

**Reader Questions for:**

*Child-Centered Play Therapy – A Practical Guide to Therapeutic Relationships with Children*,  
2<sup>nd</sup> ed by Cochran, Nordling, and Cochran

**Chapter 1**

- 1-1. The term nondirective, which Virginia Axline and others used in the early year of the approach, can be seen as a misnomer for child-centered play therapy (CCPT) for which of the following reasons:
- Being nondirective and loving with a child is a very valuable thing, but does not approach the power and efficiency of a skilled child-centered play therapist.
  - As a child-centered therapist attends to the child's experience with empathic acceptance, the child client is in a sense "directed" to attend to his inner experience.
  - As the child-centered therapist attends to a child's attempts at self-direction, facilitated through the structure and skills of CCPT, the child is directed to attend to his attempts at self-direction.
  - A child-centered therapist should be active, disciplined and predictable in creating a context which promotes child clients' self-expression and self-direction.
  - All the above.

Answer: e

- 1-2. Which of the following is could not be a common mechanism of change in CCPT?
- Experiencing self-regulation or learning to *manage the monster*
  - Evaluating and changing irrational self-talk
  - Seeing and taking advantage of teachable moments, when a child is just about ready to make a positive change, but needs just a little push
  - New choices and life directions based on the child trying on different personas as if to see how they feel, to see if they feel like the person she wants to be.

Answer: c

- 1-3. Can a child really know the way to his own deep internal repairs? Can a child overcome many of the internally inhibiting factors of her development, without clear and strong therapist's guidance? Yes, within the child-centered therapy context and having a skilled child-centered therapist *right there with him* empathically – accompanying him into his inner world.
- True
  - False

Answer: a

- 1-4. CCPT is a comprehensive approach and therefore shares no common mechanisms of change, values or key foci with other theories of counseling and psychotherapy, except the person-centered approach.
- a. True
  - b. False

Answer: b

- 1-5. Which of the following is incorrect regarding frequently asked questions of beginning students of CCPT?
- a. CCPT works well for children ages 3-12 who are struggling with behavioral/emotional difficulties
  - b. You must have a state-of-the-art playroom – a “traveling play kit” could not be possible for this highly setting specific approach
  - c. The model is robust enough to allow a beginning therapist to begin to implement CCPT before all skills sets are perfected
  - d. Skilled supervision that involves watching taped sessions with an experienced and skilled child-centered play therapist trainer/supervisor can be invaluable in correcting errors and ensuring efficiency.

Answer: b

## **Chapter 2**

- 2-1. Every child is a blank slate onto which caring adults must write personality characteristic and life choices.
- a. True
  - b. False

Answer: b

- 2-2. The thought behind the child-centered approach is unique and stands alone in the history of thought regarding child and human development.
- a. True
  - b. False

Answer: b

- 2-3. A good therapist can always engage in a bit of shaping of a child’s behavior by responding more positively to desirable behaviors within CCPT, because we can always know that operant conditioning will always work with at least 45 minutes of shaping per week.
- a. True
  - b. False

Answer: b

- 2-4. Which of the following is not an element of child and human development that empowers CCPT?
- a. Classical conditioning
  - b. The drive to self-actualize
  - c. The opportunity to revisit tasks of unmastered earlier stages of development
  - d. The drive to make meaning of experience, when such self-reflection is facilitated, common to all humans, including children
  - e. The human drive or desire to form relationships, be known, and share experience

Answer: a

### **Chapter 3**

3-1.

The evidence for the effectiveness of CCPT for decreasing externalizing behavior (e.g., abnormal levels of aggression and rule breaking) has been made clear showing the impact of CCPT in helping children referred for disruptive or externalizing behaviors.

- a. True
- b. False

Answer: a

3-2.

CCPT is evidenced as effective for:

- a) Substantial mental health concerns such as trauma, but not for normally occurring school related concerns.
- b) For minor concerns, but not major concerns like trauma and highly disruptive behavior
- c) CCPT is evidenced as effective for a range of concerns from developmental issues to trauma and adverse childhood experiences
- d) CCPT does not have a strong research base.

Answer: c.

3-3.

There is a case to be made for CCPT as a potentially universal intervention for children because:

- a) It has a strong research base
- b) It has been widely applied across populations of children, at least within the US.

- c) Recent findings and theories of neuroscience seem to be confirming long-held understandings of how & why CCPT works
- d) A number of authors have asserted the cultural sensitivity of CCPT
- e) All the above.

Answer: e

3-4.

CCPT promotes polyvagal safety or ventral vagus activity among child clients because:

- a) The child-centered play therapist's focus on empathy, means that child sees interest and a desire to know him/her/them in the face of the child-centered therapist
- b) The child-centered play therapist's focus on unconditional positive regard means that the child sees warmth and non-possessive affection in the face of the child-centered therapist
- c) There are limits and structure for safe space in CCPT and a child-centered therapist would not allow a child to intentionally hurt self or others
- d) In CCPT, limits are set within empathy and with a striving for UPR, thus the child should see warmth in the face of the therapist, even when the therapist has to limit the child's actions.
- e) All the above

Answer: e

3-5.

The literature regarding the cultural sensitivity of CCPT notes the importance of play as a most culturally open mode of communication; yet even more than the power of play, the authors emphasize the overarching quality of unconditional positive regard as enabling the adaptability of CCPT (and the experience of acceptance by each child) as key to the cultural sensitivity and effectiveness of CCPT.

- a) True
- b) False

Answer: True

3-6.

While play is important in brain development, in terms of interventions for young children who have experienced pre-verbal trauma it is better to intervene later in life when they are able to talk.

- a) True
- b) False

Answer: False

3-7.

From the perspective of the interpersonal neurobiology framework, Siegel (2019) proposes that well-being arises from:

- a. *presence* (being open to what is arising as it arises)
- b. *attunement* (focusing with respect on the differentiated inner experience of members of a relationship)
- c. *resonance* (the alteration of the internal state of members of a relationship such that they influence one another – yet retain their differentiated nature as they become linked)
- d. *trust* (the state within a person or within a relationship of being open to others without defensiveness).
- e. all of the above

Answer: e

## **Chapter 4**

4-1. Responding with deep empathy is the most natural thing to do and so always feels quite natural in CCPT.

- a. True
- b. False

Answer: b

4-2. Which of the following can be considered to be among the benefits of unconditional positive regard in CCPT?

- a. As you accept your clients, your clients come to self-accept, and self-acceptance can lead to honest self-discovery, followed by new, clear-sighted decisions for change
- b. As you maintain unconditional positive regard, you create a safe space for your clients to self-express with a s few external reasons for inhibition as possible
- c. As you remove the qualifications of your acceptance, your child client's internal locus of evaluation fills the void in learning to honestly self-evaluate.
- d. While a client's work in therapy can be quite difficult, at the same time, connecting with unconditional positive regard can be a joyful and satisfying experience.
- e. None of the above – all of a. – d. can be considered to be among the benefits of unconditional positive regard in CCPT.

Answer: e

4-3. Fortunately, especially for the authors, the need for genuineness in therapeutic relationships does not mean that therapists must always operate with the level of focus and attention balanced with self-awareness needed in sessions.