

Mindful Continuing Education

Navigating Transference and Counter-Transference

1. What is the primary focus of transference interpretations in more recent studies?

- A. Reenactments of past relationships only
 - B. The current relationship between client and therapist
 - C. Unconscious traumatic experiences
 - D. Primitive emotions and fantasies
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2. Which of the following is a sign of transference according to the course material?

- A. Maintaining professional boundaries
 - B. Frequent change in therapeutic style
 - C. Directing misplaced emotions towards the therapist
 - D. Overly emotional about client's external life
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3. How does Dr. Paula Heimann view countertransference?

- A. As a tool to understand the patient's unconscious
 - B. As a tool to understand the therapist's unconscious
 - C. As purely subjective, rooted in unresolved conflict
 - D. As unrelated to the therapist's personal feelings
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4. What is a key difference between transference and countertransference?

- A. Only transference involves unconscious processes
 - B. Countertransference is entirely unrelated to past experiences
 - C. Transference is a conscious strategy by clients
 - D. Countertransference involves therapist emotions directed at the client
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5. What is a recommended step therapists can take to manage countertransference?

- A. Avoid discussing emotions with the client
 - B. Engage in regular self-monitoring and personal therapy
 - C. Disclose personal therapy experiences to clients
 - D. Limit supervision and consultation with colleagues
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6. Which transference category includes projecting enjoyable relationship aspects onto the therapist?

- A. Negative Transference
 - B. Sexualized Transference
 - C. Positive Transference
 - D. Paternal Transference
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7. Which of the following could be an ethical concern related to countertransference?

- A. Failure to act on feelings towards a client
 - B. Adhering strictly to the client's treatment plan
 - C. Maintaining professional competence
 - D. Engaging in a dual relationship with a client
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8. How might telehealth potentially affect the occurrence of transference?

- A. Transference is decreased in telehealth settings
 - B. Telehealth eliminates all transference risks
 - C. Issues and fantasies may be more easily accessed
 - D. Therapist's physical presence intensifies transference
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9. What type of countertransference is rooted in the therapist's own unresolved issues?

- A. Subjective Countertransference
 - B. Objective Countertransference
 - C. Positive Countertransference
 - D. Negative Countertransference
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10. What strategy might help a therapist differentiate between subjective and objective countertransference?

- A. Assessing how quickly emotions dissipate after sessions
 - B. Documenting only the client's emotions
 - C. Ignoring emotional responses until they disappear
 - D. Evaluating client progress based solely on emotions
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