

Registered Play Therapist Practice Test Questions and Answers

1. What is the primary therapeutic approach in child-centered play therapy?

- A) Direct instruction and behavioral modification
- B) Following the child's lead while providing a safe, supportive environment
- C) Structured activities with predetermined outcomes
- D) Parent-directed intervention strategies

2. Which play therapy technique is most effective for helping children express trauma?

- A) Verbal questioning about the traumatic event
- B) Sand tray therapy and symbolic play
- C) Competitive games only
- D) Academic-focused activities

3. What is the recommended room setup for effective play therapy sessions?

- A) Formal office setting with desk and chairs
- B) Safe space with variety of toys that allow for creative and emotional expression
- C) Classroom environment with educational materials
- D) Empty room to minimize distractions

4. How should a play therapist respond when a child displays aggressive behavior during play?

- A) Immediately stop the session and call parents
- B) Set appropriate limits while allowing emotional expression within safe boundaries
- C) Ignore the behavior completely
- D) Remove all toys that could be used aggressively

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

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