

Stephen Bernstein, MD, is a Training and Supervising Analyst at the Boston Psychoanalytic Society and Institute, where he has been the chair of the Education Committee. He was formerly a Clinical Professor of Psychiatry at the Tufts University School of Medicine and was on the faculty of Harvard Medical School. He has chaired a Discussion Group on writing about analytic cases and a Workshop on Teaching about analytic case writing at the meetings of the American Psychoanalytic Association for over 30 years. He is a prolific author, including his most recent paper, *The Process of Case Writing: A Fourth Pillar of Analytic Training*, published in the *Journal of the American Psychoanalytic Association*. Dr. Bernstein's work highlights the centrality of case writing as an essential tool for self-reflection and professional development, as well as for progression and graduation from training. Beyond his focus on writing, he has contributed to the field with his early studies demonstrating the compatibility of preparatory psychotherapy prior to psychoanalysis with the same analyst, which opened the way for our current practice of helping patients make the transition to analysis from a psychotherapy. He lives in Brookline, Massachusetts, from where he continues to teach, supervise, and mentor candidates and graduate analysts, both in the United States and internationally, fostering their growth as analysts and writers. He was recently the subject of a podcast with Harvey Schwartz on "Psychoanalysis On And Off The Couch" (episode 173)

Dr. Bernstein will discuss the difficulties many analytic candidates and graduates face in writing about their clinical work in a case report. He will attempt to ease these concerns by discussing some ideas about their roots. He provides a way to find the narrative arc of an analysis, and in addition he will demonstrate a framework or format for writing sections of a case report which when combined can become the overall case report.

Bernstein will describe how many candidates and graduate analysts envision case writing as an act of creative writing, capturing a grand and lyrical writing process descended from our analytic ancestors. He believes that case writing itself is not the creative act. It is the analytic process that it holds and demonstrates that is the creative work. The analytic process, and the growing creativity that it often demonstrates in both patient and analyst, require a structure or narrative framework. The structure Bernstein will describe may "tame" some of the writer's anxieties about how to show clinical analytic work in the case writing, and it also provides benefits through insight gained as a result of "writing, re-writing, and working through" some of the concerns about the case writing.