

Working with Disordered Eating "Who's Anxious?"

Presenter: Francesca Engel, MD

Discussant: Peggy Walsh, MS, LMFT

In this latest installment of our case conference series, PCOP psychotherapy student Francesca Engel, MD, will present the case of a patient from her private practice where disordered eating emerged unexpectedly during the course of treatment, in the context of Covid and virtual therapy. Discussant Peggy Walsh, MS, LMFT, seasoned clinician and PCOP faculty member, will use her expertise in the treatment of eating disorders to provide insight into the countertransference anxiety therapists experience in the face of disordered eating and give a framework for how to understand and address these behaviors within a psychodynamic/psychoanalytic framework.

Discussion will focus on clinical interventions and case formulation, including concrete examples of "what to say, when" in psychotherapy that attendees can apply to their own clinical work. Our moderator will guide the following question and answer period where you can pose questions to Dr. Engel and Ms. Walsh regarding the case.

Francesca Engel, MD, received her M.D. from the University of Pittsburgh, School of Medicine and is a board-certified psychiatrist and internist. Prior to psychiatric training, she was the Women's Health Medical Director at the Crescenz VA in Philadelphia. 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 a graduate of the Adult Psychotherapy Program at PCOP and is currently a second-year student in the Child Psychotherapy Program. Dr. Engel has a private practice in center city Philadelphia.

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 of The Institute of Pennsylvania Hospital and The Renfrew Center for Eating Disorders. She has special interests in treating individuals and couples struggling with substance use and eating disorders. Ms. Walsh is on the faculty of the Psychoanalytic Center of Philadelphia.



Saturday, November 19, 2022
10:30 am - 12:30 pm



FREE for PCOP Members & Non-Members Not Seeking Credit
\$50 for Non-Members Seeking Credit



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 in working with disordered eating.
2. Describe how awareness of countertransference anxiety in working with disordered eating 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 for this educational activity have relevant financial relationship(s)* to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

*Financial relationships are relevant if the educational content an individual can control is related to the business lines or products of the ineligible company.

- Updated July 2021 -



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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The Psychoanalytic Center of Philadelphia is committed to reasonable accommodations for any member or program attendee with a disability unless doing so would cause significant hardship to the organization. Advance written notice is necessary to arrange for some accessibility needs. To request accommodations for this program, please [click here](#) to complete an Accommodation Request Form.