

RTT Practice Test Questions and Answers

1. How should goals be structured?

- A) Goals should be vague to allow flexibility
- B) Goals should be specific, measurable, achievable, relevant, and time-bound (SMART)
- C) Goals should focus only on long-term outcomes
- D) Goals should be set only by the therapist

2. Why is informed consent essential?

- A) To limit client participation
- B) To ensure clients understand and agree to the therapy process, techniques, and risks
- C) To reduce the number of therapy sessions
- D) To focus on financial concerns only

3. How does regression help in therapy?

- A) By creating new memories
- B) By accessing past memories that hold limiting beliefs, allowing for emotional release and reprogramming
- C) By encouraging clients to forget painful memories
- D) By focusing on the present emotional state

4. Why is goal setting crucial in therapy?

- A) To make therapy shorter
- B) To help clients focus on what they want to achieve and stay motivated
- C) To keep the client distracted from their emotions
- D) To reduce the number of therapy sessions

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

For More RTT Questions and Answers FREE, RTT Online Prep Training,
RTT Exam, RTT Study Guide, RTT Flashcards, RTT Quizzes visit:

RTT Practice Test