

EMPATHIAN | CONTINUING EDUCATION PROGRAM

Immersive Training in Supportive Psychotherapy

A Continuing Education Program for Licensed Mental Health Clinicians

Empathian | Robert E. Feinstein, MD | 6.75 CE Hours | \$350 per person

Course Date: Oct 9 2026

Course Overview

Supportive psychotherapy is the most widely practiced form of individual psychotherapy across all mental health settings — yet it remains among the least formally taught. Clinicians working across outpatient, inpatient, primary care, and community settings deliver supportive interventions daily, often without a structured framework for what they are doing or why it works. This full-day immersive training directly addresses that gap, providing licensed clinicians with a comprehensive, clinically grounded introduction to the theory, assessment, and practice of supportive psychotherapy.

The program moves sequentially through the complete arc of supportive treatment: from defining the model and conducting a targeted patient evaluation, through establishing a working alliance and treatment contract, to case formulation and evidence-informed intervention strategies. Two live supervision sessions — one before and one after lunch — give participants the opportunity to present their own cases and receive real-time expert feedback in a collaborative small-group format. The day is designed so that every concept taught in the morning is applied clinically by the afternoon.

What You Will Learn

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

- The defining principles and evidence base of supportive psychotherapy across diagnoses and settings
- How to conduct a targeted patient evaluation applicable to any presenting problem or clinical population
- Strategies for establishing and maintaining a strong working alliance and clear treatment contract
- How to structure and conduct an effective supportive psychotherapy session
- Developing individualized case formulations that capture strengths, vulnerabilities, stressors, coping style, and therapeutic targets
- Evidence-informed intervention strategies for promoting adaptive functioning, resilience, and meaningful change
- Live case supervision with real-time clinical reasoning and peer discussion

Learning Objectives

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

- Define the core principles, theoretical framework, and evidence base of supportive psychotherapy and distinguish it from other psychotherapeutic modalities
 - Conduct a focused, targeted patient evaluation applicable across diagnoses that identifies presenting problems, strengths, vulnerabilities, and treatment targets
 - Apply strategies for establishing and maintaining a reliable working alliance, developing a treatment contract, and structuring the psychotherapy session
 - Develop individualized supportive psychotherapy case formulations that integrate patient strengths, stressors, coping style, and goals into a coherent treatment plan
 - Implement evidence-informed supportive interventions that promote adaptive functioning, enhance resilience, and facilitate incremental behavioral and emotional change
 - Demonstrate integrative clinical reasoning through live supervision of complex cases drawn from participants' own caseloads
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Program Format

This intensive, live online full-day program integrates didactic instruction with two live supervision sessions to ensure that learning is immediately applicable at the clinical level. Morning sessions build the conceptual and technical foundation; afternoon sessions shift to case formulation, intervention strategy, and a second live supervision. Participants are encouraged to bring a current case for presentation and discussion. The format is small-group and interactive throughout.

Schedule at a Glance: October 9, 2026

Time	Session
8:00 – 8:15	Introduction & Program Overview
8:15 – 9:30	Session 1: Supportive Psychotherapy & Targeted Patient Evaluation
9:30 – 10:30	Session 2: Working Alliance, Establishing a Contract & Conducting Sessions
10:30 – 10:45	<i>Break</i>
10:45 – 12:00	Session 3: Live Supervision — Session I (Participant Case Presentations)
12:00 – 1:00	<i>Lunch</i>
1:00 – 2:00	Session 4: Supportive Psychotherapy Case Formulation
2:00 – 3:00	Session 5: Strategies & Interventions for Change
3:00 – 3:15	<i>Break</i>
3:15 – 4:15	Session 6: Live Supervision — Session II (Continued Case Presentations)

Target Audience

This program is designed for licensed mental health clinicians — psychiatrists, psychologists, social workers, nurses, and counselors — practicing across inpatient, outpatient, primary care, and community settings who conduct or supervise individual psychotherapy.

This is a beginner-intermediate level activity.

Continuing Education Credit

This live, online course is approved for 6.75 CE hours.

To earn CE credit, attendees must complete all live sessions of the activity in full. No partial credit will be awarded if sessions are missed. Attendance is documented by Zoom. Upon completion of all sessions and submission of the evaluation, you will be able to print or download your CE certificate at the conclusion of the course. Upon conclusion of the activity, you will receive a handout with further instructions on how to obtain your CE Certificate online.

This professional continuing education activity was sponsored by Praxis Continuing Education and Training by New Harbinger and co-sponsored by Empathian. Praxis Continuing Education and Training by New Harbinger, who has been approved as a provider of continuing education by the organizations listed below, maintains responsibility for the educational activity offered and for following the standards and regulations for the organizations listed below.

Joint Accreditation: In support of improving patient care, Praxis Continuing Education and Training by New Harbinger is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



IPCE: This activity was planned by and for the healthcare team, and learners will receive 6.75 Interprofessional Continuing Education (IPCE) credit for learning and change.



Nursing: Praxis Continuing Education and Training by New Harbinger designates this activity for a maximum of 6.75 ANCC contact hours.

Physicians: Praxis Continuing Education and Training by New Harbinger designates this live activity for a maximum of 6.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists: Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibly for the content of the programs.



Social Workers: As a Jointly Accredited Organization, Praxis Continuing Education and Training by New Harbinger is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual

courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 6.75 clinical continuing education credits.

NY Social Workers: Praxis Continuing Education and Training by New Harbinger is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0467

NY Counselors: Praxis Continuing Education and Training by New Harbinger is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0198.

NY Psychologists: Praxis Continuing Education and Training by New Harbinger is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0002.

Disclosure Information

Praxis Continuing Education and Training is responsible for the content, quality and scientific integrity of all CE/CME activities certified for credit. When an educational activity is offered for medical (CME), Nursing (ANCC) and/or Psychology (APA) continuing education credit, participants must be informed as to the source, amount, nature, and disposition of any funding used to support the activity, whether in the form of educational grants, cash contributions, or in-kind contributions. Individuals in a position to influence course content must also disclose whether they have one or more relevant financial relationships with ineligible companies.

We define ineligible companies as those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. There is no minimum financial threshold; individuals must disclose all financial relationships, regardless of the amount, with ineligible companies. We ask that disclosures are made regardless of whether the individual views the financial relationships as relevant to the education. For more information on the Standards for Integrity and Independence in Accredited Continuing Education, please visit accme.org/standards.

All those in a position to control the content of an education activity are asked to disclose any relevant financial relationships they have with any ineligible companies.

There is no commercial support for this activity.

None of the planners or 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.

Contact Information

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Program Fees

To Register and Pay Go to [Empathian.com](https://empathian.com)

\$350 per person practicing clinician

\$250 per person recent graduates (3 years)

\$100 Students (With an ID)

Course Materials

All Course materials will be provided via an email link **one week** before the course begins

Cancellation Policy

Cancellations must be received in writing at least 14 days prior to the program date. These will receive a full refund, less a \$50 administrative fee. Cancellations received within 14 to 7 days of the program start will either be refunded at 50% or registration may instead be transferred to a colleague or applied toward a future Empathian program. There are no refunds for cancellation within 3 days of the course start date. Empathian reserves the right to cancel or reschedule a program due to insufficient enrollment or unforeseen circumstances, in which case registrants will receive a full refund or the option to transfer to another offering.

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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.

Course References

1. Markowitz, J. C. (2022). Supportive evidence: Brief supportive psychotherapy as active control and clinical intervention. *American Journal of Psychotherapy*, 75(1), 5–12.

<https://doi.org/10.1176/appi.psychotherapy.2021.20210041>

2. Cuijpers, P., Miguel, C., Ciharova, M., Harrer, M., Basic, D., Cristea, I. A., ... & Karyotaki, E. (2024). Absolute and relative outcomes of psychotherapies for eight mental disorders: A systematic review and meta-analysis. *World psychiatry*, 23(2), 267-275. <https://doi.org/10.1002/wps.21203>

3. Zilcha-Mano, S., & Webb, C. A. (2024). Identifying who benefits most from supportive versus expressive techniques in psychotherapy for depression: Moderators of within-versus between-individual effects. *Journal of consulting and clinical psychology*, 92(3), 187..

<https://pubmed.ncbi.nlm.nih.gov/38059944/>

4. Zhang, X., Goldberg, S. B., Baldwin, S. A., Tanana, M. J., Weitzman, L. M., Narayanan, S. S., Atkins, D. C., & Imel, Z. E. (2025). Association of machine-learning-rated supportive counseling skills

with psychotherapy outcome. *Journal of Consulting and Clinical Psychology*, 93(2), 110–119. <https://doi.org/10.1037/ccp0000935>

5. Escandon, R. S. (2025). *Contemporary developments in supportive therapy: Principles and practice*. Palgrave Macmillan. <https://doi.org/10.1007/978-3-031-96059-8>

Technology /Technical Requirements

This activity will be delivered live via Zoom. Participants need a computer or mobile device with camera, microphone, and stable internet access, and should download the Zoom app in advance (zoom.us/download). Video's on and participation is expected throughout, particularly during interactive and/or case-based segments.

Administrative Policies

- **ADA Accommodations:** Empathian is committed to ensuring equal access to its continuing education programs. Participants requiring accommodations under the Americans with Disabilities Act should contact info@empathian.com at least two weeks prior to the program date so that appropriate arrangements can be made.
 - **Grievance Procedure:** Participants who wish to file a grievance regarding any aspect of this program — including content, faculty, or administration — should submit their concern in writing to info@empathian.com within 30 days of the program date. Grievances will be reviewed by the Course Director, and the participant will receive a written response within two weeks of receipt.
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