

## **“When YOU are the Modality: “Therapeutic Use of Self” in the Patient Relationship”**

Domain IV – Therapeutic Intervention

Domain V – Healthcare Administration and Professional Responsibility

Skill Level – Essential

Therapeutic Use of Self is the deliberate use of one's responses as part of the therapy interaction. In athletic training, professionalism standards include the use of empathy, compassion, and respect to ensure treatment is patient-centered. Additionally, athletic trainers are expected to use self-reflection, self-critique, and self-control to grow professionally and to ensure the patient's physical and emotional needs are adequately addressed. In this session, attendees will complete a self-assessment of their intuitive use of personal attributes ("therapeutic modes") to enhance therapy and support a robust clinician-patient relationship. Reflective discussions and an interactive therapy observation will gauge learning.

### **Learning Objectives**

1. Define patient-centered care in the context of the ICF framework.
2. Describe the Intentional Relationship Model (IRM), which guides the Therapeutic Use of Self.
3. Articulate the IRM's six “Therapeutic Modes” used in clinician-patient interactions.
4. Discuss individual results of SAM-III (Self-Assessment of Modes v3.0)
5. Interpret a therapy interaction using the RCAM-O (Revised Clinical Assessment of Modes-Observer) Assessment.