

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

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