

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
 - 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

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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.

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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