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1. What was Freud's reason for practicing primarily psychiatry?

a. There was a significant need for better psychiatric care in his community.

*b. There were limited opportunities for medical practice and research for Jewish physicians therefore he made the change to support his family.

c. He preferred the practice of psychiatry over medicine.

d. He wanted to develop a new way of understanding psychiatry.

2. Freud believed that neurosis was caused by_____.

*a. Sexual conflict

b. Unexpressed thoughts and feelings

c. Fear

d. Anger

3. Who among the following did NOT break ties with Freud because of disagreement over psychological theory?

a. Alfred Adler

*b. Joseph Breuer

c. Carl Jung

d. Otto Rank

4. During which psychosexual stage do children experience the Oedipal or Electra complex?

*a. Phallic phase

b. Genital phase

c. Anal phase

d. Latency phase

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5. Freud believed _____ was at the core of all maladaptive behavior.

a. Anger

b. Repression

*c. Anxiety

d. Sadness

6. Which of the following is NOT an assessment to a psychoanalyst would typically use?

a. The Thematic Apperception Test

b. The Draw a Person Test

*c. The Unconscious Urges Test

d. The Rorschach

7. Who among the following was an ego psychologist?

a. Carl Jung

b. Heinz Kohut

*c. Anna Freud

d. Donald Winnecott

8. Which of the following is NOT true of Carl Jung?

a. He was accused of being a Nazi sympathizer

b. He was distraught for six years after being estranged from Freud

c. He spent most of his youth without friends, playing alone

*d. He attended seminary

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9. A man who denies his homosexuality engages in hate crimes against homosexuals. He is using which defense mechanism?

*a. Reaction formation

b. Intellectualization

c. Projections

d. Rationalization

10. Which of the following is NOT true of Erik Erikson?

a. Erikson's last name had been Salomonsen and Homburger before he changed it.

*b. He received a medical degree from Harvard

c. He was conceived as a result of an extramarital affair

d. He left the University of California because he refused to sign a loyalty oath

11. During which of Erikson's stages of personality development does the need to start asserting control and power over the environment begin?

a. Early childhood

*b. Preschool

c. School age

d. Adolescence

12. Which concept was not developed by Winnecott?

a. The good enough mother

b. Holding environment

c. Transitional experience

*d. Self-esteem

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13. According to Kohut, some children who do not get what they want engage in _____.

a. Regression

b. Depression

*c. Narcissistic rage

d. Neurotic anxiety

14. What is the major contribution of the psychoanalytic school of thought?

*a. The unconscious

b. Psychosexual stages

c. Archetypes

d. Defense mechanisms

15. In which culture is insight not highly valued?

a. African American

b. European American

*c. Asian American

d. Latino

16. Freud reported having sexual feelings for his mother.

*a. True

b. False

17. Freud believed that no one could be a mature genital character without going through successful psychoanalysis.

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*a. True

b. False

18. The latent content of the dream is what is actually happening within the dream—the storyline.

a. True

*b. False

19. Object relation theory was developed from examining extended family relationships.

a. True

*b. False

20. Jung felt that people were bisexual in nature.

*a. True

b. False

21. Anna Freud was Erik Erikson's analyst.

*a. True

b. False

22. John Bowlby is considered to be the father of attachment theory.

*a. True

b. False

23. Relational psychoanalysts argue that desires and urges can be separated from the relational contexts in which they arise.

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a. True

*b. False

24. In contrast to psychoanalytic therapy, most forms of brief psychodynamic therapy require the therapist to use an active and directive role in formulating a treatment plan.

*a. True

b. False

25. Jung's collected works are contained in over 100 volumes.

a. True

*b. False

Type: E

26. Describe the characteristics that Freud believed a psychoanalyst should have.

a. Freud believed that the psychoanalyst should display compassionate neutrality. They should not give advice or sympathy. Typically they are viewed as detached and passive.

Type: E

27. What is the role of transference in psychoanalysis?

a. Transference helps the client distinguish fantasy from reality and the past from the present. Clients are able to see the power of their unconscious, childhood fantasies. When the therapist analyses transference, this helps the client to see how they misinterpret and relate to people in the present according to their interactions with people in the past. This helps clients to perceive reality and make choices based upon reality.

Type: E

28. Explain Jung's concept of collective unconscious.

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a. The collective unconscious is our prehuman evolutionary experience that is found in all people. Jung stated that it is our psychic inheritance and holds information about our experiences as human beings. Despite the fact that we are born with it, it lies in our unconscious.

Type: E

29. Discuss Freud's level of consciousness.

a. Everything we are aware of is stored in our conscious; however, our conscious makes up a very small part of who we are. At the preconscious level, events, thoughts, and feelings are easily recalled. The unconscious is the lowest and deepest level of awareness or, perhaps more accurately, unawareness.

Type: E

30. List the psychosexual phases of development.

a. Oral, Anal, Phallic, Latency, Genital

Type: E

31. What is the role of the client in psychoanalysis?

a. Clients in psychotherapy must commit to long-term and intensive therapy. They agree to talk and to free

associate because talk is at the heart of the therapeutic process. Clients terminate psychoanalysis when

they and their analyst agree that they understand the historical roots of their difficulties. At the end of

therapy, successful clients have worked through their childhood conflicts.

Type: E

32. List and discuss three ego defense mechanisms put forth by Anna Freud.

a. Projection, repression, regression, intellectualization, denial, rationalization, reaction formation, sublimation, displacement, and introjection.

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Type: E

33. What is object relations theory?

a. Object relations theory is a newer form of psychoanalytic therapy that entails exploring clients' internal, unconscious identifications and internalizations of external objects. The term originated from Freudian theorists who wanted to point out that at certain points for infants, other people are merely objects for gratifying needs. Object relations is a theory that emphasizes interpersonal relations, primarily in the family and particularly between mother and child.

Type: E

34. Discuss the concept of the "good enough mother".

a. The good-enough mother adjusts to her baby appropriately at differing stages of infancy, thereby permitting an optimal environment for the healthy development of a separate child, eventually capable of establishing object relations. According to Winnicott, the good-enough mother begins by adapting almost completely to her infant's needs and as time goes on adapts less and less according to the infant's growing ability to deal with her failures.

Type: E

35. Outline the four phases of attachment put forth by John Bowlby.

a. Phase 1: orientation and signals without discrimination (from birth to 3 months): The infant will respond to any person in his or her vicinity by orienting towards them, and by exhibiting such behavior as eye tracking, grasping and reaching, smiling and babbling.

Phase 2: orientation and signals directed towards one (or more) discriminated figure(s)

(circa 3 to 6 months): The infant begins to focus more attention on familiar rather than unfamiliar people.

Phase 3: maintenance of proximity to a discriminated figure by means of locomotion as well as signals (from 6 months to 3 years): The infant actively seeks to maintain contact with the mother or primary caregiver. The infant begins to follow a departing mother, greet her on her return, and use her as a base from which to explore . . . the friendly and rather undiscriminating responses to everyone else declines such that strangers become treated with increasing caution and are likely to evoke alarm and withdrawal.

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Phase 4: formation of a goal-corrected partnership (3 years and older): By observing the behavior of the mother figure and what influences it, the child begins to gain insight into her feelings and motives. This understanding brings about a much more complex relationship between mother and child, which Bowlby calls 'partnership'. During this phase the child increasingly tolerates separation from the mother figure and forms other close bonds.

Type: E

36. Discuss Ainsworth's patterns of attachments.

a. Secure attachment—the child protested when the mother left the room, and looked for her when she was gone. She greeted the mother with delight when the mother returned, and she explored more when the mother was present.

Anxious attachment—the child protested when the mother left and showed little relief when reunited with the mother. The child was not inclined to explore her environment, even when the mother was present.

Avoidant attachment—the child was relatively indifferent to the mother, rarely cried when she left, and showed little positive response upon her return to the room. The child's curiosity was unaffected by the mother's presence.

Type: E

37. What characteristics does brief psychodynamic therapy have in common with psychoanalytic therapy?

a. BPT approaches establish a time limitation.

BPT therapy identifies a specific interpersonal problem during the initial session.

Therapists take a less neutral therapeutic stance than traditional analysts.

BPT therapists use interpretation relatively early in the therapy relationship.

Type: E

38. What is an archetype?

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a. Archetypes may be conceptualized as ways of perceiving and structuring experiences (Jung, 1961). They

have form but not content. Archetypes are the inherited part of the psyche that produces patterned tendencies of thought (Casement, 2001). The term archetype may be broken into arche, which means "original" or "master copy," and typos, which means "stamp." All of us inherit the same archetypes, the

same invisible patterns or emotions that are built into the structure of the human psyche. Different cultures give their own special interpretations or stamps on various archetypes. Examples of archetypes

include the hero, the divine child, the great mother, death, and rebirth.

Type: E

39. Discuss anima and animus.

a. Our sex role constitutes part of our persona. We learn the role of male or female that we are supposed to assume in a given society. Jung felt that we are bisexual in nature. Our lives as fetuses begin with undifferentiated sex orders that become male or female under the influence of hormones. The expectations differ for men and women. The anima constitutes the female aspect present in the collective unconscious of men, while the animus represents the male aspect present in the collective unconscious of women (Stevens, 1994). The anima or animus is the archetype that is responsible for much of our love lives. Jung believed that both men and women contained anima and animus.

Type: E

40. Compare and contrast introverts and extroverts.

a. Introverts are those who prefer their own internal world of thoughts, feelings, dreams, and so on to the company of others. In contrast, extroverts are those who prefer the external world of things, people, and activities. For the introvert, energy flows inward, whereas for the extrovert, energy flows outward. Jung theorized that nations also are either introverted or extroverted.

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