



Northwestern
Psychoanalytic
Society & Institute

NPSI Guidelines for Control Case Initial Report (5 pages maximum)

The initial report should utilize standard conventions of the mental health professions in format, content, diagnostic impression, and treatment planning. The purpose of this report is to provide a clear picture of the patient and background leading to the beginning of analytic treatment. Additionally, it is to support the development of the skills necessary for the candidate to communicate clearly and effectively while gaining the skills to think and write from a psychoanalytic vertex.

The candidate should also include a process recording of at least one clinical session as an appendix to the report. This allows the training analysts evaluating the case to have an “experience near” sense of how the candidate is working with the patient and facilitates a thorough and thoughtful evaluation of suitability.

- A. **Historical Data** (2 pages maximum)
 - 1. Identifying Information (age/gender/ethnic background/marital status/physical appearance). To safeguard patient confidentiality candidates are asked to assign a pseudonym to be used at all times when writing about and discussing the case.
 - 2. Reason for referral and presenting problem(s).
 - 3. Relevant developmental history required for establishing diagnoses (DSM-V), psychodynamic formulation, suitability for analysis, and minimum conditions for undertaking psychoanalysis.
- B. **Course of Treatment**
 - 1. Summary of your work with the patient to date with specific examples of the patient/therapist interaction, including dream material (if available) and interventions or interpretations illustrative of your approach with the patient.
- C. **Psychodynamic Formulation**
 - 1. Diagnostic impression, major unconscious intrapsychic conflicts, and one or two

examples illustrating current transference/countertransference dynamics.

2. Criteria indicating suitability for analysis.
3. Treatment Plan including the fundamental needs of the patient (emotional, medical, familial, educational, social, recreational, developmental, cultural, vocational, financial, and legal) and the minimum conditions to cope with those needs so that the analysis can be conducted unimpaired. Risks to the successful working through of major unconscious conflicts, if known, may also be included.