



THE NEW JERSEY INSTITUTE FOR TRAINING IN PSYCHOANALYSIS
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Outline for final case write up:

I. Basic Information

How the patient came to treatment
In reference to the patient it's important to report identifying information.
Initial impressions
Private patient/clinic patient/agency patient
Initial psychoanalytic diagnosis (Neurotic/Character Disorder/Personality Disorder)
Establishing the analytical frame (fee, use of couch, frequency of sessions per week)

II. Developmental history

Family history
Impact of family dynamics on patient
Intergenerational transmission
History of trauma
History of loss
Memories
Screen memories

III. Patient's narrative

How patient presents herself/himself/theirselves
How patient narrates his/her/their story
Capacity to self observe and reflect
Interpersonal relationships as described by patient
Anxiety
Guilt
Shame

IV. Analyst's reflections

Analyst's view of the patient initially and as treatment progressed
Initial transference/countertransference and resistances
Presence or absence of observing ego
Building of therapeutic alliances
Real relationship
Structural theory (role of id/ego/superego)
Oedipal/Preoedipal issues
Psychosexual stages/issues in treatment (oral, anal, phallic, genital)
Topographical point of view (unconscious, preconscious and conscious elements)
Unconscious derivatives
Dreams. Usage of dreams in the analysis
Sexuality/libido/cathexis/anticathexis
Role of sexuality/fantasies

Major defense mechanisms
Attachment history/organization/styles

V. Movement (progress) in treatment

Internal and external changes
Changes in transference/countertransference/resistances
Changes in patient's narrative
Negative transference
Erotic transference
Interventions
Flexibility of approach
Construction/Reconstruction
Developmental changes

VI. Theory

Clinical formulation of patient from one or more theories. Please incorporate appropriate psychoanalytic theory into the understanding (clinical formulation) and the treatment of the patient. Support with direct references to theoretical constructs. Be specific and consistent in your theory.

VII. Final comments/conclusions

Current stage of treatment. If termination (plan or forced) took place how was that processed. Final psychoanalytic diagnosis. Pt's own reactions to the analysis.
Analyst evaluation of the case as a whole.

VIII. Format

APA format 2021 guidelines
Case should be between 40-50 pages depending on your style of writing.
Fonts that you should use: Times New Roman 11, Calibri 11, Arial 11, Georgia 11

IX. Style.

You want to bring the patient to life. Tell a story. It will be helpful for the members of your committee to "get a feeling" for your patient and what transpired in the analysis.

Resources for writing:

(2020). *Manual of the American Psychological Association, 7th. Edition*. American Psychological Association.

Piccioli, E., Rossi, P.L. & Semi, A.A. (2018). *Writing in psychoanalysis, 1st. edition*. Routledge.

Lingiardi, V., & McWilliams. N. (2017). *Psychodynamic Diagnostic Manual (PDM) 2nd. Edition*. American Psychoanalytic Association.

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