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Supporting children &  
young people with  
angry feelings

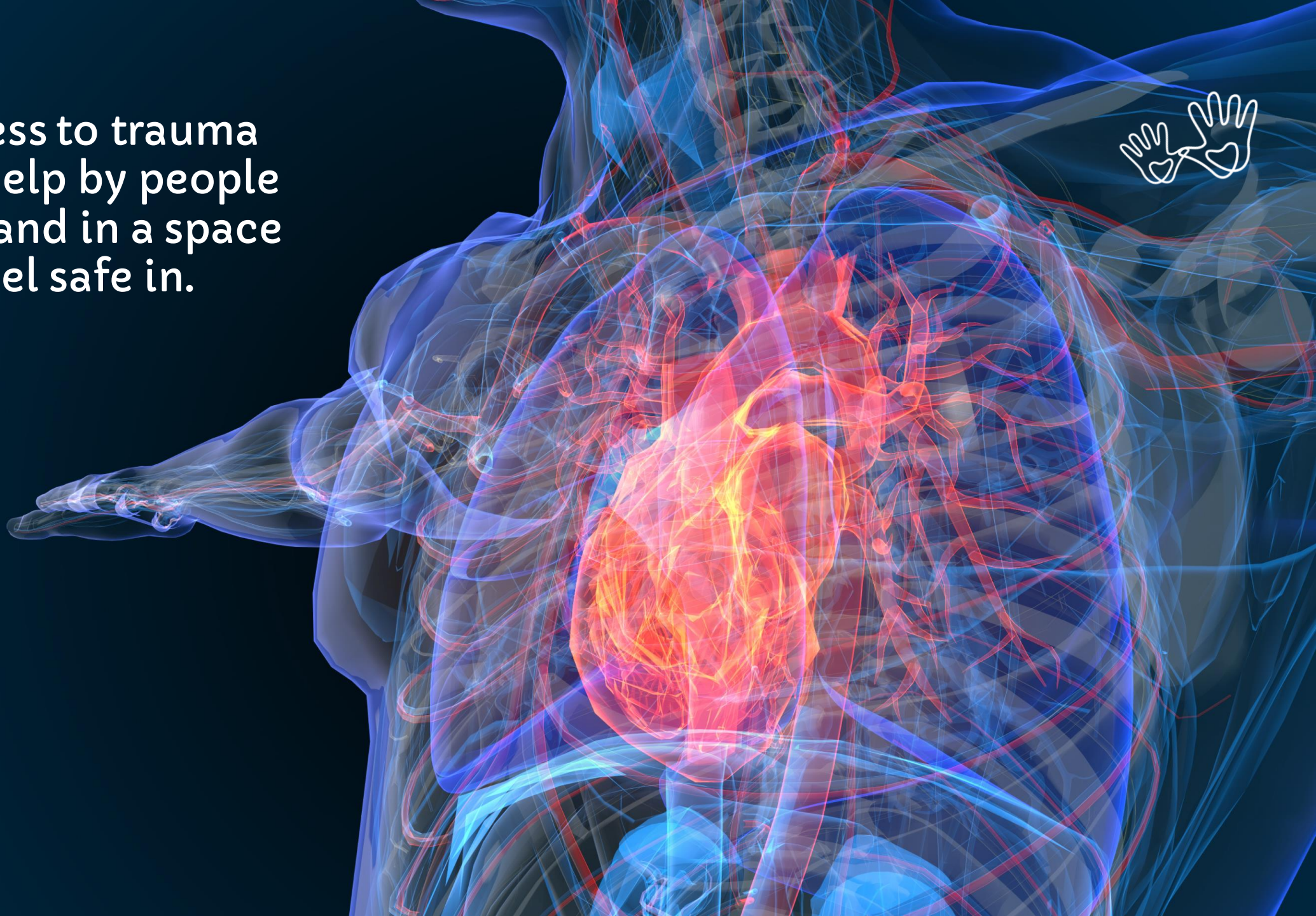


# healing together

Impact Report  
January 23



Early access to trauma  
informed help by people  
they trust, and in a space  
they feel safe in.



# Evidence Base behind the Healing Together Programme

## Neuro Science

- Polyvagal theory (Dr Stephen Porges)
- Hand Model of the Brain, Interpersonal neurobiology (Dr Dan Siegel)
- The Biology of Belief, Molecular Biology (Dr Bruce Lipton)
- Neuro Sequential Mode (Dr Bruce Perry)
- Trauma Stored in the Body, Body Keeps the Score (Bessel van der Kolk)
- Dr Gabor Mate – early childhood trauma (domestic abuse) with life long addiction

## Relational Approaches

- Attachment Models
- Interpersonal neurobiology (Dr Dan Siegel)
- Safe relational experiences (Dr Bruce Perry)
- Healing Potential of creating safe relational experiences (Dr S Porges)

Adverse Childhood Experiences Study: Epidemiology study

No Cognitive Behaviour Therapy: Trauma is not cognitively processed.



# Angry Feelings Training

Currently, the new online Anger training has 25 completed facilitators. The following table gives the current trends:

On a Scale of 1-10...	Pre Training Average Score	Post Training Average Score
How <b>confident</b> do you feel about supporting children experiencing angry feelings	6.60	8.80
How would you rate your <b>knowledge and understanding</b> of anger?	6.64	8.88
How confident do you feel about supporting children with angry feelings using a <b>trauma-informed approach</b> ?	6.56	8.96

As shown above, current trends show a minimum of plus 2.2 points between pre-training and post-training for confidence supporting children experiencing angry feelings, their knowledge and understanding of angry feelings and their confidence supporting children using a trauma-informed approach.



100% would recommend the training

# Training Feedback

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A simplified way to help young people understand their angry feelings and to help regulate themselves. The training also helps to regulate your own angry/frustrated feelings to enable you to work better with young people

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TESTIMONIAL

Powerful way to interact with children at their pace and on their level, recognising anger is one emotion of many they have been carrying for so long, but with the right grounding techniques and calming influence in a safe environment can help change this.



# The Impact on Children: ANOVA Analysis

Emotional Awareness Questionnaire is used to measure the impact of the programme. The questionnaire is completed pre and post programme. The following data is based on a sample size of 49.

Measure & Possible Score	Pre-Programme Average	Post-Programme Average	Mean Difference
Differentiating Emotions (21)	13.499	15.498	+1.999
Not Hiding Emotions (15)	8.326	10.614	+2.288
Verbal Sharing of Emotions (9)	5.262	6.429	+1.167

The ANOVA analysis allows us to investigate and acknowledge any interaction or mediating effects of delivery method and age group on the emotional awareness constructs.

All emotional awareness constructs **significantly increased** between pre and post programme.

- There was a main effect of time (before and after the programme) on differentiating emotions.  $F(1,46)=5.042, p<0.05, n2=.099$
- There was a main effect of time (before and after the programme) on verbal sharing of emotions  $F(1,46)=5.394, p<0.05, n2=.105$
- There was a main effect of time (before and after the programme) on not hiding emotions  $F(1,46)=18.479, p<0.001, n2=.287$



# Children's Feedback



  
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## TESTIMONIAL



If you are feeling angry and don't know what to do, I would recommend coming to this programme, you can learn how to sometimes maintain your anger, ways/techniques to calm yourself down. Also you can learn about how your brain processes anger. This programme helped me understand anger and emotions in further detail so I can acknowledge the fact that I can control myself to an extent when I am angry. I can now teach myself exercises to calm myself down. I recommend this dearly.

**14 year old, female**  
**Programme accessed in school**

  
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## TESTIMONIAL



It's ok if you feel sad, you can calm down and be happy. I learnt ways to calm my guard dog.

**8 year old, male**  
**Programme accessed in school**



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Facilitator Programme