



## Introduction to Theraplay CE Exam

After watching the four-hour Introduction to Theraplay DVD, please circle the correct answers below, or print your answer when requested. A passing grade is 75% correct. A CE letter for four credits will be issued to those who successfully pass the exam. The fee for each exam is \$25, and must be paid in advance.

**1. Distinctive characteristics of the Theraplay treatment model are:**

- a. parents actively involved
- b. interpretation of child's play
- c. nurturing touch
- d. extensive processing of traumatic events
- e. a & c
- f. all of the above

**2. Although the focus in Theraplay is on the present moment, if the child wants to talk about important events, the therapist listens and responds.**

True            False

**3. The sole reason for the therapist taking charge in Theraplay is for the child to learn to obey adults.**

True            False

**4. The goals of Theraplay are to enhance;**

- a. attachment
- b. trust
- c. self-esteem
- d. joyful engagement
- e. all of the above

**5. Theraplay shares assumptions with the following theories:**

- a. self psychology
- b. cognitive behavioral
- c. object relations
- d. attachment
- e. drive theory
- f. a, b, d
- g. all of the above

**6. A basic assumption of the Theraplay model is that the primary motivating force in human behavior is a drive toward relatedness.**

True            False

**7. Inner working models (IWM) are formed through repeated early experiences of caregiver/parent-child interaction.**

True            False

**8. In Theraplay treatment, positive relationship experiences seek to shift the IWM of the parent and child from negative to positive.**

True            False

**9. Theraplay was first developed in the 1960's for the purpose of:**

- a. elementary school teacher training
- b. meeting the mental health needs of children in Head Start
- c. residential school treatment

**10. All Theraplay clients receive a 25 session protocol.**

True            False

**11. After every third treatment session, the parent(s) and therapist(s) meet to:**

- a. discuss treatment progress
- b. view recordings of the sessions
- c. practice Theraplay activities
- d. all of the above.

**12. The four dimensions of Theraplay are (fill in the blanks):**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

**13. In Structure activities, the child is led through a series of interpersonal experiences focused on:**

- a. progressively more difficult cognitive tasks
- b. acceptance of caregiving
- c. safety, regulation & organization
- d. all of the above

**14. Which dimension is used for all children but is especially important for withdrawn children: \_\_\_\_\_**

**15. Examples of Nurture activities in a Theraplay session are:**

- a. feeding
- b. singing
- c. rocking
- d. taking care of hurts
- e. all of the above.

**16. Challenge activities are used to:**

- a. take minor, achievable risks
- b. enhance feelings of competence and confidence
- c. accomplish activities in a partnership
- d. B & C only
- e. A, B & C

**17. An example of how the dimensions meet the parents' needs as well as the child's is:**

- a. helping a parent set limits and lead confidently
- b. helping a parent enjoy their child
- c. helping a dismissive parent experience the value of caregiving
- d. helping a parent to recognize developmentally appropriate challenge
- e. all of the above

**18. Attachment develops during the time when the \_\_\_\_\_ hemisphere of the brain is developing:**

- a. right
- b. left.

**19. Theraplay utilizes which of the following aspects of the typical attachment process:**

- a. rhythmic activities
- b. teaching right from wrong
- c. attunement to vitality affect
- d. increasing frustration tolerance,
- e. a & d
- f. a & c
- g. all of the above

**20. The Marschak Interaction Method (MIM) is:**

- a. standardized
- b. a method of assessing attachment category
- c. a clinical tool to observe the patterns and quality of the parent-child relationship
- d. all of the above

**21. The session where parents and therapists meet to discuss the results of the MIM and make a treatment plan is referred to as a:**

- a. feedback session
- b. treatment session
- c. coaching session

**22. The MIM assesses the dimensions of interaction of Structure, Engagement, Nurture & Challenge for**

- a. the parent only
- b. the child only
- c. both parent and child

**23. The *three* treatment dimensions used with a young, physically and emotionally dysregulated child such as the child seen on the DVD are:**

- a. Structure
- b. Engagement
- c. Nurture
- d. Challenge

**24. Many therapies for parent-child interaction strive to improve parents' attunement, empathy and reflection. A unique aspect of Theraplay treatment with parents is that parents join the session to practice helpful interactions.**

True            False

**25. The only time touch is used in Theraplay sessions is during Nurture dimension activities.**

True            False

**26. Theraplay treatment addresses many but not all of the needs of a child who has experienced trauma.**

True            False

**27. Please refer to page 21 in your manual. List three modifications of Theraplay for a child who has been traumatized:**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

**28. Theraplay sessions for older children usually contain:**

- a. more challenge
- b. feeding interspersed throughout the session
- c. age appropriate nurture such as manicures, temporary tattoos, etc
- d. greater physical activity
- e. all of the above

**29. Please refer to pages 22-23 in your manual**

**Theraplay goals for children on the autism Spectrum include, (list 3):**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

**30. The rules of Group Theraplay are:**

- a. No hurts
- b. Stick together
- c. Have fun
- d. The adult is in charge
- e. All of the above

**31. Only therapists who have completed the Theraplay certification process can refer to their practice as “Theraplay” and themselves as “Theraplay therapists.”**

True            False

**Please provide the following information for your CE letter.**

This is my **home/work** address (choose one).

Name \_\_\_\_\_

Organization \_\_\_\_\_

Street \_\_\_\_\_

City, State, Zip/Postal Code \_\_\_\_\_

Country \_\_\_\_\_