

# Certified Bioenergetic Therapist Practice Test Questions and Answers

## 1. What is the fundamental principle of bioenergetic therapy?

- A) Mind-body connection and energy flow
- B) Cognitive behavioral modification
- C) Pharmacological intervention
- D) Past life regression

## 2. Who is considered the founder of bioenergetic analysis?

- A) Sigmund Freud
- B) Carl Jung
- C) Alexander Lowen
- D) Fritz Perls

## 3. What does "grounding" refer to in bioenergetic therapy?

- A) Electrical safety procedures
- B) Connection to the earth and body awareness
- C) Group therapy sessions
- D) Medication management

## 4. Which technique is commonly used to release chronic muscle tension in bioenergetics?

- A) Talk therapy only
- B) Breathing exercises and body work
- C) Meditation alone
- D) Hypnosis

Answers: 1-A 2-C 3-B 4-B

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