

# 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:
  - 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?