

1. A common assumption across psychoanalytic perspectives is that humans are motivated by
 - a. unconscious factors.
 - b. learning principles.
 - c. relationship stressors.
 - d. biological predispositions.

ANSWER: a
POINTS: 1
DIFFICULTY: Easy
REFERENCES: Overview
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: WEDD.CURR.19.02.01 - Explain the basic principles that tend to cut across the different psychoanalytic perspectives, and be able to identify how they emerge within each tradition.
NATIONAL STANDARDS: United States - CACREP.3A - Human Growth and Development – Theories of individual and family development across the lifespan
United States - CSHSE.2a - Theories of human development.
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2. Psychoanalytic therapists view the therapeutic relationship as
 - a. the vehicle for change.
 - b. irrelevant to the process.
 - c. secondary to the theory.
 - d. solely defined by the patient.

ANSWER: a
POINTS: 1
DIFFICULTY: Easy
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3. During psychoanalysis, a patient discusses a fantasy. The psychoanalytical therapist would see this fantasy as linked to a(n)
- a. irrational belief system.
 - b. cognitive distortion.
 - c. behavioral pattern warranting change.
 - d. instinctually derived wish.

ANSWER: d
POINTS: 1
DIFFICULTY: Easy
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4. Psychoanalytic theory would assert that the behavior of a newborn is dominantly controlled by
- a. collective unconscious.
 - b. reaction formation.
 - c. primary process.
 - d. secondary process.

ANSWER: c
POINTS: 1
DIFFICULTY: Easy
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5. Secondary process refers to thinking that is
- instinctual.
 - logical.
 - primitive.
 - visual.

ANSWER: b
POINTS: 1
DIFFICULTY: Easy
REFERENCES: Overview
QUESTION TYPE: Multiple Choice
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6. The process by which emotionally painful intrapsychic elements are pushed out of awareness is termed as
- abreaction.
 - determinism.
 - conceptualization.
 - defense.

ANSWER: d
POINTS: 1
DIFFICULTY: Easy
REFERENCES: Overview
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7. Every time Charles feels insecure in his relationship with Megan, he accuses Megan of being insecure. This is an example of

- a. intellectualization.
- b. projection.
- c. reaction formation.
- d. splitting.

ANSWER: b
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Overview
QUESTION TYPE: Multiple Choice
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8. Sally’s view of her therapist continuously shifts from “good” to “bad.” This is an example of

- a. intellectualization.
- b. projection.
- c. reaction formation.
- d. splitting.

ANSWER: d
POINTS: 1
DIFFICULTY: Moderate
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9. Bob talks rationally about the fact that his wife of 30 years has unexpectedly asked for a divorce and discusses the practical aspects of moving out, totally avoiding any show of emotion. This is an example of
- intellectualization.
 - projection.
 - reaction formation.
 - splitting.

ANSWER: a
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Overview
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10. When someone denies a threatening feeling and is proclaiming to feel the opposite, they are displaying the defense mechanism of
- intellectualization.
 - projection.
 - reaction formation.
 - splitting.

ANSWER: c
POINTS: 1
DIFFICULTY: Easy
REFERENCES: Overview
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11. Joan becomes agitated with her psychoanalyst's interpretations, perceiving the comments as judgmental, which reminds her of interactions with her father. This is known as

- a. regression.
- b. transference.
- c. resistance.
- d. autoeroticism.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Overview

QUESTION TYPE: Multiple Choice

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12. The shift in psychoanalytic therapies from a one- versus two-person psychology refers to the emphasis psychoanalytical therapy places on

- a. couples counseling to address distress.
- b. the role of family in development of pathology.
- c. mutual influence of therapist and patient in therapy.
- d. transference and countertransference.

ANSWER: c

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Overview

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

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13. Which of the following theorist was psychoanalytically trained prior to developing a distinct form of psychotherapy?

- a. Albert Ellis
- b. Martin Seligman
- c. Albert Bandura
- d. B. F. Skinner

ANSWER: a

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Other Systems

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.02.02 - Describe the social, political, cultural, and historical forces that contextualize the public reception of psychoanalytic practices over time, and explain why it is difficult to compare psychoanalysis to other systems of psychotherapy.

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14. People’s fantasies play an important role in their psychic functioning. Which of the following concepts is correct in context with the given statement?

- a. The unconscious
- b. Fantasy
- c. Defenses
- d. Transference

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Basic Concepts

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

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15. In *Studies on Hysteria*, Freud wrote about his early theoretical ideas derived from work with hypnosis and hysterics. This manuscript includes a summary of the work with Anna O., whose treatment was provided by

- a. Jean Charcot.
- b. Josef Breuer.
- c. Hermann Helmholtz.
- d. Charles Darwin.

ANSWER: b

POINTS: 1

DIFFICULTY: Easy

REFERENCES: History

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.02.03 - Trace the development of psychoanalytic thinking from classical Freudian psychoanalysis to the contemporary psychoanalytic traditions.

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16. Freud's early view of hysteria described the symptoms as resulting from

- a. hypnotic states for which the patient lacked awareness.
- b. behaviors learned early in childhood from role models.
- c. suppressed emotions connected with painful experiences.
- d. an unresolvable sense of social inferiority.

ANSWER: c

POINTS: 1

DIFFICULTY: Easy

REFERENCES: History

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.02.03 - Trace the development of psychoanalytic thinking from classical Freudian psychoanalysis to the contemporary psychoanalytic traditions.

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17. A type of intrapsychic defense that is particularly important to Kleinian theory is called

- a. splitting.
- b. projection.
- c. intellectualization.
- d. transference.

ANSWER: a

POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Basic Concepts
QUESTION TYPE: Multiple Choice
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18. According to drive theory, starting during infancy, there is a psychobiological push to repeat experiences that lead to tension reduction. This concept is known as

- defense mechanisms.
- confident expectancy.
- embodiment actions.
- pleasure principle.

ANSWER: d
POINTS: 1
DIFFICULTY: Easy
REFERENCES: History
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19. The psychological theory created by Carl Jung is termed

- analytical psychology.
- individual psychology.
- psychodynamic psychology.
- complex psychology.

ANSWER: a

POINTS: 1
DIFFICULTY: Easy
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20. Jung described emotionally charged ideas that were repressed because they were too emotionally threatening as

- shadows.
- complexes.
- libidos.
- egos.

ANSWER: b
POINTS: 1
DIFFICULTY: Easy
REFERENCES: History
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21. Several variations on psychoanalytic theory have emerged. The theorist who emphasized the internal representations one makes of others was

- Anna Freud.
- Melanie Klein.
- Margaret Mahler.
- Albert Ellis.

ANSWER: b
POINTS: 1

DIFFICULTY: Easy
REFERENCES: History
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22. Heinz Kohut, who studied the narcissistic personality, viewed its development as the result of the parental figures' failed attempts to appropriately respond to a child's early attention seeking. Therefore, he underscored the importance of a therapist

- a. role modeling narcissism to offset patient's behavior.
- b. discussing patient's expression of sexual impulses.
- c. reviewing the patient's formative years.
- d. establishing an empathic stance.

ANSWER: d
POINTS: 1
DIFFICULTY: Easy
REFERENCES: History
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23. Jacques Lacan would argue that the ego is a(n)

- a. biological entity.
- b. psychic discharge.
- c. illusion.
- d. catharsis.

ANSWER: c
POINTS: 1

DIFFICULTY: Easy
REFERENCES: History
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24. John Bowlby theorized that infants develop early representations of attachment figures and referred to these representations as

- a. projective identification.
- b. transitional objects.
- c. internal working models.
- d. self psychology.

ANSWER: c
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REFERENCES: History
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25. In contrast to therapy offered according to classic psychoanalytical theory, newer approaches focus less on childhood sexuality and more on

- a. dream analysis.
- b. id impulses.
- c. determinism.
- d. attachment.

ANSWER: d
POINTS: 1

DIFFICULTY: Easy
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26. In contrast to traditional psychoanalysis, current psychodynamic psychotherapy approaches are less
- a. directive.
 - b. empirically based.
 - c. intensive.
 - d. helpful.

ANSWER: c
POINTS: 1
DIFFICULTY: Easy
REFERENCES: Psychotherapy
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: WEDD.CURR.19.02.04 - Describe the significance of the therapeutic alliance in modern psychoanalytic and psychodynamic psychotherapy, and explain how basic principles (e.g., transference, countertransference, fantasy) manifest within alliance-focused practices.
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27. A therapist points out the similarities between her female patient's current anger at a female boss and the childhood anger she felt toward her mother. The goal of psychoanalysis this illustrates is
- a. narcissistic.
 - b. strategic.
 - c. transference.
 - d. tactical.

ANSWER: c

POINTS: 1
DIFFICULTY: Easy
REFERENCES: Psychotherapy
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: WEDD.CURR.19.02.04 - Describe the significance of the therapeutic alliance in modern psychoanalytic and psychodynamic psychotherapy, and explain how basic principles (e.g., transference, countertransference, fantasy) manifest within alliance-focused practices.
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28. From a contemporary psychoanalytic perspective, the most fundamental intervention is
- resolution of intrapsychic conflicts.
 - empathy.
 - breaking down defenses.
 - strengthening the superego.

ANSWER: b
POINTS: 1
DIFFICULTY: Easy
REFERENCES: Process of Psychotherapy
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: WEDD.CURR.19.02.05 - Describe the typical process of contemporary psychoanalytic psychotherapy, noting its characteristic features, stages, mechanisms, and interventions.
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29. Psychoanalytical therapies rely heavily on therapists providing clients with ways to become aware of aspects of their intrapsychic experiences that have previously been unconscious. In other words, they rely on
- interpretations.
 - enactments.
 - reconstructions.
 - confrontations.

ANSWER: a
POINTS: 1
DIFFICULTY: Easy
REFERENCES: Process of Psychotherapy
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: WEDD.CURR.19.02.05 - Describe the typical process of contemporary psychoanalytic psychotherapy, noting its characteristic features, stages, mechanisms, and interventions.
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30. In working with patients, therapists must learn to attend to their own emotional reactions and process disturbing emotions in a nondefensive, nonjudgmental manner. This is referred to as

- a. rupture.
- b. interpretations.
- c. enactments.
- d. containment.

ANSWER: d
POINTS: 1
DIFFICULTY: Easy
REFERENCES: Process of Psychotherapy
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31. Just like how a mother will fail to attend to the needs of a child, no matter how well intended, a therapist will occasionally fail to attend to the needs of a patient. Negotiating this pattern within a relationship has been termed

- a. transference and countertransference.
- b. rupture and repair.
- c. idealization and fixation.

d. disappointment and despair.

ANSWER: b

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Process of Psychotherapy

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.02.05 - Describe the typical process of contemporary psychoanalytic psychotherapy, noting its characteristic features, stages, mechanisms, and interventions.

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32. In contrast to short-term therapies, Leichsenring and Rabung (2008) found that, in the treatment of complex psychological disorders, long-term psychoanalytical therapies were

- a. less effective overall.
- b. more effective overall.
- c. less satisfying to patients.
- d. more satisfying to patients.

ANSWER: b

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Process of Psychotherapy

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.02.05 - Describe the typical process of contemporary psychoanalytic psychotherapy, noting its characteristic features, stages, mechanisms, and interventions.

NATIONAL STANDARDS: United States - CACREP.3A - Human Growth and Development – Theories of individual and family development across the lifespan
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33. The psychobiological push to repeat experiences that have become associated with tension reduction is known as the _____.

ANSWER: pleasure principle

POINTS: 1

DIFFICULTY: Moderate
REFERENCES: Basic Concepts
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: WEDD.CURR.19.02.03 - Trace the development of psychoanalytic thinking from classical Freudian psychoanalysis to the contemporary psychoanalytic traditions.
NATIONAL STANDARDS: United States - CACREP.3A - Human Growth and Development – Theories of individual and family development across the lifespan
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34. The publication of Freud's _____ in 1900 began to attract attention from a wider professional audience.

ANSWER: *The Interpretation of Dreams*
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Basic Concepts
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: WEDD.CURR.19.02.03 - Trace the development of psychoanalytic thinking from classical Freudian psychoanalysis to the contemporary psychoanalytic traditions.
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35. In 1923, Freud published *The Ego and the Id* and laid out the foundations for what subsequently became known as his _____.

ANSWER: structural theory
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Basic Concepts
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: WEDD.CURR.19.02.03 - Trace the development of psychoanalytic thinking from classical Freudian psychoanalysis to the contemporary psychoanalytic traditions.
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36. The major psychoanalytic tradition emerging out of some of Freud’s more mature thinking came to be known as _____.

ANSWER: object relations theory

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Basic Concepts

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.02.03 - Trace the development of psychoanalytic thinking from classical Freudian psychoanalysis to the contemporary psychoanalytic traditions.

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37. _____ is conceptualized as the tendency for an individual to resist change or act in a way that undermines the therapeutic process.

ANSWER: Resistance

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Basic Concepts

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.02.04 - Describe the significance of the therapeutic alliance in modern psychoanalytic and psychodynamic psychotherapy, and explain how basic principles (e.g., transference, countertransference, fantasy) manifest within alliance-focused practices.

NATIONAL STANDARDS: United States - CACREP.3A - Human Growth and Development – Theories of individual and family development across the lifespan
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38. When Freud revised his psychological model to a structural model, he proposed _____, _____, and _____.

ANSWER: id, ego, superego

POINTS: 1
DIFFICULTY: Easy
REFERENCES: History
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: WEDD.CURR.19.02.03 - Trace the development of psychoanalytic thinking from classical Freudian psychoanalysis to the contemporary psychoanalytic traditions.
NATIONAL STANDARDS: United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making
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39. The ability to hold onto one's own experience while simultaneously experiencing another as an independent center of subjectivity is termed _____.

ANSWER: intersubjectivity

POINTS: 1
DIFFICULTY: Easy
REFERENCES: Psychotherapy
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: WEDD.CURR.19.02.04 - Describe the significance of the therapeutic alliance in modern psychoanalytic and psychodynamic psychotherapy, and explain how basic principles (e.g., transference, countertransference, fantasy) manifest within alliance-focused practices.
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40. If a therapist finds himself/herself reacting to a patient in a manner similar to a previous person in his or her life, this is known as _____.

ANSWER: countertransference

POINTS: 1
DIFFICULTY: Easy
REFERENCES: Psychotherapy
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: WEDD.CURR.19.02.04 - Describe the significance of the therapeutic alliance in modern psychoanalytic and psychodynamic psychotherapy, and explain how basic

principles (e.g., transference, countertransference, fantasy) manifest within alliance-focused practices.

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41. As part of the process of normal development, children defend against feelings that are threatening by projecting them onto an attachment figure. When patients attempt to project their distress onto the therapist, it is important for the therapist to engage in _____ (i.e., attend to their own painful emotions).

ANSWER: containment

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Process of Psychotherapy

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.02.05 - Describe the typical process of contemporary psychoanalytic psychotherapy, noting its characteristic features, stages, mechanisms, and interventions.

NATIONAL STANDARDS: United States - CACREP.3A - Human Growth and Development – Theories of individual and family development across the lifespan
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42. The most rigorous evidence supporting psychoanalytical therapies comes from randomized clinical trials examining the efficacy of _____.

ANSWER: short-term dynamic psychotherapy (STDP)

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Process of Psychotherapy

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.02.05 - Describe the typical process of contemporary psychoanalytic psychotherapy, noting its characteristic features, stages, mechanisms, and interventions.

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43. Psychoanalysis explains human nature from the perspective of conflict. What is viewed to be in conflict? Do you agree that psychological development is best viewed from this perspective? Why or why not?

ANSWER: Answers will vary.

POINTS: 1

DIFFICULTY: Difficult

REFERENCES: Overview

QUESTION TYPE: Essay

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.02.01 - Explain the basic principles that tend to cut across the different psychoanalytic perspectives, and be able to identify how they emerge within each tradition.

NATIONAL STANDARDS: United States - CACREP.3A - Human Growth and Development – Theories of individual and family development across the lifespan
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44. Many of Freud's ideas about psychosexual theory have been controversial, tracing back to the time they were introduced. Explain the core ideas of psychosexual theory and its explanation of psychological development.

ANSWER: Answers will vary.

POINTS: 1

DIFFICULTY: Difficult

REFERENCES: History

QUESTION TYPE: Essay

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.02.03 - Trace the development of psychoanalytic thinking from classical Freudian psychoanalysis to the contemporary psychoanalytic traditions.

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45. Psychoanalysis and psychoanalytic theory have fallen out of favor for many reasons. Discuss some of the reasons. Describe how newer models of relational psychodynamic psychotherapy differ from Freud's foundational thinking.

ANSWER: Answers will vary.

POINTS: 1

DIFFICULTY: Difficult

REFERENCES: History
QUESTION TYPE: Essay
HAS VARIABLES: False
LEARNING OBJECTIVES: WEDD.CURR.19.02.03 - Trace the development of psychoanalytic thinking from classical Freudian psychoanalysis to the contemporary psychoanalytic traditions.
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46. Psychoanalytic theory postulates a host of different change mechanisms. Explain three of these mechanisms with a focus on how each mechanism is thought to facilitate psychological growth and development.

ANSWER: Answers will vary.
POINTS: 1
DIFFICULTY: Difficult
REFERENCES: Process of Psychotherapy
QUESTION TYPE: Essay
HAS VARIABLES: False
LEARNING OBJECTIVES: WEDD.CURR.19.02.05 - Describe the typical process of contemporary psychoanalytic psychotherapy, noting its characteristic features, stages, mechanisms, and interventions.
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47. What does intersubjectivity mean? How it is central to the therapeutic process, according to a relational perspective?

ANSWER: Answers will vary.
POINTS: 1
DIFFICULTY: Difficult
REFERENCES: Psychotherapy
QUESTION TYPE: Essay
HAS VARIABLES: False
LEARNING OBJECTIVES: WEDD.CURR.19.02.04 - Describe the significance of the therapeutic alliance in modern psychoanalytic and psychodynamic psychotherapy, and explain how basic principles (e.g., transference, countertransference, fantasy) manifest within alliance-focused practices.
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