

Spiritual Abuse Awareness:

Understanding, Identifying, and

Responding to Coercive Faith-Based

Harm - Information Pack Created and

delivered by Rachael Reign | CPD

Accredited | 3-Hour Live/Virtual Training



Thank you for your interest in this ground-breaking CPD-accredited training on spiritual abuse — a widespread, under-recognised safeguarding issue affecting children, vulnerable adults, and entire communities. The training is a live, interactive session (delivered online or in-person by request) and includes case studies, real-world examples, and actionable strategies.

While faith-based coercion has become increasingly visible in media reports and safeguarding cases, spiritual abuse remains a blind spot in many safeguarding policies, training programmes, and risk assessments. This training is here to change that.

Rooted in lived experience, shaped by survivor leadership, and grounded in safeguarding best practice, this course will equip professionals to recognise and respond to signs of spiritual, cultic, and coercive religious harm — especially when it's hidden in plain sight. This training can also be adapted for attendees working within religious or faith-based settings, with an emphasis on spiritually safe leadership, safeguarding-conscious pastoral care and trauma-informed, abuse-aware ministry practise.

Why This Training Matters

Spiritual abuse is not legally defined, often falling between the cracks of existing safeguarding frameworks. It includes manipulation, control, exploitation, and psychological abuse — all under the guise of faith or doctrine. It disproportionately affects young people, Black and minoritised communities, and women. Many survivors are not believed, and frontline professionals may feel ill-equipped to intervene. This course fills that gap — so survivors don't have to fall through it.

Why This Training Matters in Faith Spaces

Some religious communities may carry unique vulnerabilities in their group culture or structures- such as rigid hierarchies, unchallenged authorities or blurred boundaries between pastoral care and control. When left unexamined, these dynamics can create environments where coercive coercion and abuse are not only possible, but normalised. This training equips faith leaders and pastoral teams to recognise these risk factors, take accountability and build spiritually safe spaces rooted in integrity, safety and transparency.

About the Trainer: Rachael Reign

This course is designed and delivered by **Rachael Reign DipHE (Law)**, an internationally recognised survivor advocate and expert on cultic and spiritual abuse- specialising in this kind of abuse within black and brown communities.

Rachael is:

- Founder & Director of grassroots victim and survivor advocacy group, [Surviving Universal UK](#)
- [CPD](#)-accredited trainer, campaigner and legal reform advocate
- Creator of the [Exit Kit](#) for cult survivors (used by professionals and survivors nationwide)
- Featured in [BBC Panorama](#), [The Guardian](#), [A Little Bit Culty](#) etc.
- Among leading contributors to UK parliamentary discussions on coercive control and legal reform
- A legal scholar, activist, and community educator with lived and professional experience

By the end of this training, you will be able to:

- ✓ **Define spiritual abuse and how it is often the catalyst for other forms of harm and abuse**
- ✓ **For clergy-be able to identify vulnerabilities within faith settings and take a safeguarding and trauma-informed approach to pastoral care**
- ✓ **Identify coercive tactics used in religious/spiritual settings.**
- ✓ **Understand the psychological and safeguarding impacts of spiritual abuse.**
- ✓ **Respond safely and appropriately to disclosures.**
- ✓ **Recognise legal and professional frameworks for intervention.**
- ✓ **Support victims and survivors and challenge harmful spiritual narratives.**

Includes optional Q&A, breakout discussions, and follow-up handouts with summary of training and links and resource, like the Exit Kit.

This is the first CPD-accredited training in the UK delivered by a survivor of spiritual abuse — bringing a unique and necessary voice to the safeguarding space.

This Training Is Ideal For:

- *Designated Safeguarding Leads (DSLs) and case workers*
- *Social workers, family support teams and local authorities*
- *Schools, colleges, and youth services*
- *Mental health, healthcare and wellbeing professionals*
- *Victim support services*
- *Faith leaders, pastoral and inclusion teams*
- *Charity staff, CICs, and grassroots organisations*
- *Legal professionals, judiciary, and family law practitioners*
- *Police and law enforcement personnel*

Booking Policy Sliding Scale Price List

Payment terms: Please read carefully

To confirm your booking, a 50% deposit is required.

The remaining 50% balance must be paid no later than 3 days before the agreed training date.

Invoices will be issued upon receipt of the booking form and must be settled according to the terms above.

In the event of late payment or cancellation within 5 days of the agreed training date, Surviving Universal UK reserves the right to retain the deposit.

Fees: We operate on a sliding scale to ensure this CPD-accredited training is accessible to a wide range of organisations.

The standard fee for this training is £300 per 3-hour session. More than 25 participants will be charged accordingly)

If there simply is no budget and you are a grassroots organisation, please complete the form and reach out to us on info@survivinguniversaluk.org with more info.

Fees

Standard Rate (Statutory, Corporate, or Large Organisations or Place of Worship)

£300 per session between 10-25 people.

(Request a quote for beyond 25 attendees as staggered training days packages are available)

£50 per attendee for less than 10 attendees

For local authorities, safeguarding boards, schools, NHS trusts, universities, etc & Mid-Scale Charities / CICs

£250 per session (minimum 10 people)

Or £40 per attendee

Small Grassroots, Survivor-Led organisations

£200 per session

This includes survivor-run organisations, mutual aid collectives, and faith-based community groups with limited funding.

Or £30 per attendee

For individual attendees who are self-funding

£50 per session

We also offer a small number of solidarity prices (£30) for survivors or low-income attendees, so if this applies, simply select **solidarity** in the booking form — no questions asked.

Please find booking form [here](#)

All attendees will receive a CPD accredited 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**