

# 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 patient'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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