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**DR DAN HUGHES
PRESENTS:**

Children, Teenagers and Adults Locked in Anger: Connecting with Core Underlying Pain and Pathways to Healing

Saturday 7th November 2026 10am to 4pm

Anger is often misunderstood. While it may appear as defiance, hostility, persistent meltdowns, highly disruptive behaviour, anger is actually a protective response to deeper emotional pain. Beneath chronic anger there are always unprocessed painful life experiences: shame, fear, grief, rejection, loneliness, helplessness.

In this powerful and thought-provoking training day, internationally renowned clinical psychologist and DDP founder, Dr Dan Hughes, explores how children, teenagers and adults can become trapped in anger that masks profound emotional distress. Drawing on attachment theory, neuroscience and decades of therapeutic experience, Dan will demonstrate how practitioners can move way beyond behaviour management to understanding and healing the pain that drives it.

Participants will learn how anger develops as a survival strategy and why traditional approaches fail, often tragically leading to school-to-prison pipeline. Then most importantly they will learn how connection, curiosity and compassion can help people access and process the underlying emotions that fuel such negative ways of being in relationship.

Key themes include:

- Understanding anger as a protective response
- Learn how difficult attachment issues and trauma lead over time to chronic anger
- Understand why shame often sits at the heart of angry behaviour
- Help children, teenagers and adults tell their stories in safe ways (whether directly or through metaphor)
- Learn how DDP principles and PACE can promote healing and connection
- Be moved by powerful case studies of anger to transformation
- Take away practical relational interventions

Who should attend: This training is ideal for teachers, mental health workers, counsellors, therapists, social workers, and anyone supporting children, young people or adults who struggle with chronic anger.

Join one of the world's leading attachment and trauma experts for an inspiring day of learning that shifts the focus from trying to control a person's anger to understanding, healing and transformation.

Fee: £89 (includes booking fee)

www.trauma-informed.uk

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