

## Abstract

Anger is our friend and foe inherent in our survival and equally a destructive force manifesting in a plethora of ways. It is adept at blocking intra and inter-psychoic awareness and contact. Anger is Inherent in every person, an infinite scope posing significant social and cultural implications. It is an archaic re-action to perceived threat

My client's experiences of anger and subsequent repetition of dismissal and rejection by the NHS fueled my passion to understand anger as an innate process. I became interested in the different ways our experience of anger impacts our existence. What appeared to be a differentiating factor was the role of significant relationships.

Every person's experience of anger is different. Equally the way it impacts their existence. I am curious about the role relationship plays in this process. My intent is, by understanding anger as an innate process it will afford personal and professional development and improve the efficacy of my clinical practice providing my clients with a more helpful, healing experience.