

Counseling Children and Adolescents Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. A child who feels excessive guilt and lacks energy would be diagnosed with which condition?**
 - A. Depression**
 - B. Anxiety**
 - C. Oppositional Defiant Disorder**
 - D. Autism Spectrum Disorder**

- 2. Which of the following questions should therapists ask themselves before engaging in play therapy with children?**
 - A. Do I have enough energy to fully commit to working with this child?**
 - B. Is my practice setting appropriate for a play therapy setting?**
 - C. All of the Above**
 - D. Do I have the necessary skills to work with this child?**

- 3. Which expressive technique helps clients to achieve insight into self and others?**
 - A. Music**
 - B. Storytelling**
 - C. Activity books and worksheets**
 - D. Drama and role-play**

- 4. Which statement best characterizes emotional development during mid-adolescence?**
 - A. All of the above**
 - B. Rapid mood fluctuations**
 - C. Being better able to deal with emotionally charged issues**
 - D. Being overwhelmed by emotions**

- 5. Which play therapy approach provides the three core conditions of empathy, genuineness, and unconditional positive regard?**
 - A. Child-Centered Play Therapy**
 - B. Adlerian Play Therapy**
 - C. Cognitive-Behavioral Play Therapy**
 - D. Theraplay**

- 6. Which technique describes individual characteristics, processes, and products in familiar terms?**
- A. Activity books and worksheets**
 - B. Metaphors**
 - C. Therapeutic writing**
 - D. Bibliotherapy**
- 7. Art therapy techniques are particularly appropriate for use with children who**
- A. Under age of 13**
 - B. Have difficulty communicating verbally.**
 - C. Clearly perceive themselves and those around them.**
 - D. Have artistic talent.**
- 8. During mid-adolescence, which is not typically a focus of development?**
- A. Identity**
 - B. Life concepts**
 - C. Dependence**
 - D. Interdependence**
- 9. Which three core conditions are associated with the Child-Centered Play Therapy approach?**
- A. Empathy, Understanding, Support**
 - B. Genuineness, Unconditional Positive Regard, Empathy**
 - C. Unconditional Positive Regard, Empathy, Respect**
 - D. Empathy, Genuineness, Unconditional Positive Regard**
- 10. Which of the following statements is NOT true about brief counseling?**
- A. Brief counseling is the most effective counseling approach.**
 - B. Clinical judgment must always enter into the choice of counseling approaches.**
 - C. Brief counseling is useful with a variety of clients.**
 - D. Brief counseling is only one approach among many.**

Answers

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1. A
2. C
3. D
4. C
5. A
6. B
7. B
8. C
9. D
10. A

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Explanations

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1. A child who feels excessive guilt and lacks energy would be diagnosed with which condition?

- A. Depression**
- B. Anxiety**
- C. Oppositional Defiant Disorder**
- D. Autism Spectrum Disorder**

Persistent low mood with excessive guilt and low energy in a child points to a depressive disorder. Excessive guilt reflects negative self-evaluation often seen in depression, and feeling fatigued or lacking energy is a common symptom during depressive episodes. Anxiety would typically center on persistent worry and physical tension rather than prominent guilt with fatigue. Oppositional Defiant Disorder focuses on defiance and oppositional behavior toward authority, not the mood and energy changes described. Autism Spectrum Disorder involves social communication differences and restricted behaviors, not these mood-related symptoms. Therefore, depression best fits the scenario.

2. Which of the following questions should therapists ask themselves before engaging in play therapy with children?

- A. Do I have enough energy to fully commit to working with this child?**
- B. Is my practice setting appropriate for a play therapy setting?**
- C. All of the Above**
- D. Do I have the necessary skills to work with this child?**

Before engaging in play therapy with children, therapists must evaluate their readiness on multiple levels. The best choice reflects that all of these aspects matter: the observer's energy and willingness to stay engaged throughout the process, the suitability of the practice setting for a therapy room where children can safely and privately explore play, and having the essential skills to apply play-based interventions, assess progress, and handle boundaries and safety. Energetic presence matters because play therapy requires consistent, patient, and attuned engagement with the child over time. If a therapist is low on energy or not emotionally available, the child may not feel safe to explore or trust the process. The setting is crucial because a supportive, private, and resource-rich environment helps children express themselves and feel secure. A well-organized space with appropriate materials and clear boundaries supports effective engagement and safety. The necessary skills are fundamental because play therapy relies on specialized techniques, observation, and interpretation of play to understand the child's thoughts and feelings. This includes trauma-informed approaches, ethical practice, supervision, and the ability to adjust strategies to the child's developmental level. All of the above together ensures the therapy is ethical, effective, and safe for the child, making it the best answer. If only one dimension is considered, gaps can arise—energy without skill, a great setting without the right techniques, or strong skills without the internal capacity to stay present with the child.

3. Which expressive technique helps clients to achieve insight into self and others?

- A. Music**
- B. Storytelling**
- C. Activity books and worksheets**
- D. Drama and role-play**

Engaging clients through enactment makes inner experiences tangible and observable, which is key to insight. Drama and role-play let clients perform as characters, experimenting with different thoughts, feelings, and actions. As they enact scenes, they can notice how a situation might feel from another person's point of view, recognize emotional triggers, and see how their own behavior changes others. This experiential process naturally builds self-awareness and social understanding, helping reveal patterns in thinking and relating that might be missed in more passive approaches. It also provides a safe space to try new responses and receive feedback, fostering deeper insight and potential change. While music, storytelling, and worksheets have their uses, they don't typically offer the same dynamic, interactive exploration of self and other relationships that drama and role-play provide.

4. Which statement best characterizes emotional development during mid-adolescence?

- A. All of the above**
- B. Rapid mood fluctuations**
- C. Being better able to deal with emotionally charged issues**
- D. Being overwhelmed by emotions**

In mid-adolescence, emotional regulation is becoming more sophisticated. As teens' brains mature, they gain better control over their emotions and learn coping strategies that help them handle emotionally charged situations more effectively. This reflects a shift toward greater self-regulation and problem-solving, rather than just reacting instinctively to feelings. While mood swings can still occur due to hormones and stress, the overall trend is toward improved ability to manage intense emotions. That's why being better able to deal with emotionally charged issues best captures what typically happens developmentally.

5. Which play therapy approach provides the three core conditions of empathy, genuineness, and unconditional positive regard?

- A. Child-Centered Play Therapy**
- B. Adlerian Play Therapy**
- C. Cognitive-Behavioral Play Therapy**
- D. Theraplay**

The main idea here is the therapist's relational stance that enables a child to lead and grow through play. In Child-Centered Play Therapy, the therapist provides three essential conditions: accurate empathy (reflecting the child's feelings and experiences), unconditional positive regard (accepting the child without judgment), and genuineness or congruence (the therapist being real and transparent). This combination creates a safe, nondirective space where the child feels truly seen and valued, which encourages authentic self-expression, regulation, and self-directed problem-solving. Adlerian Play Therapy, for example, tends to be more directive, using guided discovery and early recollections to foster social interest. Cognitive-Behavioral Play Therapy focuses on teaching specific thoughts and behaviors through structured techniques. Theraplay emphasizes attuned, responsive interactions and structured activities to build attachment and regulation, but the defining emphasis on the three core conditions is most central to Child-Centered Play Therapy.

6. Which technique describes individual characteristics, processes, and products in familiar terms?

- A. Activity books and worksheets**
- B. Metaphors**
- C. Therapeutic writing**
- D. Bibliotherapy**

Metaphors translate inner experiences into familiar, concrete terms by mapping feelings, traits, and processes onto everyday images. When you describe a person's characteristics, processes, and outcomes using a metaphor, you help clients see connections between their internal world and something they already understand. For example, framing anxiety as a storm or energy as a battery provides a relatable picture of what's happening and what might help. This approach boosts insight, recall, and engagement, especially with children and adolescents who think concretely. It also makes communication easier across developmental stages since concrete comparisons are often more accessible than abstract descriptions. Other techniques tend to focus on different goals. Structured activity pages guide practice and skills rather than rephrasing internal experiences into familiar terms. Therapeutic writing emphasizes expression and reflection without necessarily using familiar-image translations for traits or processes. Bibliotherapy uses stories to illuminate experiences, which can include metaphors but isn't defined by translating internal characteristics into familiar terms as a primary method.

7. Art therapy techniques are particularly appropriate for use with children who

A. Under age of 13

B. Have difficulty communicating verbally.

C. Clearly perceive themselves and those around them.

D. Have artistic talent.

Art therapy relies on nonverbal expression to help children convey feelings when words aren't enough. For kids who have difficulty communicating verbally, drawing, painting, or sculpting provides a concrete way to express what they're thinking and feeling. The therapist can observe choices in color, line, and subject to understand underlying emotions and experiences, using that insight to guide support and coping strategies. While age or artistic talent vary and aren't prerequisites, the key factor is the ability to communicate nonverbally through art; self-awareness level is not required for the approach to be beneficial.

8. During mid-adolescence, which is not typically a focus of development?

A. Identity

B. Life concepts

C. Dependence

D. Interdependence

Mid-adolescence centers on forming a clear sense of self, gaining greater autonomy, and balancing relationships with others. As teens explore who they are and what they value, identity becomes a major focus. At the same time, they start to navigate interdependence—relying on and supporting others in healthier, more reciprocal ways rather than being wholly dependent. They also develop ideas about life goals, beliefs, and future plans, which ties into life concepts. Dependency, meaning a heavy, ongoing reliance on others for functioning, isn't the typical focus here because the developmental path is toward increased independence and self-management.

9. Which three core conditions are associated with the Child-Centered Play Therapy approach?

- A. Empathy, Understanding, Support**
- B. Genuineness, Unconditional Positive Regard, Empathy**
- C. Unconditional Positive Regard, Empathy, Respect**
- D. Empathy, Genuineness, Unconditional Positive Regard**

In Child-Centered Play Therapy, three foundational conditions shape the therapeutic relationship: empathy, genuineness, and unconditional positive regard. Empathy means the therapist deeply understands the child's feelings and communicates that understanding back to the child, helping them feel seen and heard. Unconditional positive regard is the acceptance of the child as they are, without judgment or conditions attached, which creates a safe space for exploration and expression in play. Genuineness (congruence) involves the therapist being real and authentic in the relationship, not pretend or distant, so the child can trust and engage openly. Together, these conditions foster a nonjudgmental, warm, and trusting environment that encourages the child to explore emotions and behaviors through play. While terms like understanding, support, or respect are related, the specific trio used in this approach is empathy, genuineness, and unconditional positive regard.

10. Which of the following statements is NOT true about brief counseling?

- A. Brief counseling is the most effective counseling approach.**
- B. Clinical judgment must always enter into the choice of counseling approaches.**
- C. Brief counseling is useful with a variety of clients.**
- D. Brief counseling is only one approach among many.**

Brief counseling is a time-limited, goal-focused approach designed to address specific concerns efficiently. It can be very effective in many situations, but there isn't evidence that it's universally the most effective counseling method for every client or problem. Outcomes depend on how well the approach fits the client's needs, the nature of the issue, the quality of the therapeutic relationship, and the context in which therapy occurs. Because of that, clinical judgment matters in selecting which approach to use, and brief counseling can be useful with a wide range of clients. It's also one option among many available to counselors, not the only path to change.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://counselingchildrenandadolescents.examzify.com>

We wish you the very best on your exam journey. You've got this!

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