

Use of “RAIN” technique and the hexaflex

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Dr Tara Brach is a world-renowned meditation teacher and psychologist. She has popularized a simple technique for relating to difficult emotions. The RAIN technique.

*As a psychologist who came into the ACT world from previous work with “Mindfulness”, I had been using **RAIN** with my clients on a regular basis as a core therapy practice.*

In this work I examine the technique RAIN from an ACT perspective, using a mid-level term analysis as well as a basic level term analysis.

RAIN is an acronym that stands for 4 steps (recognize, allow, investigate and nurture). There are two extra steps (before and after the RAIN) which one can add to complete the practice

Stop	Mindfulness	ACT (mid level terms)	ACT (basic level terms)
Before the Rain. Establish your Intentions	<i>¿Why are you doing this practice? ¿What feels truly important?</i>	<i>Orient this action (practicing RAIN) to your chosen VALUE</i>	<i>Verbal rule that anticipates the appetitive function of engaging in this practice. Hierarchical relating.</i>
Recognize	<i>Recognize what you are experiencing. Recognize sensations and emotions that are present. Start by separating them and giving each a label.</i>	<i>Present moment awareness.</i>	<i>Exposure to different kind of stimuli present in current context.</i>
Allow	<i>Be with the emotions you find. Sit with them. Let them fill you fully. Whisper “yes” or “I consent”</i>	<i>Acceptance</i>	<i>Verbal rule that facilitate exposure to private aversive experience.</i>

Investigate	<i>Where do I feel this most deeply? What thoughts are connected to these emotions? What am i believing about myself or others? Investigate with curiosity and gentleness.</i>	<i>Defusion and Present Moment Awareness</i>	<i>Exposure to verbal rules that might be causing distress. Self instructions that foster tracking.</i>
Nurture	<i>Show yourself kindness. Nurture the emotion.</i>	<i>This would be self compassion which can Foster ACCEPTANCE and perspective taking.</i>	<i>Appetitive counterconditioning of private aversive experience.</i>
After the Rain. Rest in the awareness	<i>Rest in the open awareness that comes from noticing you are not your emotions.</i>	<i>Self as context</i>	<i>Self instruction to contact a broader repertoire of self. Diectic framing</i>

Conclusion: The RAIN technique which comes from traditional mindfulness practices, can be used by an ACT clinician to foster all proceses of the hexaflex and in so to create a context for counterconditioning of the aversive stimuli in order to change its function.