

**Take the Catrina Quiz!**  
**...Exam questions for students...**

***How well did the concepts of psychoanalysis become engrained in your “reader consciousness?” Take the quiz and find out!***

- 1) Dr. Luiz’s subjective countertransference, at the beginning of the case, got in the way of treatment.<sup>1</sup>
  - a) True b) False
- 2) When we don’t know our subjective countertransference reactions, we may unwittingly affect our patient’s treatment with our own unresolved issues.<sup>2</sup>
  - a) True b) False
- 3) Subjective countertransference reactions may arise in the analyst’s consciousness, as well as in the form of induced feelings coming from the patient.<sup>3</sup>
  - a) True b) False
- 4) It is a good idea to get our patients to think in more “logical” ways.<sup>4</sup>
  - a) True b) False
- 5) “Joining” our patients makes it possible to get to the root of their thinking.<sup>5</sup>
  - a) True b) False
- 6) Catrina was out of balance because (circle one)<sup>6</sup>
  - a) She needed more anxiety pills
  - b) She had unconscious, unresolved needs and fantasies
  - c) She couldn’t ask for help
- 7) The appearance of “Gaston” in the treatment was important because (circle one)<sup>7</sup>
  - a) We learned Catrina was competitive and wanted power
  - b) We learned that Catrina couldn’t stand up to anyone
  - c) We learned that Catrina was not interested in her husband

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<sup>1</sup> False

<sup>2</sup> True

<sup>3</sup> True

<sup>4</sup> False

<sup>5</sup> True

<sup>6</sup> #2

<sup>7</sup> A

- 8) When the analysis finally started, Dr. Luiz used the technique of (circle one) To start the analysis, Dr. Luiz us.<sup>8</sup>
- a) Interpretation
  - b) Joining
  - c) Asking good questions
- 9) Dr. Luiz learned that her own hair insecurities were (circle one)<sup>9</sup>
- a) Projections from unresolved feelings in the past
  - b) Due to needing a better hair Ketorin treatment
  - c) Due to Catrina being so much more attractive
- 10) The Objective countertransference is (circle one)<sup>10</sup>
- a) Feelings in the analyst that come from her past
  - b) Feelings in the analyst that are aroused by the patient
  - c) Feelings in the analyst that interfere with treatment

Part II: COMMENTARY

11) Which theories of the mind did Dr. Luiz apply to the treatment of Catrina? <sup>11</sup>

12)

- a) Drive theory
- b) Conflict Theory
- c) Object Relations Theory
- d) All of the above

13) Structural theory helps us understand about: <sup>12</sup>

- a) Defense structures
- b) Being mentally organized
- c) Having good organizational skills

14) An object-oriented question is one that is: <sup>13</sup>

- a) Neutral
- b) About things in the room

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<sup>8</sup> B

<sup>9</sup> A

<sup>10</sup> B

<sup>11</sup> D

<sup>12</sup> A

<sup>13</sup> A

c) Deeply personal

15) An “emotional communication” is: <sup>14</sup>

- a) An intervention designed with the patient’s emotions in mind
- b) A type of interpretation
- c) A type of command
- d) All of the above

16) Clinical methodology is: <sup>15</sup>

- a) An understanding of what we say to a patient, whether questions, interpretations or commands
- b) What we want the patient to do, to get better
- c) An understanding of the patient

17) One of the leading innovations to clinical methodology in psychoanalysis over the last 50 years has been: <sup>16</sup>

- a) Interpretation
- b) Emotional Communication
- c) Hypnosis

18) Why did Dr. Luiz prescribe vitamins to Catrina? <sup>17</sup>

- a) To help her cope with stress
- b) To join her need to feel strong**
- c) To help Catrina’s anxiety

19) Why did Dr. Luiz reassure Catrina, when she said she didn’t want to get out of bed, that everybody has these feelings sometimes? <sup>18</sup>

- a) Normalizing feelings helps the patient relinquish their defenses more readily
- b) Dr. Luiz didn’t want Catrina to feel scared**
- c) Telling patients that they are not alone makes them feel less depressed

20) Why did Dr. Luiz help Catrina to be angry with her family and Gaston? <sup>19</sup>

- a) From a drive theory perspective, to liberate libidinal energy that might be bound up denying these feelings
- b) From an object-relations perspective, to help Catrina feel more emotionally connected, even when she was angry.
- c) From the perspective of conflict theory, to help Catrina arrive at her feelings of emotional isolation
- d) All of the above**

21) Why is it so important to be in analysis when you become a psychoanalytic student? <sup>20</sup>

- a) To learn how to use your emotions as instruments to gauge the patient, and inform how best to intervene

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<sup>14</sup> D

<sup>15</sup> A

<sup>16</sup> B

<sup>17</sup> B

<sup>18</sup> B

<sup>19</sup> D

<sup>20</sup> D

- b) To make sure that subjective countertransference reactions won't jeopardize the treatment
- c) To learn how to become as comfortable as possible with a wide range of emotions
- d) **All of the above**

### What's Your Score?

- 1-12 You were free-associating and synapses were going off in your mind that took you to your own places. This is ideal.
- 12-18 You are very interested in psychoanalysis and took a whole lot in.
- 18-21 Your ease with psychoanalytic concepts and in absorbing the material is outstanding! Hope you enjoyed the video's, let us know! [admin@claudialuiz.com](mailto:admin@claudialuiz.com)

### WRITTEN QUESTIONS FOR USE AND CONTEMPLATION:

- 1) Psychoanalysis today prepares the mind for self-discovery. Why do people's minds have to be "prepared" to know themselves?
- 2) Provide an example of a defense mechanism:
- 3) Name two recent innovations to clinical method
- 4) What is the term that is replacing "interpretation" as the leading type of psychoanalytic intervention?
- 5) Name three different models of the mind (metatheory)
- 6) What is the role of countertransference in doing treatment today?
- 7) Name at least three forms of transference:
- 8) What are the leading methods for helping people to overcome their resistances in psychoanalysis?

### Answers:

1. *Psychoanalysis today prepares the mind for self-discovery. Why do people's minds have to be "prepared" to know themselves?*  
*Defenses prevent people from being able to know things that would be too disturbing without adequate mental preparation.*

### 2. *Examples of defenses:*

*Catrina's perfectionism*

*Terrel's impotence*

*Angela's chronic anger*

*Mitzi's repression*

*Sylvie's mental fragmentation*

*Mercy's drug use and delinquency*

3. *Innovations to clinical methodology:*

*Following the contact*

*Joining*

*Leveraging the countertransference to design interventions*

4. *New intervention*

*“Emotional Communication”*

5. *Models of the mind*

*Structural theory*

*Conflict theory*

*Drive Theory*

*Object-relations theory*

6. *What is the role of countertransference in doing treatment today?*

*Countertransference can provide the analyst with useful information about the case and help inform treatment.*

7. *Name at least three forms of transference:*

*Subjective, objective, narcissistic, object and countertransference*

8. *What are the leading methods for helping people to overcome their resistances in psychoanalysis?*

*Joining*

*Strengthening*

*Interpretation*

*Following the contact*

*Explanation*

*Interventions*