

Quiz Questions - Walk & Talk and Other Non-Traditional Therapy Settings - Part 1

1. The following are reasons to consider non-traditional therapy settings:
 - a. Lack of efficacy with telehealth and no ability to have in-office therapy
 - b. Your client is unable to get to your office and needs in-person treatment
 - c. Your client is stuck in treatment
 - d. All of the above
2. Walk and talk therapy leads to a relationship that is more equal and collaborative
 - a. True
 - b. False
3. When working with someone in their home environment benefits include:
 - a. Decreased attrition from treatment
 - b. Improved access and attendance in treatment
 - c. Recruiting family and community members to support the client in treatment (when clinically appropriate)
 - d. All of the above
4. Meeting clients in their homes or in public requires therapists to take charge of the session and lead the client more often than when they are in their offices.
 - a. True
 - b. False
5. Which is not a positive treatment impact for clients engaging in walk and talk therapy?
 - a. Decreased intensity through walking side by side and less eye contact
 - b. Increased blood flow and movement leading to improved experiential processing
 - c. Specific physical accomplishment (like getting your steps in)
 - d. Strengthening the connection between body and mind
6. There is a lot of research and guidance on how to do outdoor therapy
 - a. True
 - b. False
7. What is the most important challenge therapists must face when engaging in therapy in these alternative settings?
 - a. Convincing your client this modality is a good idea
 - b. Figuring out how to document the treatment
 - c. Getting in shape so you can walk faster than the client
 - d. Learning to hold the clinical space while facing the uncertainty of the experience
8. Clinical norms are always more important than cultural norms when meeting with clients or families in their home.
 - a. True
 - b. False
9. What are the steps you need to take in order to set yourself up for success in these non-traditional therapy settings?
 - a. Perform a complete assessment and formulation, obtain informed consent and follow up with process contracting, introduce predictability, perform risk assessment, and be aware of your professional limitations
 - b. Provide three choices on where to meet, have the client choose, and make a plan for using that space as well as you can
 - c. Suggest the idea, get informed consent, show up and do the work
 - d. None of the above
10. Other professionals (like occupational therapists, home health aides, and horticulturists) may be good resources for consultation when providing treatment in these non-traditional settings.
 - a. True
 - b. False