Play Therapy Basic Training

1. An important aspect of Child-Centered Play Therapy is getting on the child’s level physically because:
   1. It makes it easier to see our clients
   2. It minimizes the dynamic of adult authority to help children feel safe in the relationship
   3. Toys are placed on the floor and should be kept within our reach
   4. The client will better respect the therapist’s power when they can read facial expressions more easily
2. Some examples of ways the Culture of Childhood is unique are:
   1. Size matters to children and can represent authority
   2. Adults often minimize the feelings of children
   3. Adults assume we know the child’s experience better than the child themselves
   4. All of the above
3. Which of the following is NOT a point in the child-centered philosophy:
   1. Children can heal, grow, and change
   2. Children will choose the pro-social path
   3. Children need adult guidance to solve problems
   4. Children want to be listened to and understood
4. The Eight Basic Principles are best described as:
   1. Guidelines a child therapist must follow to best establish the relationship and atmosphere required to be considered child-centered
   2. Rules all child therapists must adhere to in order to protect the child’s safety
   3. A list of principles to follow when consulting with parents
   4. A step-by-step guide for how to practice CCPT
5. The following is NOT one of the Eight Basic Principles:
   1. The play therapist maintains a deep respect for the child’s ability to solve their own problems if given the opportunity to do so
   2. The play therapist establishes only those limits necessary to anchor the child to reality and make them aware of their responsibility in the relationship
   3. The therapist does not attempt to hurry the child along. It is a gradual process and is acknowledged as such by the therapist
   4. The play therapist establishes a clear set of rules for what sort of expression is and is not okay in the playroom
6. “3 Things that Happen” in CCPT are:
   1. Expression, transgression, and regression
   2. Expression, aggression, and regression
   3. Expression, aggression, and decompression
   4. Concession, expression, and aggression
7. Reflection of Feeling is used in CCPT to:
   1. Show the child we understand what they are feeling
   2. Improve their emotional vocabulary
   3. Both a and b
   4. Neither a nor b
8. Play therapists use words to demonstrate they understand the client’s emotional experience, but may also use:
   1. Interjections
   2. Body language
   3. Both a and b
   4. Neither a nor b
9. It is important to be succinct with children.
   1. True
   2. False
10. “Permissive” in the case of CCPT often means unstructured.
    1. True
    2. False
11. Limits should be set with the following structure:
    1. Remind them of the opening statement, tell them what they cannot do, tell them what they can do, then reflect the desire to engage in the prohibited action
    2. Remind them of the opening statement, tell them what they cannot do, reflect the desire to engage in the prohibited action, normalize their experience
    3. Tell them what they cannot do, reflect the desire to engage in the prohibited action
    4. Remind them of the opening statement, reflect desire to engage in the prohibited action, tell them what they can do
12. A limit should be set to:
    1. Protect the safety of the child
    2. Protect the safety of others
    3. Protect property
    4. All of the above
13. A child “limits out” of the playroom:
    1. After the first offense
    2. After the third time breaking the same limit
    3. At the first incident after they’ve been warned
    4. At various intervals depending on the severity of the action being prohibited
14. It is okay to revert to a more typical adult persona (standing up, using a firm tone of voice, etc.) to get a child out of the playroom after limiting out.
    1. True
    2. False
15. Time limits are stated:
    1. At 10 minutes and 5 minutes
    2. At halfway through
    3. At 5 minutes and 1 minute
    4. Once when the client has 5 minutes to go