

## Play Therapy: The Art of the Relationship

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### Chapter 2: The Meaning of Play

#### Chapter Test

1. The natural medium of communication for children is
  - a. concrete symbolism.
  - b. goal oriented behavior.
  - c. play and activity. (p. 7)**
  - d. responsive interaction.
  - e. verbalization.
2. Frank (1982) suggested play
  - a. depends on the external world.
  - b. is a means to provide solutions for children.
  - c. is based on situational happenings.
  - d. is future oriented.
  - e. is the way children learn what no one can teach them. (p. 8)**
3. Play therapy does not provide for a child's need to
  - a. achieve difficult goals.
  - b. be physically active.
  - c. discharge energy.
  - d. prepare for life's duties.
  - e. verbalize their experiences. (p. 9)**
4. During the process of play therapy, girls tended to express more \_\_\_\_\_ than boys.
  - a. anger
  - b. anxiety (p. 22)**
  - c. aggression
  - d. assimilation
  - e. sound effects
5. According to Moustakas' observations of disturbed children in play therapy, which of the following expressions usually occur in the second identifiable stage of the therapeutic process?
  - a. Ambivalent feelings that are generally anxious or hostile (pp. 20-21)**
  - b. Ambivalent positive and negative feelings and attitudes toward parents, siblings, and other persons in the child's life

- c. Clear, distinct, separate, usually realistic positive and negative attitudes, with positive attitudes predominating in the child's play
  - d. Diffuse negative feelings
  - e. Focused direct negative feelings toward parents, siblings, and other persons in the child's life
- 6. Child's play is child's work, in that play is goal focused and directed toward accomplishment or completion of a task by accommodating the demands of the immediate environment.
  - a. True
  - b. False (p. 8)**
- 7. No extrinsic goals exist in play therapy.
  - a. True (p. 11)**
  - b. False
- 8. Play is to the child what verbalization is to the adult.
  - a. True (p. 12)**
  - b. False
- 9. Saying "Tell me about it," is an appropriate intervention for a play therapist to use.
  - a. True
  - b. False (p. 9)**
- 10. The United Nations has declared play as a universal and inalienable right of childhood.
  - a. True (p. 7)**
  - b. False

For questions 11-15, match the theorist with the belief.

- 11. \_\_\_\_\_ Axline **(c) (p. 16)**
- 12. \_\_\_\_\_ Frank **(b) (p. 8)**
- 13. \_\_\_\_\_ Piaget **(a) (p. 16)**
- 14. \_\_\_\_\_ Smolen **(e) (p. 11)**
- 15. \_\_\_\_\_ Rogers **(d) (p. 12)**

- a. Play bridges the gap between concrete experience and abstract thought, and it is the symbolic function of play that is so important
- b. Play is the way children learn what no one can teach them.
- c. The child plays out feelings, thus bringing them to the surface, getting them out in the open, and facing them
- d. The essential element in person-centered therapy is the relationship.
- e. The “talking cure” was effective only insofar as it represented an adequate substitute for an “acting cure”.

For questions 16-20, match the expressions to the 5 stages of the therapeutic process that Moustakas identified. (pp. 19-21)

16. \_\_\_\_\_ Stage 1 (d)

17. \_\_\_\_\_ Stage 2 (b)

18. \_\_\_\_\_ Stage 3 (e)

19. \_\_\_\_\_ Stage 4 (a)

20. \_\_\_\_\_ Stage 5 (c)

- a. Ambivalent feelings of positive and negative feelings and attitudes expressed toward parents, siblings, and other persons in the child’s life
- b. Ambivalent feelings that are generally anxious or hostile
- c. Clear, distinct, separate, usually realistic positive and negative attitudes, with positive attitudes predominating in the child’s play
- d. Diffuse negative feelings
- e. Focused direct negative feelings expressed toward parents, siblings, and other persons in the child’s life