History and Foundations of Play Therapy

Please complete the following quiz to earn Continuing Education credit.

Your name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Who coined the term “non-directive play therapy”?
   1. Sigmund Freud
   2. Virginia Axline
   3. Alfred Adler
   4. Erik Erikson
2. In which decade was the “Draw-a-Man” assessment tool created?
   1. 1920s
   2. 1930s
   3. 1940s
   4. 1950s
3. Who developed the idea of therapeutic unconditional positive regard?
   1. Alfred Adler
   2. Sigmund Freud
   3. Erik Erikson
   4. Carl Rogers
4. What type of therapy focuses on traumatic experiences?
   1. Sand Therapy
   2. Child-Centered Play Therapy
   3. Release Play Therapy
   4. Filial Therapy
5. True/False: Filial Therapy is a type of family therapy where parents join children in non-directive play. \_\_\_\_\_\_\_\_\_\_
   1. True
   2. False
6. Who developed attachment theory?
   1. Carl Rogers
   2. John Bowlby
   3. Mary Ainsworth
   4. Erik Erikson
7. What did Albert Einstein say about play?
   1. “Play is the highest form of research.”
   2. “Play is a child’s work.”
   3. “Play is the most natural method of self-healing.”
   4. “Play is the child’s natural medium of self-expression.”
8. True/False: Children with phobias cannot benefit from play therapy. \_\_\_\_\_\_\_
   1. True
   2. False
9. Which of these is not directly established from play therapy?
   1. Security
   2. Safety
   3. Intelligence
   4. Rapport
10. Which of these helps a client integrate and recover from trauma by incorporating it into his/her “schema”?
    1. Catharsis
    2. Abreaction
    3. Counterconditioning
    4. Attachment
11. Which of these helps a child “release” natural emotions that may normally be self-contained?
    1. Catharsis
    2. Abreaction
    3. Counterconditioning
    4. Attachment
12. In what year did Carl Rogers develop person-centered play therapy?
    1. 1920
    2. 1930
    3. 1940
    4. 1950
13. Who introduced board games into therapeutic work with children?
    1. Virginia Axline
    2. Margaret Lowenfeld
    3. Jesse Taft
    4. David Levy
14. True/False: Anna Freud was famous for the case of Little Hans. \_\_\_\_\_
    1. True
    2. False
15. Who is famous for developing group play therapy?
    1. John Buck
    2. David Levy
    3. Melanie Klein
    4. Hiam Ginott

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