

THE CLOAK OF SILENCE

UNDERSTANDING THE IMPACT OF RACIALISED TRAUMA ON BLACK BODIES, HEARTS AND MINDS



The impact of racialised trauma on Black bodies is profound, deeply affecting mental and physical health in the individual, the community and the world around us. Woven through all of our systems, racism, prejudice and bias is often quiet and unseen, an inescapable cloak of silence.

Three years in the making, this experiential training has been created by Dramatherapist and trainer Lucy Joy, together with artist Helen Townsend. It invites those of us who benefit from white skin privilege to widen our gaze to this quiet and discreet racism, explore what biases we hold in our bodies and minds and understand how these often silent and unseen experiences culminates in racialised trauma and its severe impact on the body, heart and mind.

BUY ONLINE AT WWW.BEACONHOUSE.ORG.UK/TRAINING

***Pre-release Price: Training available from 27th January 2025.
After this time the training price will increase to £180**

£150*
PER PERSON
TEAM LICENCES
AVAILABLE | 6-HOUR
ONLINE TRAINING
PACKAGE

The training is a pre-recorded online 6 hour training package. Together we explore racialised trauma and its impact over three modules:

Module One: Children & Adolescents (Available from 27th January 2025)

We explore the impact of systemic racism in the education, social care and justice system on Black and Brown children and adolescents. Themes covered are:

- Developmental impact of racism
- Internalised racism and the impact on the self
- Colourism
- Code-Switching
- Adultification
- The Pipeline to Prison

This module also features an interview with Liz Soper who is the founder of **A Seat At The Table**, a black and brown-led collective, passionate about equality, inclusion and anti-racist practice advocating for children with SEN and embracing their heritage. [Click here for more information.](#)

Module Two: Adults (Available from 27th January 2025)

We explore the impact of systemic racism in the workplace, social care and justice system on Black and Brown adults. Themes covered are:

- The 'Strong Black Woman' archetype and its impact
- Invisible and visible vulnerabilities and health implications for Black adults
- Fetishisation of Black men
- Code-switching and Covering
- Racial aggressions
- Racism, traumatic stress and complex trauma
- Protective factors against racial trauma

This module also features an interview with Carollynn Bain who is the owner of **Afrori Books**, an award winning Black bookshop based in Brighton. [Click here for more information](#)

Module Three: Moving Forward (Available from 24th March 2025)

As you journey through each module, you will carry out experiential exercises and reflections to support you to develop the skills and capacity to attend to your own internalised racism and bias.

This module explores next steps, what they might look like for different people. It considers how this life-long learning journey can also bring opportunities for challenging the racism, prejudice and bias in the systems around you. We also discuss Beacon House as an organisation and the work we are doing to dismantle and re-build an anti-racist system.

This module also features an interview with Jess Taylor from the EA Consultancy who supports businesses with a holistic approach to cultivating conscious leadership in a diverse world. [Click here for more information](#)

TRAINING OUTCOMES

- Gain a **deeper understanding** of the impact of racialised trauma on Black and Brown bodies, hearts and minds and **how this impacts** physical and mental health and behaviour. This makes up a large part of modules one and two.
- **Increase your capacity** to sit in the discomfort of sorting through your own internalised racism. Through the learning and reflections **you will discover** the different ways our bias shows up internally. We hope you will be **empowered to make changes** to your own outward responses.
- Learn how silent racism and bias is woven through our systems, the inequalities and barriers it creates and what it looks and sounds like. We hope this **enables you to notice and take action**.
- **Understand** what racial aggressions look and sound like and their **impact and reverberations** through the lifetime.
- **Discover** how you can **start to step into** your inner anti-racist work as an individual, as part of a community, in the workplace and as part of the wider world.

WHO IS THIS TRAINING FOR?

This training is designed for people aged 16+ who benefit from white skin privilege. It is suitable for those who are already on their anti-racism journey and for those who are just at the beginning.

Employers and individuals in any sector will benefit significantly: Healthcare, Social Care, Education, the Justice system, hospitality, construction, manufacturing, transportation, IT and energy, designers, engineers and researchers.

IMPORTANT if you are an employer: Please ensure the people of colour in your teams have all the information we have provided about this training before they make a decision about taking part, as the training may trigger racialised trauma or race-based traumatic stress. If they choose to attend, please consider what you might need to offer or provide for them to be able to do this in an emotionally and physically safe way.

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CERTIFICATES

You will receive a certificate of attendance. However, it is important to note that authentic anti-racism work at its heart is a life-long journey and this training is only a small part of it. This certificate **does not evidence** that the person is now anti-racist.

HOW TO BOOK

Please visit our website: www.beaconhouse.org.uk/training where you can book your place online. Please email our training team if you have any further questions or are an employer wishing to enquire about a team licence:

training@beaconhouse.org.uk

ABOUT THE TRAINERS

Lucy Joy is an experienced Dramatherapist and worked for Beacon House for a number of years with children who have experienced Developmental Trauma. Lucy now has her own thriving independent therapy practice specialising in early trauma.



Lucy is a talented trainer and consultant who has worked in schools, early years settings, special education and alternative education provisions, utilising a trauma-informed approach, focussing on the impact of attachment difficulties, loss and developmental and complex trauma.

Lucy's ethos around training is firmly based on ensuring the safekeeping of all participants, whilst at the same time offering enough space for exploration through experiential exercises and theory to promote learning.

Helen Townsend is the artist and Specialist Creative Designer here at Beacon House. She collaborated closely with Lucy to bring together this specialist content into a creative, beautiful, resourceful online training experience. Through this journey Helen discovered how dominant her white gaze was when creating this training and is now committed to re-developing all of our Beacon House imagery, resources and training.



As an adoptive parent herself, Helen is inspired by her experience living with trauma and loss in how she portrays the learning through her artwork.

PAYMENT FOR THIS COURSE IS MADE UNDER THE FOLLOWING TERMS & CONDITIONS:

Due to our training package being available upon payment, online courses are non-refundable. Our online training must not be reproduced or shared with another party without prior permission from Beacon House Therapeutic Services & Trauma Team