Want to publish your creative writing (fiction, nonfiction, poetry?) Come to this workshop with Chaya Bhuvaneswar, acclaimed doctor-writer!

*The biggest surprise in White Dancing Elephants is its core of hope and compassion* – National Public Radio (NPR)

Chaya Bhuvaneswar is a *force* in her provocative debut short story collection *White Dancing Elephants*. – BuzzFeed

*An exuberant collection* – Kirkus Reviews

• In a highly interactive format (please bring your writing!) we will go over what it means to go public with your creative writing, while being a compassionate and dedicated caregiver for patients.

• Learn how to generate, revise, submit, publish and promote your writing – while embracing your life as a doctor!

*The task of a writer is not to solve the problem but to state the problem correctly.*

— Chekhov
Journey of a writer and a book

Reading of a short excerpt

Paths for doctors in the literary world
Journey to publication
PEN/AMERICA FINALISTS AND WINNERS 2019
Multiple possible writer journeys for doctors

- Write a novel, collection of stories (or even 2-3 stories), collection of essay (or one widely viral or well-published essay) or memoir during training, after graduation but before going into practice (“time off”), while practicing full or part time, or upon retirement (at any point)
- Write literary fiction or nonfiction, or “genre” (sci-fi, fantasy, mystery, thriller, young adult or children’s books, romance)
- Pursue multiple paths to getting published (Big Five publishing, digital magazines, indie publishing)
- Pursue screen adaptations, audio book adaptations, other forms of the book
- Teach writing, give lectures and readings
Why it’s inherently worthwhile

• James Pennebaker PhD (Austin TX): Narrative therapy alleviates caregiver stress, depression among HIV patients, depression more generally

• Writing as a hobby, as a form of physician resilience
  • Art, music, sports, lifestyle, social media, clubs, communities, cultural exchange

• Evidence base on writing/journaling as way to address physician burnout

• Trainee burnout and stress management can also be addressed by creative writing:
  • Acad Psych Jan 2009 Using the technique of journal-writing to learn emergency psychiatry
Examples of doctor writers

- Anna DeForest, *A History of The Present Illness* (2022)
- Ricardo Nuila, *The People’s Hospital* (2023)
- Josh Bazell, *Beat the Reaper* (2009)
- Ethan Canin, *Emperor of Air* (1985)
- C. Dale Young, *The Halo* (2016)
- Grace Li, *Portrait of a Thief* (2022)
Anton Chekhov

• Never stopped practicing medicine
• Not only practiced but also spent 3 months in Sakhalin conducting census interviews so convicts would be counted in the census
• Did public health medicine and gave many patients in poverty free care
• Never wrote about “quitting medicine to write” (“wife” vs. “mistress” quote)
• Passed away from TB at age 44
• Thousands of mourners
Where to begin? If you enjoy writing and/or want to publish your work...