Application of Container Technique to High-Risk Children: Its Effect on Their Levels of Stress, Anxiety and Depression

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Abstract : Container is one of the techniques used in Eye Movement Desensitization and Reprocessing (EDMR) Therapy. This paper presents the positive results of applying Container technique to "high risk children". The sample for this research is composed of 60 "high risk children" whose ages range from 11 to 18 years old, housed in Ho Chi Minh City Youth Center. They have been under the program of the Worldwide Orphans Foundation since August 2015 for various reasons such as, loss of parents, anti-social behaviors, homelessness, child labor among others. These "high risk children" are under high levels of stress, anxiety and depression. The subjects were divided into two groups: the control and the experimental with 30 members each. The experimental group was applied Container Technique and the instruments used to measure their levels of stress, anxiety, and depression are DASS-42 and ASEBA. Results show that after applying the Container Technique to the experimental group, there are significant differences between the two groups' levels of stress, anxiety and depression. The subjects to apply Container Technique in doing psychological treatment in a suitable context.

Keywords : anxiety, depression, container technique, EMDR

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