

Crisis Psychotherapy and Psychiatric Emergencies

A Continuing Education Program for Licensed Mental Health Clinicians

Empathian | Robert E. Feinstein, MD

Course Overview

Psychiatric emergencies and acute trauma are among the most clinically demanding situations a mental health professional will face — yet most clinicians enter practice with limited training in how to respond. This intensive one-day continuing education program directly addresses that gap, providing clinicians across all disciplines with a foundational understanding of Crisis Intervention Psychotherapy (CIP): an evidence-informed, problem-solving, trauma-focused treatment model for patients experiencing acute trauma or psychiatric emergencies.

CIP is designed for real-world flexibility. It can be delivered across any mental health setting — inpatient, outpatient, telehealth, or community-based — and can be applied in a single session or extended over a full 20-session course of treatment. The model is particularly well suited to the assessment and treatment of patients who have experienced common acute traumas: suicide attempts, violence, sexual assault, motor vehicle accidents, sudden loss of a loved one, and natural or man-made disasters including mass casualty events.

Participants will move from theoretical grounding through structured clinical application — learning to conduct a CIP intake, apply the 8 core elements of assessment, develop an acute treatment plan, and navigate the phases of CIP treatment. The program integrates evaluation and management of suicide and violence risk within the CIP framework, and closes with live group supervision of participant cases involving complex trauma and acute risk.

What You Will Learn

Participants will gain practical, integrative competencies across the full arc of crisis psychotherapy, including:

- The theoretical framework, clinical scope, and evidence base of Crisis Intervention Psychotherapy (CIP)
 - Application of the 8 core elements of CIP assessment to diverse acute presentations
 - Conducting a structured CIP intake and developing an organized acute case formulation
 - Building a problem-oriented, trauma-informed treatment plan across the phases of CIP
 - Trauma-specific clinical strategies for suicide attempts, violence, sexual assault, sudden loss, and disaster trauma
 - Suicide and violence risk evaluation and management integrated within the CIP framework
 - Live case supervision with peer discussion of complex cases involving acute trauma and risk
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Learning Objectives

Upon completion of this activity, participants will be able to:

- Describe the theoretical framework, core principles, and clinical applications of Crisis Intervention Psychotherapy (CIP) across diverse mental health settings and patient populations
- Apply the 8 core elements of CIP assessment to patients presenting with acute trauma, psychiatric emergencies, or crisis states, and integrate findings into an organized clinical formulation
- Conduct a structured CIP intake and develop a problem-oriented, trauma-informed acute treatment plan tailored to the specific nature of the presenting crisis
- Identify and apply trauma-specific CIP interventions for patients who have experienced suicide attempts, violence, sexual assault, sudden loss, or disaster-related trauma
- Evaluate and manage suicide and violence risk within the CIP framework, incorporating risk assessment findings into case formulation and treatment planning
- Demonstrate integrative clinical reasoning through live group supervision of complex cases involving acute trauma, suicidality, and violence risk drawn from participants' own caseloads

Program Format

This intensive, one-day program combines evidence-based didactic instruction, structured case examples, and live group supervision to ensure that skill transfer is immediate and clinically applicable. Participants will have the opportunity to apply CIP assessment tools in real time and to present complex clinical cases for structured expert supervision and peer discussion in a small-group format.

Schedule at a Glance

Time	Session
8:15 – 8:30	Introduction & Program Overview
8:30 – 9:30	Session 1: Introduction to Crisis Intervention Psychotherapy — Theoretical Framework & Clinical Scope
9:30 – 10:45	Session 2: The 8 Core Elements of CIP Assessment Video Demonstration & Discussion
10:45 – 11:00	<i>Break</i>
11:00 – 12:00	Session 3: Live Supervision — Complex Case Presentations & Group Discussion
12:00 – 1:00	<i>Lunch</i>
1:00 – 2:00	Session 4: Suicide Risk Assessment and Management within the CIP Framework
2:00 – 3:00	Session 5: Violence Risk Assessment and Management within the CIP Framework
3:00 – 3:15	<i>Break</i>

3:15 – 4:15

Session 6: Live Supervision — Complex Case Presentations with Suicide & Violence Risk (Group Discussion)

Target Audience

This program is designed for licensed mental health clinicians — psychiatrists, psychologists, social workers, and counselors — practicing across inpatient, outpatient, emergency, and community settings who assess or treat patients presenting with acute trauma, psychiatric emergencies, or crisis states.

Continuing Education Credit

This activity has been designed to meet the educational needs of licensed mental health clinicians. 6.25 CE credit hours, will be provided upon program completion. All content is derived from peer-reviewed literature and evidence-informed clinical frameworks. No commercial support has been received for this activity, and planners have no relevant financial conflicts of interest to disclose.

Program Fees

\$350 per person practicing clinician

\$200 per person recent graduates (3 years)

\$100 Students (With an ID)

Faculty

Robert E. Feinstein, MD is a board-certified psychiatrist, psychoanalyst, and Professor of Clinical Psychiatry at Northwell/Zucker/Hofstra School of Medicine, with over 40 years of clinical, supervisory, and academic experience. He is founder and CEO of Empathian and has held senior academic leadership roles across Columbia University, New York Medical College, the University of Colorado, and Dell Medical School. He is the author of more than 100 publications and three Oxford University Press textbooks.