OT Mastery

The Intentional Relationship Model

1. Which interpersonal mode involves grasping the full extent of a client's lived experience?

A. Collaborating
B. Empathizing
C. Encouraging
D. Advocating

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2. If an OT dedicates a portion of their patient's session to teaching them about health strategies and what symptoms to expect as part of their condition, what interpersonal mode does this involve?

A. Problem-solving
B. Educating
C. Instructing
D. Empathizing

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3. If a patient is open to disclosing information to their therapist as well as experiencing anything therapy sessions bring their way, what interpersonal characteristic does this follow?

A. Interpersonal reciprocity
B. Degree of trust
C. Response to feedback
D. Communication style

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4. The Intentional Relationship Model doesn't crossover with which model?

A. Ecology of Human Performance
B. PEO Model
C. Model of Human Occupation
D. Cultural Humility Model

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5. Which interpersonal mode does research say is most effective for therapists working with difficult patients?

A. Problem-solving
B. Collaborating
C. Empathizing
D. Encouraging

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6. If a patient expresses a dislike for manual therapies, what interpersonal characteristic does this present as?

A. Desire for control
B. Preference for touch
C. Orientation toward relating
D. Approach to asserting needs

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7. A seasoned occupational therapist is teaching an OT student about strategies to help build rapport with patients. Which of the following should the therapist NOT mention during this process?

A. Giving feedback once the patient rests
B. Creating safe spaces, emotionally and physically
C. Asking open-ended questions
D. Practicing active listening

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8. How does strategic questioning differ from interviewing within the therapy realm?

A. Strategic questioning and interviewing are the same, as they both involve asking a patient questions at any point during the plan of care
B. Strategic questioning is a more targeted and structured interviewing style that helps gain a deeper understanding of patients
C. Strategic questioning is standardized form of an OT-specific interview that offers quantitative data as part of the evaluation process
D. Strategic questioning is the clinical term for interviewing, which allows therapists to receive reimbursement

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9. According to the IRM, how should therapists broach giving feedback?

A. Feedback should only be given during predetermined reporting periods to allow a sense of predictability for patients
B. Feedback should be given as much as possible to increase a patient's awareness and enhance the value of the services being provided
C. It's best to allow patients the opportunity to speak before giving feedback and judge their stance on a situation, as this helps build their reasoning skills and self-awareness
D. Feedback should take place on a weekly basis to offer patients the time to incorporate that information into their daily life

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10. What is the most commonly used interpersonal mode?

A. Collaborating and encouraging are the leading interpersonal modes, as they are associated with the best patient outcomes
B. Problem-solving is the most common mode because OTs work with many patients who have deficits in executive functioning and other cognitive skills

C. Empathizing is what sets OTs apart from other healthcare professionals, and research emphasizes how commonly OTs fall into this mode
D. Various studies have discovered different answers to this question and they surmise that it's important for therapists to be comfortable switching between all modes fluidly to best meet patient needs

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