**Psychiatry & Psychotherapy Podcast Series: Episode 36: How Empathy Works and How to Improve It**

June 26, 2024 – December 31, 2025

**Purpose**

This episode continues the conversation around therapeutic alliance and how empathy works and how to improve it.

**Target Audience**

Specialties – Family Medicine, Medicine, Psychiatry & Human Behavior

Professions – Physician, Nurse Practitioner, Physician Assistant

**Activity Objectives**

1 Define empathy and identify its three levels.

2 Compare and contrast the three main types of empathy and how they relate to the dark triad and psychiatric disorders.

3 Identify the positive outcomes of being an empathic healthcare provider and list some examples cited from various studies.

4 Use Dr. Puder’s studies on trainee and supervisor connection, identify what sorts of traits and actions foster connection and which discourage connection between the two groups, and then reflect on how the role model can affect the trainee’s ability to empathize.

5 Apply the techniques suggested in this podcast to improve one’s own empathy.

**Accreditation Statement**

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 the University of California, Irvine School of Medicine and Emotion Connection, LLC. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

**Designation Statement**

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| **Name of individual** | **Individual's role in activity** | **Nature of Relationship(s) / Name of Ineligible Company(s)** |
| David Puder, MD | Course Director, Faculty | Nothing to disclose - 05/27/2024 |

**Agenda**

**[INSERT AGENDA HERE MANUALLY]**

**Acknowledgement of Commercial Support**

No commercial support has been received for this activity.