Gestalt Play Therapy: The Violet Oaklander Approach

Please complete the following quiz to earn Continuing Education credit.

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

1. Gestalt Therapy was created by:

a. Dr. Frederick Fritz

b. Husband-Wife duo Fritz Perls and Laura Perls

c. Father-Daughter duo Fritz Perls and Laura Perls

d. Violet Oaklander

2. Gestalt principles include:

a. Contact, sense of self, experience, organismic self-regulation and authentic

relationship

b. Sense of self, authentic relationship, aggressive energy work, closing and termination

c. Strengthening the self, emotional expression, working with contact, self-nurturing work

d. Establishing a relationship, contact, experience, closing and termination

3. According to StaceyAnn Reid, which of the following is one of the most important principles of Gestalt Play Therapy?

a. Sense of Self

b. Emotional Expression

c. Contact

d. Authentic Relationship

4. When there is a child you don't like as a client, or a trait you don't like, what do Dr. Mullen and Ms. Reid advise you to do?

a. Drop them as clients, and get a new child or client.

b. Talk to your supervisor about the traits you don't like in the kids.

c. Take the negative traits and try to put it into a positive perspective.

d. Deal with it because you'll have to deal with parents you don't like too.

5. When a child wants to stop contact or use resistance the best action as a play therapist is to:

a. Stop what you're doing and be respectful of their needs

b. Ask what they want and try to retrieve the thing they want

c. Keep pushing the issue because the breakthrough is about to happen

d. Ask their parents to come into the therapy session and help coax the child into play

6. The aggressive boy Dr. Mullen discussed as being the “tomato boy” was an example of:

a. How children have the ability to take control and self-regulate their behaviors

b. How fast children can become aggressive in a matter of minutes

c. The best way to calm a child down is to give them their favorite foods

d. The medical issues you may face as a therapist and understanding them

7. Aggressive energy is usually:

a. Always tied to anger

b. Is a body experience

c. Becomes problematic when children either withdraw or externalize it too much

d. Both b and c

8. What are the Golden Rules of limit setting described by the presenters?

a. I will not let the child hurt me, hurt themselves or destroy property.

b. I will not laugh with the child, cry with the child or be angry with them.

c. I will not let the child get angry, be aggressive or scream in therapy sessions.

d. I will let children act aggression by destroying furniture, toys and paper airplanes.

9. As a play therapist, you may do emotional expression work too early in the relationship. What are possible ways children let you know?

a. They tape your mouth shut.

b. They end the session short.

c. They turn their backs to you in the room.

d. All of the above

10. Negative self-talk and disintegration of self are reasons some people may end up in therapy. All of these are true except:

a. Children are susceptible to talking in negative introjects.

b. Children under the age of 6 don't understand negative self-talk, so it does not bother

them.

c. Children can be depressed by the negative self-talks.

d. Sometimes the parent(s) of a child will create negative self-talks.

11. The Recursive Aspect of the Therapeutic Experiences Model is discussed in the presentation. This model is:

a. Usually completed in one session.

b. A one-time basis, such as during therapy if a stage occurs, it won't again.

c. Only from the therapist to the child, not reciprocal.

d. None of the above.

12. The role of the therapist according to Oaklander includes these all except:

a. To be congruent, authentic, and non-manipulative.

b. To honor and accept children as they present themselves.

c. To communicate with, and educate and tell parents everything in session.

d. To be willing to engage children in play.

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