



# Healing Together

## Supporting Children & Young People Affected by Angry Feelings

Learning Style, Content  
& Objectives



**innovatingminds**  
TRAUMA INFORMED PRACTICE EXPERTS

## Purpose

The Healing Together angry feelings training builds on the foundations of the two-day core training, enhancing practitioners' understanding of angry feelings through a trauma-informed lens.

Drawing on insights from neuroscience, neurophysiology, and neurobiology, the training highlights that anger is rarely the only emotion present and promotes a collaborative approach that supports young people and the practitioners to move away from the belief that they are simply "an angry child" in need of anger management. The training further equips frontline practitioners with the knowledge, skills, and practical strategies required to effectively support children and young people experiencing difficulties with angry feelings.

## Training Method

The total time to complete all **5 self-directed learning modules** is approximately **4 hours**. Participants receive **30 days to complete the training**, and **extensions are available** under special circumstances.

## Learning Facilitation Style

The self-directed learning facilitation style combines flexibility with structured reflection to support meaningful engagement.

Participants complete online self-directed learning modules at their own pace, supported by a workbook that includes the training slides, space for notes, and additional resources to deepen understanding.

Each module incorporates reflective activities, encouraging participants to pause, process, and apply learning to their own practice context.

To consolidate knowledge and ensure comprehension, a short assessment is included at the end of each module.

Training progress is monitored via our online platform, and we contact participants to enquire if they require any support to progress with their learning journey.

**This blended approach enables practitioners to build confidence, embed key concepts, and prepare effectively for applying their learning in practice.**



## Learning Content

The online self-directed learning modules consists of five modules.

- **Module 1:** What is anger
- **Module 2:** How anger shows up in the body, brain and behaviours
- **Module 3:** Using the body to reduce fear and anger
- **Module 4:** Holding a safe, healing space as a practitioner
- **Module 5:** Exploring the programme's resources

## Learning Objectives

By the end of the online self-directed learning modules, participants will be able to:

1. **Define anger and describe its role** as an emotional response in children and young people by looking at it from a 'third party' perspective to enable safe recognition and exploration for and with children.
2. **Analyse how anger manifests** in the body, brain, and behaviours, and recognise its impact on functioning.
3. **Apply body-based strategies** to reduce fear and anger, supporting regulation and safety.
4. **Demonstrate how to** hold a safe and healing space as a practitioner when working with children and young people affected by angry feelings.
5. **Navigate and apply** the Healing Together programme resources to effectively deliver sessions to support children and young people affected by angry feelings.



*Excellent training that provides an understanding of how anger affects children and the resources that are available to support.*



## Post Training Support

Following completion of the two-day core training and the self-directed learning modules, practitioners will be equipped to deliver the six-session Healing Together programmes with children and young people.

These programmes are designed to **support practitioners** in transferring their learning from the training into their day-to-day practice, **embedding trauma-sensitive approaches** into the care and support they provide.

Practitioners also have **access to the online portal**, which houses all the resources required to deliver the Healing Together programme, as well as **video demonstrations** to guide delivery of each session. To enhance, share and ensure the sustained impact and high-quality trauma sensitive practice. All Healing Together practitioners are offered unlimited one-to-one and group coaching sessions, alongside on-demand CPD opportunities.

In addition, Innovating Minds offers **ongoing support to monitor and evaluate the outcomes of both the training and programme delivery**, providing clear evidence of the positive impact on children and young people's wellbeing and experiences. The data and reporting framework can be utilised by settings and organisations to **strengthen OFSTED inspections**, inform service evaluations, and demonstrate the effectiveness of their trauma-informed and trauma-sensitive practices, highlighting the tangible **benefits and outcomes achieved for children**.

What people say about the programme:



*Comprehensive and accessible training that clearly explains how the body and brain work together to help you understand anger and what it can look and feel like for a child*

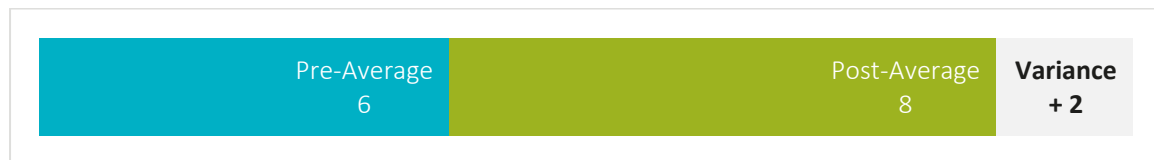


# Impact Focused Training

Innovating Minds is **invested in measuring the impact** our training has on developing knowledge, understanding and confidence in **supporting children affected by angry feelings**.

## On a scale of 1 – 10

How confident do you feel about supporting children with angry feelings?



How would you rate your knowledge and understanding of anger?



How confident do you feel about supporting children with angry feelings using a trauma informed approach?



As a result of this training:

# 100%

100% would recommend  
this training  
(129 data sets)

“ *Nurturing and child  
centred training to help our  
young people with  
angry feelings.* ”







# Learn more about the Healing Together Programmes

[Book a Meeting with Dr Patel](#)

