## Pre-class Questionnaire #5

Recommend create in Google Forms (example)

- 1. What does mindfulness mean to you?
- 2. What experiences have you had either learning about or practicing mindfulness?
- 3. Describe each of these terms in your own words--do not copy a definition-- as best you can:
  - o Transference
  - Countertransference
  - Overidentification
- 4. What are some of the tensions related to documentation?
- 5. What do you still want to experience at your practicum site?
- 6. How might mindfulness be a trauma informed practice?