

# Chaos to Healing: Therapeutic Parenting 101

1. What is therapeutic parenting?
  - a. Maintaining total control over the individuals living in your home.
  - b. Consciously using as many interactions with your child as you can to create healing opportunities.
  - c. Providing your child with the ability to set their own limits.
  - d. Managing your child's behaviors
  - e. B and C
2. What timespan is considered critical to the development of a child?
  - a. 0-10 years old
  - b. 5-10 years old
  - c. 0-3 years old
  - d. 0-5 years old
  - e. B & C
3. What is a typical response to trauma for a child with a diagnosis of Reactive Attachment Disorder?
  - a. To ask an adult whom he or she trusts for help.
  - b. The child's baseline (or state of feeling emotionally regulated) increases with each traumatic experience making it increasingly difficult for the child to reach a "normal" state of regulation.
  - c. To independently practice deep breathing exercises until they reach a state of calm.
  - d. To give a mouse a cookie.
  - e. B & C
4. What does SPACE stand for?
  - a. Safety, Supervision, Structure, Support; Participation; Action; Creativity; Enthusiasm
  - b. Structure; Persuasion; Art; Control; Encouragement
  - c. Soothing; Persnickety; Assumptions; Curious; Empathic
  - d. Safety, Supervision, Structure, Support; Playful; Accepting; Curious; Empathic
  - e. B & C
5. Fill in the blanks. Attachment security is: A \_\_\_\_\_ and \_\_\_\_\_ safety created through \_\_\_\_\_ with a caregiver who is \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ to the child's \_\_\_\_\_ and repairs relationship \_\_\_\_\_ that might threaten the felt sense of safety.
  - a. A physical and psychological safety created through closeness with a caregiver who is available, sensitive, and responsive to the child's self-expressions and repairs relationship breaks that might threaten the felt sense of safety.
  - b. A compassionate and structured safety created through experiences with a caregiver who is helpful, strict, and empathic to the child's stated needs and repairs relationship breaks that might threaten the felt sense of safety.
  - c. A kind and compassionate safety created through understanding with a caregiver who is fun, engaging, playful, and curious to the child's problems and repairs relationship strains that might threaten the felt sense of safety.
  - d. Both A and C.
  - e. None of the above.

6. What is the foundation for healing trauma?
  - a. Supervision.
  - b. Structure.
  - c. Support.
  - d. Safety.
  - e. B & C
7. What is an inexpensive, effective way to keep your child safe and supervised?
  - a. Megaphones.
  - b. Tethers.
  - c. Baby monitors.
  - d. Play pens.
  - e. B & C
8. Structure is:
  - a. Not control.
  - b. A comforting sense that the adult makes the world safe.
  - c. A comforting sense that the adult makes the world predictable.
  - d. Love.
  - e. All of the above.
9. Discipline is:
  - a. Punishment.
  - b. Not punishment.
  - c. Teaching the child how to behave differently in reaction to a similar event.
  - d. Focused on the past
  - e. B and C.
10. What is a time-in?:
  - a. Sitting with the dysregulated child and allowing the child to express their feelings safely.
  - b. Sitting with the dysregulated child while regulating yourself to remain calm.
  - c. Sitting with the child to provide a message of acceptance and safety to the child.
  - d. B & C
  - e. All of the above.
11. How does being playful help?
  - a. Helps the child to forget the trauma they experienced in their early childhood.
  - b. Reminds the child that life can be happy.
  - c. Allows the adult to take a break.
  - d. Helpful as a transition out of an intense time.
  - e. B & C
12. What is the keys to accepting?
  - a. Understanding the child's emotional content underneath the behaviors.
  - b. Understanding that the child is trying to "get back" at you.
  - c. Understanding that it is healing to allow the child to do whatever they want.
  - d. Understanding that the child needs to accept your position as the adult caregiver.
  - e. B & C

13. What is developmental age?
- The age that a child presents.
  - A child who is 10, yet behaves like a child who is 3.
  - How a child physically appears regardless of their chronological age.
  - A and B.
  - All the above
14. Fill in the blanks. When a child acts out, work to understand the child's emotional content and then move to natural and logical consequences for actions appropriate for the child's \_\_\_\_\_ and appropriate \_\_\_\_\_ of consequence.
- Actions; time and duration
  - Developmental age; severity
  - Developmental age; time and duration
  - Emotional age; number
  - None of the above.
15. In order for a child to begin behaving at their chronological age, what needs to happen first?
- A one-hour nap.
  - Removing all potential threats from the child's life.
  - Healing.
  - Control.
  - B & C
16. How does being curious help kids heal?
- It allows the child the opportunity to identify with Curious George.
  - It allows the child the opportunity to reflect on their own experiences.
  - It allows the child the opportunity to think about anything other than what you are talking about.
  - B & C
  - None of the above.
17. Name the three ways to curiously communicate with kids:
- In despite of, roundabout, and grudgingly.
  - With, for, and about.
  - Curiously, passionately, loudly
  - A and B.
  - None of the above.
18. Of the questions below, which ones are good curious questions to use with kids?
- What was it like for you...?
  - How does it feel talking with me about...?
  - How did you handle that?/How else could you have handled that?
  - What does it mean that you/she/he...?
  - All of the above.
19. What are some of the meanings under a child's behavior?
- Feeling very safe.
  - Belief that the child must be self-sufficient because adults cannot be trusted.
  - Fear of abandonment and rejection.
  - Belief that the child is too good for the caregiver.
  - B and C.

20. What is the “formula” for empathic statements?
- “You shouldn’t (action/behavior) because it makes me (emotion).”
  - “When you (action/behavior) I want to (action/behavior).”
  - “I can’t help but feel (emotion) when you (action/behavior).”
  - “It seems to me like you’re feeling (emotion) because (action/behavior).”
  - None of the above
21. What percentage of communication is non-verbal (face, tone, body posture)?
- 10%
  - 50%
  - 70%
  - All communication is verbal.
  - None of the above
22. What are billboard messages?
- Advertisements on the highway that can be very distracting.
  - Phrases using 7 words or less to communicate understanding of acknowledgement of a child’s feelings and/or experience.
  - Statements I write on posters about my child that I post around my house.
  - B & C
  - None of the above.
23. What is the “Magic Pill”?
- Whatever makes a tension headache go away.
  - Lots of chocolate at the end of a long day.
  - A nice, hot bath with lots of bubbles.
  - Mother’s little helper
  - You! – You *can* heal to your kid.

## SPACE IS...

Safety  
Support  
Supervision  
Structure

Playfulness  
Acceptance  
Curiosity  
Empathy