

# THE ANGER ICEBERG REVISITED USING A TRAUMA INFORMED LENS

Our current exploration of underlying emotions is just the tip of the iceberg.

Iceberg calving is the process of large chunks of ice being discharged into the ocean from ice shelves. Here it is a metaphor for the way we have separated the individual experience of distress from its broader origins. Exploring deeper levels opens up new pathways for healing our individual and collective wounds.

