

EXAM: Playing to Heal, Recover, and Grow

Choose the best answer to the questions below. Enter your answer on the answer sheet.

1.) To increase success with the Sandtray method a *Creator* must commit to all except the following:

- A. A willingness to be open to his or her inner experience
- B. Become an active participant in the process
- C. Be able to follow the *Witness*
- D. Time

2.) The internal shifts which occur in every Sandtray session stem from the sensory, affective, and cognitive processes between:

- A. The *Creator* and the *Witness*
- B. The *Creator* and the miniatures
- C. The *Creator*, the sand tray, and the *Witness*
- D. The *Creator*, the sand, and the miniatures

3.) Explicit brain functions includes all except:

- A. The ability to construct a linguistic narrative
- B. Is a fact-based processes
- C. Development at birth
- D. A focus on the thinking mind

4.) One way the Sandtray engages preverbal mental activity is:

- A. To relax linear thinking
- B. To understand the meaning of symbols
- C. To invite the image forming mind to come forth
- D. A and C only
- E. B and C only

5.) In the bond between the therapist and the client:

- A. The therapist's neutrality is precluded
- B. The therapist must strive to remain neutral
- C. The Sandtray is the most important element
- D. The therapist needs to maintain control

6.) The therapist enters a shared affective state with the client to offer:

- A. Empathy and concern
- B. Resonance and containment

- C. Compassion and rapport
- D. None of the above

7.) Lowenfeld believed that humans have a strong drive to re-create their experiences in order to:

- A. Express their creative urges
- B. Share their experiences with others
- C. Be able to assimilate their experiences
- D. Group together their experiences

8.) Fill in the blank: The Sandtray ____ our experiential patterns.

- A. Illuminates
- B. Contains and focuses
- C. Highlights
- D. Both A and B

9.) People who are at odds with the *communal* contextual field may find solace in the:

- A. Personal field
- B. Archetypal field
- C. Universal field
- D. Both A and C

10.) Fill in the blank: The ten aspects of a Sandtray session provide ____ for the *Witness*.

- A. A detailed plan
- B. Cognitive reference points
- C. A codified format
- D. A template for action

11.) To guide the flow of a Sandtray session without taking it over, the *Witness* relies on:

- A. Relational intersubjectivity
- B. The 10 aspects
- C. Observation of the modes and fields
- D. All of the above

12.) A *Witness* can expand his or her knowledge base about minority groups and other cultures by:

- A. Attending dance and poetry readings from groups other than their own
- B. Visiting an event of a different faith
- C. Learning about the relationship between a minority group and the dominate culture
- D. All of the above

13.) The formal duties of a *Witness* include:

- A. Analyzing the *Creator's* modes and fields
- B. Determining which symbols are the most significant
- C. Judging the *Creator's* ability to change
- D. All of the above
- E. None of the above

14.) A *Witness* is discouraged from playing in a *Creator's* Sandtray because:

- A. A *Creator's* boundaries are more easily violated
- B. Therapeutic interactions can more easily become muddled
- C. It is more difficult for a *Witness* to track both the flow of content and the multidirectional nonverbal communication of the session
- D. All of the above

15.) The aspect of "Silent Reverie" provides an opportunity:

- A. To relax the intellectual mode
- B. To heighten one's attention to the physical mode
- C. Both A and B
- D. None of the above

16.) The *Witnesses* statement, "Let yourself stay with that erupting volcano and see what happens," is an example of:

- A. Silent Reverie
- B. A reflective statement
- C. A directive statement
- D. Both B and C
- E. None of the above

17.) One reason the Sandtray can bring about profound change is that:

- A. The *Witness* and *Creator* explore from inside the world together
- B. The events in the Sandtray and their associative memories are authentically experienced
- C. The *Witness* refers to the contents of the Sandtray in neutral or third-party language
- D. The *Creator* shares with the *Witness* what readily comes to the surface.

18.) While exploring from inside the Sandtray:

- A. The *Witness's* task is to move the *Creator* away from experiences that are too uncomfortable
- B. Continuing the connection to implicit thinking is important
- C. There is a decreased need for the *Witness* to self monitor
- D. The *Witness* teaches consensual reality

E. Both B and C

19.) The statement, “What awareness is this world bringing to you today,” is best used in:

- A. The “Leaving the World” aspect
- B. The Summarizing the World” aspect
- C. The “Forming a Plan” aspect
- D. A and B only
- E. B and C only

20.) Forming a plan entails:

- A. A cognitive review of options presented by the implicit and explicit functions of the *Creator's* mind
- B. The *Witness* provides homework for the *Creator* to use between sessions
- C. Discovering an agreed upon mental or physical action that the *Creator* will use to integrate new learning
- D. All of the above

21.) When a child does not respond to an invitation to the “Entering into the World” and “Exploring from Inside” aspects, the *Witness* must:

- A. Change tactics to shift the child to a verbal exchange
- B. Find a way to hold and honor the play
- C. Forge a stronger relationship with the child
- D. Avoid reflecting on the Sandtray process with the child

22.) Which of the nonverbal behaviors below is not identified by the author as a possible rupture in harmonic resonance with a child *Creator*:

- A. Negative head shaking
- B. Turning away from the *Witness*
- C. Ignoring the *Witness's* verbalizations
- D. Covering his or her face
- E. Moving to block the *Witness's* view of the Sandtray

23.) Children suffering from trauma profit from relationally based play as a reparative treatment modality because:

- A. Their maltreatment occurred at a developmentally vulnerable time
- B. They come from chaotic backgrounds
- C. Their ability for authentic interaction is flawed
- D. All of the above
- E. A and B only

24.) Which one of the following patterns of traumatized play is described by Gil:

- A. Positive and Negative
- B. Healing and Toxic
- C. Growing and Stuck
- D. Dynamic and Toxic

The following are all true or false statements. Place your response on the answer sheet.

- 25.) Humans tend to remember experiences containing very high levels of emotional intensity.
- 26.) According to the attachment theorist Allan Schore, the left brain communicates unconscious behavior and language.
- 27.) By the time a message has reached our higher-thinking brain, we have already placed a “feeling” upon how we view that stimulation.
- 28.) The Sandtray does not have to make sense to the *Witness*, only to the *Creator*.
- 29.) During the first four aspects of a Sandtray session, questions from the *Witness* are not considered helpful.
- 30.) During the summary of a Sandtray session, the goal is to form a linear story from the experiences in the Sandtray.
- 31.) Timing may be the key factor in the effectiveness of using techniques such as “Summarizing” and “Forming a Plan.”
- 32.) In the initial step of trauma treatment the *Witness* is “just playing” with the child *Creator*.
- 33.) In trauma treatment, difficulties from the past must eventually be forced into current awareness to facilitate healing.