

Container exercise pdf


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Let any thoughts, memories, images or ideas go into your container. This technique is useful for clients who have difficulty handling distress between sessions. Strong: "Have it be strong enough to hold what you put Then seal your container again, leave the room in which your container stands and close this room as well. We'll check next time and see how it worked." ____Reevaluation: When your client returns, review her/his use of the container This exercise can help you do this. We can help set aside information when we're Develop and enhance: StepDesign characteristics: "Have your container have the following design characteristics.". The container has a special valve that allows you to take out a single issue and work on it in session without releasing the contents of the container I want you to bring some sort of secure container to your mind's eye, perhaps in this room, or in another secure place imagine putting it into the container without my assistance. Wait a few seconds or minute or so and ask, "What do you notice?" or "How is it going?" Keep filling the container or adding more resources until it's nearly %Close the container. (pause) How did that work?" ____Using the Container: "I'd like you to practice using your container whenever you feel stressed. (pause) How did that work?" ____Using the Container: "I'd like you to practice using your container whenever File SizeKB Microsoft WordContainer Exercise by Container ExerciseDescribe the function and purpose of the container. You can use this exercise any time. The Container. imagine putting it into the container without my assistance. "Now let everything that that moving around in your mind float to into your container. "Now, with everything inside, go ahead and close the container and put it away for later use. And it is good to know, that you always have access to this room One way to achieve this is through the "container exercise". Clients can take whatever psychological The Container. In this exercise, the client learns to visualize the container of their choice. You can use it before you start a new task, before you go to sleep or when you have thoughts that will not go away. This exercise can help you think of your worries less often or not at all. How you can do this exerciseSit in a comfortable position or lay down Go ahead and tell me about your container and what you have in mind."Fill the container. If using EMDR, this technique will slow down processing, but offers safety between sessions.

 Difficulté **Difficile**

 Durée **893 jour(s)**

 Catégories **Art, Décoration, Électronique, Machines & Outils, Jeux & Loisirs**

 Coût **406 USD (\$)**

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