

Draw a Person in the Rain

References:

Verinis, J. S., Lichtenberg, E. F. & Henrich, L. (1974). The Draw-A-Person in the rain technique: Its relationship to diagnostic category and other personality indicators. *Journal of Clinical Psychology, 30*, 407-414.

Oster, G. D. & Crone, P. G. (2004). *Using drawings in assessment and therapy: A guide for mental health professionals*. New York: Brunner-Routledge.

Ages: No age limit is noted.

Purpose: The DAPR is an adapted form of Machover's Draw-A-Person assessment (1948). The DAPR focuses on a person's vulnerability, environmental stressors, supports, and coping strategies.

Materials: One 8.5 x 11 piece of blank, white paper, and two #2 graphite pencils with working erasers

Administration: The evaluator hands the paper to the client so that it is vertically oriented. The evaluator then requests that the client, "Draw a picture of a person in the rain." There is no time limit, but the evaluator should remain cognizant of the amount of time the client uses to complete the drawing.

Inquiry: There is no specific post-drawing inquiry. The evaluator may ask the client about the person in the drawing and how he or she is probably feeling. The evaluator could also ask the client to rate his or her stress level on a scale of 1-10. The evaluator may use this metaphor to talk about the stressors in the client's life and how he or she feels he or she is coping.

Interpretation: External stress is reflected by the amount and intensity of the rain. The client's methods of defense are represented by the protective gear, or lack thereof. If no protective gear is drawn, the client may feel that he or she is not coping well with stress.

Strengths: The DAPR assessment offers useful information about the way in which an individual is coping with stressors. It also provides a great metaphor from which to dialogue.

Limitations: This assessment seems limited by its materials restrictions. The drawing also may be affected by the current weather outdoors. Again, this assessment needs more empirical research to support its reliability and validity.

Reflection: This was a fun drawing to complete, but I used color... watercolor pencils, to be exact. I think that this assessment/intervention needs color to further illustrate the emotional content of the pictures. It is really a wonderful metaphor for coping, though.

<http://sara-crafton.blogspot.com/2008/10/draw-person-in-rain.html>