

**Pacific Northwest Psychoanalytic Society  
A Local Chapter of Division 39  
Of the American Psychological Association**

Winter 2008 Program  
Wednesday, February 6, 2008 7:30 P.M.

**Writing from the Hour -- Try It, You'll Like It!**

**Presented by:  
Bev Osband, Ph.D.**

Meeting Location: The home of Sue Radant

From the beginning, therapists and psychoanalysts have written about their work. Freud, Ferenczi, and Jung, the founding fathers, set a precedent wherein writing from the work of the clinical hour created a foundation for communication, exploration, and a deeper understanding of the psyche. For me, their case writing is the bones of psychoanalysis, the skeletal scaffolding to which their theories attach, like muscle and sinew, fleshing out the experience of the “talking cure.” Over the more than 100 years since Freud wrote, “Interpretation of Dreams,” legions of clinicians have used writing as a way to understand both their patients and themselves through the process of writing about the work.

In this seminar, we will explore some ways in which writing ‘from the hour’ might open new portals to a deeper understanding of ourselves and of the people who talk to us. Please come prepared to write – bring a spiral notebook and your favorite writing instrument.

Objectives: In this seminar, attendees will

- Learn some approaches to using writing as a way to process clinical experience.
- Explore barriers to writing and ways to deal with them.
- Engage in some brief writing exercises as a means to experiencing ‘writing from the hour.’

Dr. Bev Osband is a psychoanalyst/psychotherapist in private practice in the Madison Valley. Dr. Osband is a frequent contributor to the FORUM and the author of “When the Face Across the Room Reflects My Own: On Being a Psychotherapist and a Bereaved Parent” in *When Professionals Weep – Emotional and Countertransference Issues in End of Life Care*, Ed. Renee S. Katz and Therese A. Johnson. She is a graduate of the Northwest Center for Psychoanalysis and earned her doctorate in Clinical Psychology from Pacifica Graduate Institute.

All programs begin at 7:30 and end at 9:30 p.m. Host homes are open at 7:00 for refreshments and conversation before each meeting. The format is lecture followed by discussion for an intended audience of clinicians with psychoanalytically oriented practices. Chapter members have paid for the meeting with their dues. Non-members are welcome to attend at a cost of \$10 at the door.

CE credits: 2.

This program, when attended in its entirety, is offered for 2 CE credits. Division 39 is approved by the American Psychological Association to sponsor continuing education credits for psychologists. Division 39 maintains responsibility for this program and its content.

**Directions to Susan Radant's home: 2501 2<sup>nd</sup> Ave. N., Seattle (Queen Anne), WA** Phone: (206) 281-0298. From Aurora (99) northbound: Take the Queen Anne U-turn, just before the Aurora Bridge. After making the turn, turn left to circle under Aurora. Follow this to the 7-way stop sign. Continue to go straight after the stop sign on Queen Anne Drive. The first left hand turn will be 2<sup>nd</sup> Avenue North. Turn left. The house is the one on the very end of the cul-de-sac. From Aurora (99) South bound: Take the Queen Anne exit to your right, just over the Aurora Bridge. Follow this to the 7-way stop sign. Continue to go straight after the stop sign on Queen Anne Drive. The first left hand turn will be 2<sup>nd</sup> Avenue North. Turn left. The house is the one on the end of the cul-de-sac. Please do not park in the neighbor's driveway, which is to the right of Dr. Radant's house.

Division 39 is committed to accessibility and non-discrimination in its continuing education activities. Participants are asked to be aware of need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will attempt to accommodate them. Please address questions, concern and any complaints to Barb Walkover, (206) 323-4087.