



Welcome to A Date With Darkness Podcast. This podcast is dedicated to those who have been hurt by love and abuse, through their relationships with narcissistic people. The purpose of the podcast is to deepen the understanding of hurtful and traumatic relationships which have been a source of unspoken pain and trauma. In the episodes, I will be chatting with various experts in various fields to provide education, tips, resources, and information for those who are survivors of abusive relationships. I will combine my expertise of forensics, domestic violence, and work in various mental health fields to have an intimate discussion with you about abusive relationships, characteristics of dangerous and manipulative people, how to move beyond the victim role, learn to love and heal from the wounds of toxic relationships. If you have a question about the podcast or you want to get in touch with me directly, please feel free to email me at adatewithdarkness@gmail.com. Thank you so much for listening!

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72. Liberation from Racialized Trauma, Featuring Shawna Murray-Browne, LCSW-C

September 30, 2020 / In / by [Natalie Jones](#)

I am joined by Shawna Murray-Browne, LCSW-C who discussed her work on Black liberation and healing from racialized trauma. Given the recent surge in media coverage of police brutality and racial unrest, it is important that we educate ourselves and manage our self-care. Shawna discussed the difference between Black liberation and cultural sensitivity/awareness. Lastly, Shawna discusses her personal journey of picking up the pieces after her arrest and using her experience to help others.

*Please note: Information provided on this episode or general tips and suggestions. They may not be suitable for everyone, and the information provided should not be substituted for treatment with a licensed mental health practitioner.

See the YouTube Version of this podcast and subscribe to the channel: [A Date With Darkness Podcast](#)

Website for Shawna Murray-Browne, LCSW-C: <https://www.shawnamurraybrowne.com/>

Instagram Shawna Murray-Browne, LCSW-C: [Heal A Sista](#)

Email questions/comments/suggestions to Dr. Jones at adatewithdarkness@gmail.com

Visit the website for more information: <https://www.adatawithdarkness.com>

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To connect with others who are seeking support from hurtful and abusive relationships please join the Facebook group: [A Date With Darkness group](#)

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