



Online Continuing Education Courses  
www.OnlineCE.com



AOTA Approved Provider #4023

**Course Title:** OT Analysis and Group Process 104

**Sub-Title:** Therapeutic Use of Self: Applying the Intentional Relationship Model in Group Therapy

**Course Description:** OT Analysis and Group Process 104, Therapeutic Use of Self: Applying the Intentional Relationship Model (IRM) in Group Therapy, is a 1-hour course that provides an explanation of the IRM as a theoretical framework for understanding the significance that all interactions have and will provide guidance in how to therapeutically respond to situations in a manner that best serves the client. This course will explore a variety of factors including the therapeutic reasoning process, applying the IRM in group therapy and co-leadership situations and managing maladaptive dynamics of systems. A case study with application of the IRM to a child's play group will be used to highlight clinical application.

**Target Audience:** OT/OTA

**Course Length:** 1 hour

**Course Author/Instructor:** Solomon, MHS, OTR/L, O'Brien PhD, OTR/L and / Brown, MS, OTR/L, CHT

**Educational Level:** Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

**Course Objectives:**

At the conclusion of the course, participants will be able to:

- Define therapeutic use of self in occupational therapy
- Understand how the intentional relationship model may guide use of self in occupational therapy
- Understand the application of the intentional relationship model in group therapy approaches
- Define the interpersonal skills necessary for successful group therapy outcomes
- Understand the difference between activity focusing and interpersonal focusing according to the intentional relationship model
- Understand the role of group dynamics (adaptive and maladaptive) in therapy outcomes

- Apply the intentional relationship model to a group therapy case example

### **Outline of Content:**

#### **Hour #1**

An Introduction to Therapeutic Use of Self in Occupational Therapy  
The Intentional Relationship Model in OT  
Client Interpersonal Characteristics  
The Inevitable Interpersonal Events of Therapy  
The Six Interpersonal Modes  
The Therapeutic Reasoning Process  
Applying the Intentional Relationship Model in Group Therapy Situations  
Adaptive Versus Maladaptive Group Dynamics  
Managing Maladaptive Dynamics of Systems  
Applying IRM to Co-Leadership Situations  
Case Study: Applying IRM to a Child's Playgroup  
Summary

#### **Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes PDF downloadable course. See course formats for additional details.

#### **Course Completion Requirements:**

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

#### **AOTA Classification Codes:**

- Category 1: Domain of OT
- Category 2: Occupational Therapy Process
- Category 3: Professional Issues

#### **Additional Policies:**

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

*OnlineCE.com is an AOTA Approved Provider of continuing education. AOTA does not endorse specific course content, products, or clinical procedures.*