

# AT - Art Therapist Certification Practice Test Questions and Answers

## 1. What is the primary goal of art therapy?

- A) To teach artistic techniques
- B) To help clients express emotions and reduce stress
- C) To focus solely on creating realistic artwork
- D) To eliminate the need for verbal communication

## 2. What is a 'baseline assessment' in art therapy?

- A) An initial evaluation of the client's functioning before treatment begins
- B) An advanced art-making skill test
- C) A final review of client progress
- D) A peer review of the therapist's work

## 3. Why is mandala drawing often used in art therapy?

- A) To improve technical drawing skills
- B) To promote mindfulness and emotional balance
- C) To create complex geometric patterns
- D) To speed up the creative process

## 4. How does collage-making support self-exploration?

- A) It limits creative choices
- B) It encourages self-reflection through visual storytelling
- C) It requires advanced artistic skills
- D) It follows strict artistic guidelines

**Answers: 1-B 2-A 3-B 4-B**

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