



## DEVELOPING A CONTAINER

### **DEVELOP**

Containment is a process that allows some distance from anything unresolved, or unprocessed. Whatever goes into the container can be taken out later when we are ready to work on it. Remember it is ***just for now***.

#### **Design characteristics**

Use the imagination to build an image of a container that is sensory rich i.e. color, texture, sound.

Examples: bank vault, file cabinet, tool chest, or something in the therapy office, something from your life that has meaning (but not something visual on a daily basis.)

Strong: Make your container strong enough to hold what you put in it.

Ex: With a lid, protectors, distance (buried, off planet etc).

Two-way valve: It can have a two-way valve system to put things in and take things out.

Comfortable inside: Make it be comfortable inside so those experiences you put in are willing to stay until you are ready to work with them.

Describe your container \_\_\_\_\_

### **PRACTICE**

Managing disturbances using the container

Think of a mildly disturbing recent experience, (around SUDS=3/4), and move it into your container. Take your time and notice when you're done, or if you're having trouble.

Some people benefit from containing a disturbance piece by piece, others may need to do a sweep of everything all at once, without looking at all the pieces.

**Containment + Safe State:** Notice any positive, or neutral sensations in the body that are experienced after you put all disturbing experiences into your container.

Notice how your mind and body feel. Tap in positive state if tolerated and practiced in session first.

#### **Cue Word**

As you think of your container, the positive feelings associated with it and your ability to use it, what word or phrase would you use to describe it?

If positive, consider 'tapping in' or allow the positive sensations to 'settle in'.

\*Do not 'tap it in' unless practiced in the office first.

### **INTEGRATE**

Practice using your container as often as possible between now and when we meet again. The container will get stronger the more you use it.