Working with Hidden and Explosive Anger: An Integrative, IFS and Somatic Approach

Date	Monday 16th and Monday 23rd November 2026
Time	4pm-7pm [GMT]
Venue	Online via Zoom
For	Counsellors/Therapists
Presenter	Stacy Ruse
Cost	RS Members £60/ Non-Members £120
CPD Points	6 Category A
Booking	Book your place: HERE

This insightful and experiential event focuses on anger as a protective response that carries important information about safety, boundaries, and unmet needs.

Stacy Ruse joins us from Colorado, U.S.A to explore both explosive anger (e.g. reactivity, aggression, escalation) and hidden or internalized anger (e.g. suppression, compliance, withdrawal).

This interactive event takes place over two sessions.

In this workshop, participants will learn how to identify early signals and address the various intensities and expressions of anger effectively. Therapists will deepen their understanding of the adaptive origins of anger within personal, relational, and collective contexts, and how to work with chronic, thwarted, and repressed somatic and nervous system responses, whether within individuals, couples, or family dynamics.

Through an integrative trauma-informed lens, using Internal Family Systems (IFS), Somatic therapy, and neurobiology, this course enables therapists to work safely with internal and external patterns that sustain anger and to transform protective anger into clarity, healthy assertion, and relational repair.

Learning outcomes: By the end of the session participants will be able to:

- Explain how anger can present as explosive or hidden and serve as a protective strategy through an IFS-informed lens.
- Identify typical protector roles that manifest through rage, control, or suppression.
- Apply somatic and parts-based techniques to help clients safely connect with thwarted sympathetic nervous system states holding anger.
- Facilitate unblending and somatic tools to turn angry protectors into empowered allies.
- Examine the neurobiological and attachment-based underpinnings of anger in individuals and relational systems.
- Cultivate Self-energy qualities, like curiosity, clarity, compassion, and courage, to tend to the angry and other associated parts without being overwhelmed or having to collapse or disconnect.
- Support clients in transforming anger into healthy assertiveness, boundary-setting, and relational repair.

Presenter: **Stacy Ruse**, LPC, ERYT-500 is an internationally recognized trauma teacher and consultant. She integrates Internal Family Systems (IFS), EMDR, Somatic, and Transpersonal approaches to create a holistic and inclusive model of healing. Known for her warm, compassionate presence, she bridges neuroscience, embodied practice, and ancient wisdom to guide conscious, meaningful growth. Her upcoming books include *IFS Made Simple* (New Harbinger, Spring 2026) and *Integrative Trauma Healing* (PESI Publishing, late 2026). Learn more at www.aglowcounseling.com or www.stacyruse.com.

RELATIONSHIPS counselling, mediation & family support across SCOTLAND

HOW TO BOOK

Relationships Scotland CPD events are for practitioners who are currently working for a Service that is a Member of Relationships Scotland. Booking early is encouraged as spaces on this event are limited. Spaces may be open to practitioners from external organisations where appropriate and available. We use an online booking process which can be used by:

- Member Services to book on behalf of practitioners.
- Practitioners from Member Services who wish to self-fund.
- Practitioners from external organisations, when spaces are available.

If you have any questions about the booking process please contact: Liz Thackwray: liz.thackwray@relationships-scotland.org.uk

EVENT TERMS AND CONDITIONS

Booking: Booking for CPD events will be confirmed by email within 10 days of submission. Please check your inbox and/or junk mail, if you have any issues receiving this email please contact us immediately. Booking will usually close 7days prior to the event. Only participants that have received a booking confirmation email will be able to access the event.

Payment: Member Services/Self-funded practitioners will be sent an invoice for the course fee before the event which will have a unique invoice number for the payment reference. Payment must be made prior to the event.

Cancellations: Cancellations within 14 days of the event and non-attendance will be charged in full. Member Services/practitioners must notify us of any cancellations by email. Where appropriate, Member Services may transfer a place to another attendee if the original person cannot attend, we must be informed of this ahead of the event taking place. If a CPD event is cancelled by Relationships Scotland (because of insufficient numbers or unforeseen circumstances) then all fees will be fully refunded. We are unable to reimburse out-of-pocket expenses, such as travel and accommodation.

In exceptional circumstances, Member Services/practitioners may request a refund of the cost of the training event or a free place at a future event. Examples of exceptional circumstances include admission to hospital at short notice, or a family bereavement. We are unable to reimburse out of pocket expenses, such as travel and accommodation. Requests for refunds or credits for future events will be considered by the Office Bearers Group (Chair, Vice-Chair, Treasurer of the National Office). All request for refunds/free places at future events should be made in writing or by email to the CPD Manager, sonia.bruce@relationships-scotland.org.uk

System Requirements: Online CPD events will usually be delivered using the Zoom platform: https://zoom.us/ Please note, some organisations have additional security settings that may prevent you from accessing the CPD event on an organisational device. Relationships Scotland are unable to provide refunds when there are issues with a participant's IT which prevents them from accessing the CPD event.

Accessing the event online: A link to a CPD event will be sent out a few days before the event to the email address noted on the Booking Form. For CPD webinars a link to register on Zoom will be sent out a few days before the event, this registration process can be completed in advance and will ask for your name and email address. For CPD events and webinars please ensure that the Zoom account uses the same name that you used to book and register for events. The Relationships Scotland CPD Host will use this information to admit participants into the event and to confirm attendance certificates. The username for your Zoom account can be amended by signing into Zoom and going to the profile section of your account.

Attending the event online: Relationships Scotland aims to create a safe and inclusive environment for all participants that attend our CPD events. Please contact sonia.bruce@relationships-scotland.org.uk if you require any adjustments to assist your learning. Our events are usually interactive and often explore sensitive areas of practice, participants agree to support a safe and inclusive environment and to protect confidentiality. This includes: to attend the session from a private space; not to share the Zoom link; not to record/transcribe the session through use of AI or other tools; to ensure that course materials are for personal use only and not to be distributed. Certificates will be provided for participation in Category A CPD events. Please note that the views of presenters are their own and may not reflect the views of Relationships Scotland.

PRIVACY

All the information you provide is regarded as confidential and will not be disclosed to any other organisation without your explicit permission. The only exception to this rule of confidentiality is in the event of a criminal offence. Under General Data Protection Regulations (GDPR), you are entitled to view, amend or ask us to delete the personal identifiable information we record about you via a Data Access Request. Please speak with our staff to request this. Please be assured that we follow all GDPR guidelines on data retention and storage of your data. Our Privacy Policy is available on our website: https://www.relationships-scotland.org.uk/help-with-our-ste/privacy