

2024 Seminar

Writing and Creativity: A Psychoanalytic Retreat

with Nikki Karalekas, PhD, MSW, LCSW
and Harold Braswell, MSW, PhD

March 6 | 7-8:30 p.m.
&
April 6 | 10 a.m.-5 p.m.

- St. Louis Psychoanalytic Institute
- Fee: \$100
- 10 Credits
- Beginner

Registration

Stlpi.org/Writing



Course Description

How do we write psychoanalytically? How does psychoanalysis inform and enhance our writing practice? What role does writing have in clinical work? What is the relationship between writing, revision, and free association? How might we develop a psychoanalytically-informed understanding of—and treatment for—“writer’s block?”

This retreat will start with a two hour class exploring these questions. Then we will pre-circulate our own short writing and engage in a process of peer review, attuned to the larger question of what it might mean to workshop writing psychoanalytically. No previous writing experience required.

1 evening session (1.5 hours)

1 all day Saturday session (7 hours)

Pre circulated drafts to workshop on Saturday

Course Objectives:

Class 1

1. Explore the how psychoanalysis might positively benefit the practice of writing.
2. Consider how writing might inform, and be informed by, one's clinical work.
3. Explain how "writer's block" might be understood, and treated, from a psychoanalytic perspective.

Class 2

1. Develop a psychoanalytic writing practice, as manifested in a piece of writing to be workshopped in class.
2. Delineate a psychoanalytic approach to workshopping writing in a peer-group.
3. Consider the possible connections between writing, free association, and revision.

Biography:



Nikki Karalekas is a licensed clinical social worker. Prior to becoming a social worker, she earned a PhD in Women's, Gender, and Sexuality Studies from Emory University. She has worked with PBHS since 2017, wearing many different hats. She is currently the staff therapist for the CARE program, working with patients with substance use disorders. Her areas of interest are perinatal addiction, mood disorders, personality disorders, and trauma. She has postgraduate training in psychodynamic psychotherapy and was a fellow with the American Psychoanalytic Association from 2020-2021.



Harold Braswell, MSW, PhD is an associate professor of health care ethics and a clinical trainee and analytic candidate at the Saint Louis Psychoanalytic Institute. He is the author of the *The Crisis of US Hospice Care* (Johns Hopkins University Press, 2019) and various articles in both academic and popular publications; his most recently published article, "Denying Nothingness," addresses the impact of the COVID-19 pandemic on US long-term care, was published in *Parapraxis*.



This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of American Psychoanalytic Association and the St. Louis Psychoanalytic Institute. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians. The American Psychoanalytic Association designates this Live Activity for a maximum of 10 AMA PRA category credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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