
- Support survivors with trauma-informed and culturally aware practice
- Challenge harmful narratives used to justify or mask abuse

Who This Training Is For

Safeguarding leads, social workers, teachers, youth workers, mental-health practitioners, victim support teams, faith leaders, community organisations, legal professionals, police and anyone working with vulnerable individuals or communities.

Booking Policy & Fees

Payment Terms

- 50% deposit required to secure your date
- Remaining balance due 3 days before the session
- Cancellations within 5 days may result in deposit retention

Training Fees

Standard Rate: £50 per attendee

Group Rate (6+): £40 per attendee

Solidarity Rate: £40 (individuals) — available for survivors or anyone who needs it; no explanation required.

Standard training is a 3-hour live session delivered online or in person (travel costs may apply).

Additional formats include:

- 60–90 minute briefings
- Conference talks and keynotes
- Webinars
- Recorded training
- Multi-session packages
- Half-day or full-day programmes
- Custom formats for organisations or multi-agency teams

Please mention your preferred format on the booking form to receive a tailored quote.

Ready to Book?

Dates fill quickly, so early booking is recommended. Submit your preferred dates and details via our booking form. Once received, we will confirm availability and issue your invoice.

BOOKING FORM

All attendees will receive a certificate of completion and training highlights handouts after training. If you have any further questions or queries, please do not hesitate to get in contact info@survivinguniversaluk.org

Website: <https://www.survivinguniversaluk.com/>

Surviving Universal UK