

# ***ANALYTIC PRINCIPLES FOR THE REAL WORLD: DISORDERED EATING***

PRESENTER: FRANCESCA ENGEL, MD  
DISCUSSANT: PEGGY WALSH, MS, LMFT

In this installment of our series, PCOP second year psychotherapy student Francesca Engel, MD will present a case featuring issues around disordered eating to discussant Peggy Walsh, LMFT, a seasoned clinician and PCOP faculty member.

Discussion will focus on clinical interventions and case formulation, demonstrating the relevance of analytic principles to work with patients different from those often presented in analytic literature. This discussion will provide concrete examples of “what to say, when” in psychotherapy that attendees can apply to their own clinical work. Attendees will have the opportunity to discuss the material together in “break out” chat groups, and a moderator will guide the following question and answer period where you can pose questions to Francesca and Peggy regarding the case.

**Francesca Engel, MD**, received her M.D. from the University of Pittsburgh, School of Medicine and is a board-certified internist. Prior to psychiatric training, she was the Women’s Health Medical Director at the Crescenz VA in Philadelphia and the Associate Chief of Primary Care. In caring for veterans, she developed her clinical interests in women’s mental health and trauma, eventually deciding to retrain in psychiatry. She completed her psychiatric training at the University of Pennsylvania in 2020 She is currently in private practice and is a second year psychotherapy student at the PCOP.

**Peggy Walsh, MS, LMFT**, is a psychotherapist in private practice in Bala Cynwyd, PA, where she works with adults, adolescents, and couples. She holds a Master’s in Psychological Services from the University of Pennsylvania and a Post-Master’s Certificate in Couple and Family Therapy from Drexel University. Ms. Walsh earned certificates from the Philadelphia Psychotherapy Training Program and the Child Psychoanalytic Psychotherapy Program at what is now the Psychoanalytic Center of Philadelphia. She counseled on inpatient units at The Strecker Program (dual diagnosis) of The Institute of Pennsylvania Hospital and The Renfrew Center for Eating Disorders. She has a special interest in treating individuals and couples struggling with substance use and eating disorders. Ms. Walsh also teaches courses on eating disorders at the Psychoanalytic Center of Philadelphia in the Child and Adult Psychodynamic Psychotherapy Training programs.



**SATURDAY, MARCH 6, 2021  
10:30 AM TO 12:30 PM (EST)**



**FREE for PCOP Members  
\$50 for Non-Members Seeking Credit  
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**2 CE/CME's  
Available**

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## EDUCATIONAL OBJECTIVES

At the end of this presentation, participants will be able to:

1. Describe elements of psychodynamic psychotherapy case formulation and technique.
2. Describe how awareness of transference and countertransference feelings can be used to better understand patients and guide treatment/interventions.

## CONTINUING MEDICAL EDUCATION/CONTINUING EDUCATION

Continuing Medical Education (CME):

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 Psychoanalytic Center of Philadelphia. 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 2 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS:** None of the planners and presenters of this CME program have any relevant financial relationships to disclose.



### Continuing Education for Psychologists (CE):

The Psychoanalytic Center of Philadelphia is approved by the American Psychological Association to sponsor continuing education for psychologists. The Psychoanalytic Center of Philadelphia maintains responsibility for this program and its content. Every session of this program offers CE credit for psychologists.

**Continuing Education for Social Workers, Marriage and Family Therapists, and Professional Counselors (CE):** In accordance with the requirements of the Commonwealth of PA dated 12/23/06 [PA Code: Title 49, Ch. 47-49], The State Board of Social Workers, Marriage and Family Therapists, and Professional Counselors recognizes the American Psychological Association (APA) as a preapproved provider of continuing education programs for social workers and clinical social workers, marriage and family therapists, and professional counselors in the State of Pennsylvania. The Psychoanalytic Center of Philadelphia is approved by the American Psychological Association to sponsor continuing education programs.

**For more information, please contact the Psychoanalytic Center of Philadelphia:**

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