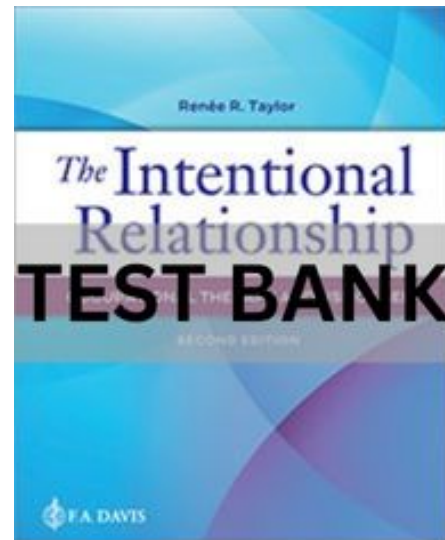


Chapter 01

Multiple Choice

Identify the choice that best completes the statement or answers the question.



1. Suzanne Peloquin is best known for teaching the value of empathy through:
 - a. Skills training methods
 - b. Having students undergo counseling or psychotherapy
 - c. Art, literature, and other examples of the malpractice consequences of poor communication in therapy
 - d. Requiring all students to take courses in positive psychology
2. The quality of the client-therapist relationship can have an impact on the ultimate outcome of therapy because:
 - a. Clients often prioritize therapists' ability to communicate and relate effectively with them above the therapists' technical expertise.
 - b. Development of trust between the therapist and client makes it possible for the therapist to manipulate the client into doing nonpreferred activities.
 - c. The therapeutic relationship affects engagement in therapeutic activities.
 - d. Both answers A and C
3. Which of the following is **not** one of the central components of the Intentional Relationship Model (IRM)?
 - a. Interpersonal characteristics
 - b. Interpersonal intentionality
 - c. Interpersonal modes
 - d. Occupational engagement
4. According to the Intentional Relationship Model (IRM), intentionality is described as exercise of:
 - a. Empathic understanding
 - b. Impulse control
 - c. Directed attention
 - d. Both answers A and B
 - e. Both answers A and C
5. According to the Intentional Relationship Model (IRM), the role of empathy within a therapeutic relationship is to:
 - a. Explain or support the process of relating to a client as a means of changing the way that the client is thinking, feeling, or behaving
 - b. Understand the client's lived experience with our personal experience, or with that of our other clients, family members, or friends
 - c. Achieve an understanding of the client's interpersonal characteristics and how the client is reacting to the inevitable interpersonal events of therapy

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- d. All of the above
6. Which of the following is **not** consistent with the contemporary understanding of the therapist's role in establishing a client-centered therapeutic relationship?
- a. Capacity to develop an empathic understanding of the client
 - b. Use of clinical reasoning to guide interactions with the client
 - c. Capacity to serve as an expert (or guide) and instill confidence in the client
 - d. Use of collaborative and client-centered approaches to care
7. According to the Intentional Relationship Model (IRM), which of the following are the central components of client-centered therapy in the field of occupational therapy?
- a. Intentionality
 - b. Empathy
 - c. Empowerment
 - d. Answers A and B
 - e. All of the above
8. You have been working with a client in an outpatient hand therapy unit who has been reluctant to participate in therapy and inconsistent with following your home exercise program. In your interactions, the client has been quiet, reserved, and unwilling to provide feedback. In your next meeting, you decide to step back from the therapeutic activities and ask the client about how things are going outside of therapy. The client begins to cry and tells you that he or she has been recently diagnosed with breast cancer. Which of the following statements are consistent with the Intentional Relationship Model (IRM)?
- a. The client's reluctance to participate in therapy, expression of sadness, and intimate self-disclosure related to the diagnosis are inevitable interpersonal events of therapy.
 - b. The therapist took a step back from therapeutic activity in an attempt to establish an empathic understanding of the client's experience.
 - c. The client's quiet and reserved communication and unwillingness to provide feedback offers insight into the client's interpersonal characteristics.
 - d. All of the above

True/False

Indicate whether the statement is true or false.

9. The central objective of the Intentional Relationship Model (IRM) is to explain therapeutic use of self and its relationship with occupational engagement and offer clinicians a set of concrete tools and interpersonal skills for use in practice.

Chapter 01

Answer Section

MULTIPLE CHOICE

1. ANS: C
OBJ: 1.1 Understand the importance of the client-therapist relationship and how it affects occupational therapy outcomes.
TOP: Empathy and Intentionality: Foundations for Occupational Therapy Practice
2. ANS: D
OBJ: 1.1 Understand the importance of the client-therapist relationship and how it affects occupational therapy outcomes.
TOP: Introduction to Therapeutic Use of Self
3. ANS: B
OBJ: 1.3 List the four central components of the IRM.
TOP: Overview of the Intentional Relationship Model
4. ANS: D
OBJ: 1.4 Describe intentionality according to the IRM.
TOP: Empathy and Intentionality: Foundations for Occupational Therapy Practice
5. ANS: C
OBJ: 1.5 Delineate the role of empathy within the IRM.
TOP: Empathy and the Intentional Relationship Model
6. ANS: C
OBJ: 1.6 Understand what it means to be client-centered from an IRM perspective.
TOP: Empathy and Intentionality: Foundations for Occupational Therapy Practice
7. ANS: D
OBJ: 1.6 Understand what it means to be client-centered from an IRM perspective.
TOP: Failures in Empathy and Intentionality
8. ANS: D
OBJ: 1.7 Appraise the application of IRM concepts to client and therapist case examples.
TOP: Overview of the Intentional Relationship Model

TRUE/FALSE

9. ANS: T
OBJ: 1.2 Define the central objective of the Intentional Relationship Model (IRM).
TOP: Overview of the Intentional Relationship Model

Chapter 02

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- _____ 1. Which of the following is **not** a term that describes interpersonal behavior?
- a. Open
 - b. Reliable
 - c. Experienced

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- d. Direct
- e. Empathic

- _____ 2. According to the Intentional Relationship Model (IRM), which of the following is **not** an interpersonal skill necessary for an occupational therapist to have?
- a. The ability to be self-aware of one's social behavior around clients
 - b. The ability to communicate effectively with nonverbal clients
 - c. The ability to be evasive and skilled at excuse-making to get out of sticky situations with clients
 - d. The ability to be reliable and predictable in one's interaction with clients

True/False

Indicate whether the statement is true or false.

- _____ 3. A therapist's capacity to remain self-aware and intentional in his or her interaction with clients is key to establishing a therapeutic relationship.
- _____ 4. Although no single person possesses all behaviors that characterize an interpersonally effective occupational therapist, it is important to remain reflective and self-aware of your own unique interpersonal profile.
- _____ 5. Although each therapist develops his or her own way of using his or her innate strengths in therapy, what characterizes all effective therapists is that their use of self is intentional.

Chapter 02

Answer Section

MULTIPLE CHOICE

1. ANS: C
OBJ: 2.2 Develop a familiarity with lay terms used to describe interpersonal behavior.
TOP: Interpersonal Behavior
2. ANS: C
OBJ: 2.3 Critically appraise the interpersonal behavior of other therapists.
TOP: Interpersonal Behavior and Skills

TRUE/FALSE

3. ANS: T
OBJ: 2.3 Critically appraise the interpersonal behavior of other therapists.
TOP: Interpersonal Behavior and Skills
4. ANS: T
OBJ: 2.4 Reflect upon one's own tendencies (including strengths and weaknesses) for interpersonal behavior.
TOP: Reflection on Interpersonal Behavior
5. ANS: T
OBJ: 2.1 Understand the depth of positive relationship dynamics that may occur during occupational therapy.
TOP: Positive Relationship Dynamics

Chapter 03

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- ____ 1. Which of the following central concepts can be understood across two dimensions: situational and enduring?
 - a. Client's interpersonal characteristics
 - b. Inevitable interpersonal events
 - c. Therapist's use of self
 - d. Occupational engagement
 - e. All of the above
- ____ 2. During a first-time meeting with Mr. Smith, Tanya noticed several nonverbal cues that signified to her that Mr. Smith was disengaged from the therapeutic process and was growing frustrated with her approach. She also noticed that Mr. Smith did not readily communicate his needs and answered questions in a limited and often ambiguous manner. When Tanya asked Mr. Smith, "What's wrong?" Mr. Smith responded, "Nothing. I'm ready to be out of here. Let's just get this over with." Given Mr. Smith's interpersonal characteristics and the event described, which would be the most fitting mode?
 - a. Instructing by being explicit with clients about the plan, sequence, and events of therapy
 - b. Empathizing by striving to understand the client's thoughts, feelings, and behaviors while suspending any judgment
 - c. Advocating by ensuring that Mr. Smith's rights are enforced, and resources are secured

Name: _____ Class: _____ Date: _____

- d. Problem-solving by posing strategic questions and providing opportunities for comparative or analytical thinking

____ 3. When the Intentional Relationship Model (IRM) refers to the importance of responsibility-taking, it means all of the following **except**:

- a. The therapist assumes complete responsibility for the caring role in the relationship.
- b. The therapist automatically assumes an expert stance in the relationship so as to capitalize on the power differential that already exists.
- c. The therapist allows for an emotionally safe space where clients can express themselves in a wide range of ways without feeling as if the relationship is in jeopardy or that the therapist will retaliate.
- d. If the client perceives an empathic break or rupture, the therapist will attempt to repair it before assuming a defensive or aggressive position.

True/False

Indicate whether the statement is true or false.

____ 4. One of the underlying principles of the Intentional Relationship Model (IRM) is that the client is responsible for determining how a successful therapeutic relationship looks.

____ 5. Research has shown that therapists are usually accurate in their estimation of their own capacity to be empathic with clients.

____ 6. Psychologists believe that interpersonal relating is the mechanism of change in a client's treatment outcome. In occupational therapy, occupation is the central mechanism of change, but interpersonal relating is important for occupational engagement.

____ 7. The Intentional Relationship Model (IRM) was designed as a response to the lack of concrete skills for practice regarding use of self in occupational therapy.

____ 8. Even if a client misperceives a therapist's good intentions, attempts to break professional boundaries, or becomes upset with the therapist for no apparent reason, it is the therapist's responsibility to respond to the client in a way that is ethical and therapeutic given the client's interpersonal characteristics and the circumstances of therapy.

____ 9. When interpersonal events of therapy occur, their interpretation is a product of the therapist's unique set of interpersonal skills and reactions in the moment.

____ 10. The interpersonal reasoning process can be utilized to guide the therapist in deciding when a mode shift might be required in order to push the client toward meeting his or her therapeutic goals.

Chapter 03

Answer Section

MULTIPLE CHOICE

1. ANS: A
OBJ: 3.2 Explain the role of each of the four central concepts in the Intentional Relationship Model (IRM).
TOP: Central Concepts of IRM
2. ANS: B
OBJ: 3.4 Decide which of the six therapist interpersonal modes may be communicated depending on a client's interpersonal characteristics and the inevitable events of therapy.
TOP: Interpersonal Modes
3. ANS: B
OBJ: 3.6 Define the 12 underlying principles of the IRM.
TOP: Principles of IRM

TRUE/FALSE

4. ANS: T
OBJ: 3.6 Define the 12 underlying principles of the IRM.
TOP: Principles of IRM
5. ANS: F
OBJ: 3.6 Define the 12 underlying principles of the IRM.
TOP: Principles of IRM
6. ANS: T
OBJ: 3.2 Explain the role of each of the four central concepts in the Intentional Relationship Model (IRM).
TOP: Principles of IRM
7. ANS: T
OBJ: 3.6 Define the 12 underlying principles of the IRM.
TOP: Principles of IRM
8. ANS: T
OBJ: 3.1 Understand why and how the focus of the occupational therapy relationship is on the client's interpersonal characteristics.
TOP: Principles of IRM
9. ANS: F
OBJ: 3.3 Articulate how the inevitable interpersonal events and the client's interpersonal characteristics interact to mutually influence one another within the therapeutic relationship.
TOP: Central Concepts of IRM
10. ANS: F
OBJ: 3.5 Describe how the interpersonal reasoning process allows the therapist to respond to a client's interpersonal characteristics and to the inevitable events of therapy.
TOP: Interpersonal Reasoning Process

Chapter 04

Multiple Choice

Name: _____ Class: _____ Date: _____

Identify the choice that best completes the statement or answers the question.

- _____ 1. Which of the following is **not** a way in which the instructing mode should be used?
- a. Orienting
 - b. Structuring
 - c. Limit setting
 - d. Moralizing
- _____ 2. Which of the following is the strength of the collaborating mode?
- a. Facilitate reallocation of power in society
 - b. Likely to convey belief in clients' capacities, dignity, and independence
 - c. Clients more likely to feel cared for and responded to
 - d. Clients who trust authority and value expert knowledge are more likely to believe in therapy and the therapist
- _____ 3. Which of the following is the caution of the problem-solving mode?
- a. Some therapists may be too eager to engage in the "fixing" of therapy rather than listen or validate.
 - b. Clients may view a well-intended therapist's humor or attempts at good cheer as foolish or insincere.
 - c. Individuals are at risk for using technical terms and jargon with clients and with non-occupational therapy colleagues.
 - d. The method may lead to confusion about the role of the therapist and the objectives of occupational therapy.
- _____ 4. When a therapist asks questions in order to encourage a client to take more responsibility for his/her participation in therapy, the therapist is using which mode?
- a. Instructing
 - b. Problem-solving
 - c. Advocating
 - d. Collaborating
- _____ 5. Which of the following does **not** characterize a therapist's use of the instructing mode?
- a. Assume a take-charge attitude and provide clear directives to the client.
 - b. Provide a client with corrective feedback while the client is performing a task.
 - c. Assist the client in analyzing options and weigh the pros and cons of each option with the client.
 - d. Set limits on a client's behavior if it has the potential to be unsafe either emotionally or physically.
- _____ 6. A therapist whose predominant interpersonal mode is encouraging should be most careful of:
- a. Overusing positive reinforcement with a resistant client
 - b. Exhausting her/himself by trying to entertain the client
 - c. Ensuring that the client isn't enjoying therapy too much
 - d. Celebrating a client's accomplishments in front of others
- _____ 7. Amy, a new therapist, decides to use Socratic/Strategic questioning as a means of breaking through some resistance with an oppositional pre-adolescent client who does not want to wear her orthotics. What mode is she using?
- a. Instructing
 - b. Empathizing
 - c. Problem-solving
 - d. Encouraging
- _____ 8. Which of the following is **not** correct?
- a. In most cases, the empathizing mode is superior to the instructing mode.
 - b. Therapists naturally select and use modes that are consistent with their personalities.

Name: _____ Class: _____ Date: _____

- c. The same mode can produce two different reactions in two distinct clients.
- d. The client's perception of the mode is what determines which mode is most desirable at any given time.

- _____ 9. Which of the following is **not** an example of a therapeutic mode?
- a. Listening for and highlighting a client's strengths
 - b. Orienting the client to the sequence of events planned for your session
 - c. Validating what a client has said by using phrases such as "It makes sense you would do that" or by using summary statements
 - d. Making a statement that minimizes the client's pain in an effort to get the client to stop focusing on his symptoms
- _____ 10. According to the Intentional Relationship Model (IRM), a therapist's decision to select an interpersonal mode for therapy should be based on:
- a. The unique interpersonal characteristics of the client
 - b. The appropriateness of the mode for a given interpersonal event in therapy
 - c. The preferred conceptual practice model and worldview of the therapist
 - d. Both answers A and B

True/False

Indicate whether the statement is true or false.

- _____ 11. Provided that they are flexibly and purely applied, a wide range of therapeutic modes can work and be utilized interchangeably in occupational therapy.
- _____ 12. A multimodal therapist is more likely to be interpersonally effective with a wider range of clients than a therapist who adheres more rigidly to a more restricted range of modes.

Chapter 04

Answer Section

MULTIPLE CHOICE

1. ANS: D
OBJ: 4.1 Describe each of the six modes, including their strengths, cautions, and associated phrases, questions, and facial and body language.
TOP: Therapeutic Modes
2. ANS: B
OBJ: 4.1 Describe each of the six modes, including their strengths, cautions, and associated phrases, questions, and facial and body language.
TOP: Therapeutic Modes
3. ANS: A
OBJ: 4.1 Describe each of the six modes, including their strengths, cautions, and associated phrases, questions, and facial and body language.
TOP: Therapeutic Modes
4. ANS: D
OBJ: 4.1 Describe each of the six modes, including their strengths, cautions, and associated phrases, questions, and facial and body language.
TOP: Therapeutic Modes
5. ANS: C
OBJ: 4.1 Describe each of the six modes, including their strengths, cautions, and associated phrases, questions, and facial and body language.
TOP: Therapeutic Modes
6. ANS: A
OBJ: 4.1 Describe each of the six modes, including their strengths, cautions, and associated phrases, questions, and facial and body language.
TOP: Therapeutic Modes
7. ANS: C
OBJ: 4.2 Understand the importance of a clear differentiation between each mode.
TOP: Therapeutic Modes
8. ANS: A
OBJ: 4.3 Differentiate between the therapeutic use of a mode and the three circumstances that characterize the suboptimal use of a mode.
TOP: Therapeutic Mode Use
9. ANS: D
OBJ: 4.4 Apply each of the six modes in a simulation or practice situation.
TOP: Therapeutic Mode Use
10. ANS: D
OBJ: 4.4 Apply each of the six modes in a simulation or practice situation.
TOP: Therapeutic Mode Use

TRUE/FALSE

11. ANS: T