


CONTAINER COPING INTERVENTION



CONTAINER COPING

This experience is a trauma-based coping skill with the intention of putting disturbing material in a place that feels contained.

When we can visualize a container of some sort holding our problems together, they can feel less overwhelming. They can also intrude less on our daily lives when we practice this type of visualization process. This coping skill is so flexible and check out all of the expansion ideas on how to add some creativity!

If you are not experienced in trauma work, you can still use this exercise for a client who needs a coping skill for difficult memories, experiences, or dreams that came up for them. Use the container to hold the difficult memories/thoughts/experiences and follow up with your judgement on when to open that container again or to refer to a trauma specialist if needed.

GOAL IDEAS:
To improve coping skills, To increase emotional regulation
To improve calming skills, To build resiliency
To practice emotional regulation skills

Directions:

1. Create the "container" as a proactive coping strategy. Especially if we start using creative expansion ideas for the container, we want the client to be really familiar with their container before they need to use it.
2. Have the client get comfortable if they are willing to visualize or find creative arts tools if they'd prefer to create during the instructions.
3. Utilize the script or recording to lead the experience.
4. Offer a "menu of ideas" for the client if they cannot think of their own container.

REMEMBER:
YOU are one of the most important things in the therapy room. We can "do" interventions all day long, but the connection YOU bring into the room is an intervention in itself. Remember to attune to your clients, reflect their feelings and expressions, and be present. Remember to "be".

CONTAINER COPING

If you are proactively creating a container and the client is currently dysregulated - do not extend them dive into creating the container with these expansion ideas!!!

To create a container using art! Here are a few and encourage the client to get as detailed as possible.

Build the container!
Boxes, popsicle sticks, or some other creative found object.
or out of clay!
Clay materials and get additional materials from the container!

The container (physically or visually) have the client's idea of the memory. Have them pick up the rate area, practice locking the container, etc. Any idea is great!

Let the client know how they would feel before they have the memory. Encourage them to embody the feeling of the memory versus being able to set them down!

container. You can create the music or choose a song. Here are some prompted questions:
Would make a tough memory feel better?
Find calming?
Is your mind relaxing?
Would help keep memories safe and calm?
His music as a part of your container?
And speakers, set of headphones inside the container, etc.

CONTAINER COPING

Container Coping Script

Here are for an audio of this script:

Wherever you are seated. You can close your eyes if you'd like.

Take a deep breath in and release.

Try to put something inside a container. You want to imagine a box. Maybe it has a top, maybe a lid, or maybe some other way to close it.

Let your mind use. You could use a treasure box, the trunk of a suitcase, another planet - just let your imagination take over and feels just right.

Now, let's take a minute to get as detailed as possible about the box. Is it what is it made of? What does the outside look like? How does it feel?

To put inside the container, you can go ahead and put it inside. Maybe you imagine the memory on a small piece of paper and to pull the memory out, however you'd like, go ahead and use it.

Now, you think it needs extra security? Would you like to have a lock? Would it be under the bed? Put it in a closet? Bury it under a tree? What else do you want to add to your container?

Now, you feel safe and secure wherever it is. Once it's put in your container, you can open your eyes.

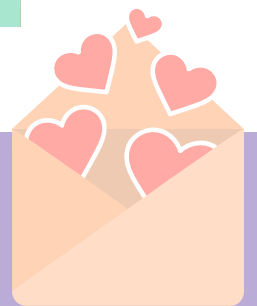
Now, you store any upsetting memories or dreams that came up in this container or you can create it. Either way, it is always yours to use at any time.

ALL AGES

A trauma based coping tool to support containing emotions and experiences. Comes with creative arts expansion ideas and visualization script!

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THANK YOU!



Thank you so much for downloading this resource! Creating resources to support therapist, teachers, clinicians, and practitioners is one of my favorite joys and I hope it makes your life just a little bit easier. My goal is to create resources that help children and teens feel heard, validated, supported, empowered, and creative!

Always feel free to reach out with any questions, concerns, or feedback. We'd love to hear from you!

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90+ VISUAL PROMPTS!

ALL AGES!

Use this to expand storytelling with art, songwriting, sandtray, and more!

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A graphic showing two sample prompt cards and a grid of 90+ visual prompts. The cards have sections for 'Tell Me a Story...' and 'Creative Therapy Umbrella'. The grid contains various images and text prompts for storytelling.

CREATE-YOUR-OWN UNO GAME TEMPLATE

ALL AGES!

Create coping skills Uno, problem solving Uno, or other suggested ideas!

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A graphic showing a template for creating a custom Uno game. It includes sections for 'CREATE YOUR OWN UNO', 'HOW TO USE', and 'UNO CARDS'. The cards are designed with a rainbow and cloud theme, and include prompts for coping skills and problem solving.

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YOU are one of the most important things in the therapy room. We can "do" interventions all day long, but the connection YOU bring into the room is an intervention in itself. Remember to attune to your clients, reflect their feelings and expressions, and be present.
Remember to "be"!



CONTAINER COPING

*****Only use expansion ideas if you are proactively creating a container and the client is currently regulated. If a client is currently dysregulated - do not extend their dysregulation by having them dive into creating the container with these expansion ideas*****

Expansion Ideas:

Art: There are so many ways to create a container using art! Here are a few ideas.

- **Draw it:** Draw the container and encourage the client to get as detailed as possible!
- **Build it:** Got legos? Blocks? Build the container!
- **Make it:** Craft it out of craft boxes, popsicle sticks, or some other creative materials you have lying around.
- **Shape it:** Make the container out of clay!
- **Nature:** Bring in some recycled materials and get additional materials from outside to build a natural container!

Act it out: After you've created the container (physically or visually) have the client act out putting things inside of the memory. Have them pick up the container, walk it over to separate area, practice locking the container, etc. Any type of physical practice would be great!

- It could also be fun to act out how the client would feel before they have contained a memory and after. Encourage them to embody the feeling of carrying difficult memories/experiences versus being able to set them down!

Music: Add some music to your container. You can create the music or choose a song that is already created. Here are some prompted questions:

- What song/type of music would make a tough memory feel better?
- What kind of music do you find calming?
- What kind of instruments do you find relaxing?
- What kind of music/songs would help keep memories safe and calm?
- How do you want to have this music as a part of your container?
 - put inside, played by loud speakers, set of headphones inside the container, etc.



CONTAINER COPING

Container Coping Script

[Click here for an audio of this script!](#)

First go ahead and get comfortable wherever you are seated. You can close your eyes if you'd like or you can rest your eyes on an object.

Take a big deep breath in and release.

One more time, a big deep breath in and release.

Now let's imagine that you are going to put something inside a container. You want to imagine a container that has a way of closing. Maybe it has a top, maybe a lid, or maybe some other way of opening and closing.

There are all types of containers that you could use. You could use a treasure box, the trunk of a car, a backpack, a refrigerator, a mountain, another planet - just let your imagination take over while you think of a container that feels just right.

Once you have your container in mind, let's take a minute to get as detailed as possible about your container. What color is it? How big is it? What is it made of? What does the outside look like? What does the inside look like? How does it feel?

If you have a memory you'd like to put inside the container, you can go ahead and put it inside. Imagine taking it out of your brain somehow. Maybe you imagine the memory on a small piece of paper, or you imagine using a wand to pull the memory out, however you'd like, go ahead and put that memory in the container.

Now that the memory is inside, do you think it needs extra security? Would you like to have a lock and key on it? Wrap chains around it? Hide it under the bed? Put it in a closet? Bury it under a tree? Throw it out into space? What else do you want to add to your container?

Take a minute to imagine your container feeling safe and secure wherever it is. Once it's put away, take two deep breaths. When you feel ready you can open your eyes.

This container is a safe place for you to store any upsetting memories or dreams that come up for you. You can practice visualizing this container or you can create it. Either way, it is always with you and a coping skill you can use at any time.

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