

RFT Interventions for Transforming Pain into Purpose

1. Conditional:

- a. If you could make room for this pain, *what would* that enable you to do that matters in your life?
 - i. NOTE: conditional relations (cause/effect) are present in many of the following examples

2. Coordination:

- a. What might this pain *be revealing* that you care about?
- b. If this pain *represented* a gap between the life you have and the life you want, what would the life you want look like?
- c. If you pull away from this pain, what *else* might you be turning away from that matters to you?

3. Comparison:

- a. Is the pain *more or less* present when you're doing something meaningful?

4. Distinction:

- a. If this pain was *no* longer a problem, what would you do with your time going forward?

5. Opposition:

- a. If this pain was on *one side* of a coin, what would be on the *opposite side* that's important to you?
- b. What if this pain that you *don't* want is actually an indication of something you *do* want? What could it be signaling?

6. Spatial:

- a. *Where* (what important situations) in your life do you tend to experience this pain?
- b. If this pain was on the *outside* protecting something precious on the *inside*, what might that be?

7. Temporal:

- a. What have you learned from *past* experiences with pain like this that could be helpful *now*?
- b. How might experiencing this pain right *now* be of value to you in the *future*?

8. Deictic:

- a. *Ten years* from now, *you're looking back*, what would you want your life to have stood for in the presence of this pain?
- b. If *you* were sitting *where I* am right *now*, how might *you* respond to this pain?
- c. *Someone* you care for shares about *their own* experience of this pain, how do *you* respond?
- d. If you're *dearest friend* or *family member* was *here*, how might *that person* respond to *your* pain?

9. Hierarchical:

- a. If this pain was *part of* something that really mattered to you, what would it be?
- b. How could you use this pain *in the service of* something greater, to enrich your life in some way?

Steps and Tips for Skill-Building Exercise:

- 1. Facilitate contact with painful private event**
 - a. Invite Case Presenter to briefly share about a challenging or difficult experience
- 2. Model and evoke openness and curiosity**
 - a. Bring an open and curious stance as you ask Case Presenter to observe and describe feelings (i.e. emotions, sensations) showing up in response to challenge/difficulty
- 3. Select, augment, or add purposeful functions via relationally framed interventions**
 - a. Select/Augment: stay alert to purposeful functions (i.e. values, meaningful utility) emerging in conversation and then frame them accordingly with painful experience
 - i. E.g. “So, this anxiety tends to show up when you’re considering important decisions in your life?”
 - b. Add: ask Assistant for an intervention from cheat sheet or draw one from hat

Monitor/Observer Notes:

Type of Relational Frame	Transformation of Function (pain + purpose)