

# WCM Department of Psychiatry

## Multicultural Behavioral Healthcare

Psychology CE Announcement

### “Treatment with Clients of Different Racial/Ethnic Backgrounds - Part Two”

## Stephanie Cherestal, Ph.D

Assistant Professor of Psychology in Clinical Psychiatry  
Rachel Moster, MD., Assistant Professor in Clinical Psychiatry

Wednesday, January 18<sup>th</sup>, 2023

3:00pm – 4:30pm

<https://nyph.zoom.us/j/92632811479?pwd=bTVRQ1VnWHZUZGxtOzJRTldlREpxZz09>

Meeting ID: 926 3281 1479

Passcode: 10605

\*1.5 CE credit available to full time and voluntary faculty psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture.

#### SPEAKER:

Dr. Cherestal has no relevant financial relationship(s) with ineligible companies to disclose.

Dr. Stephanie Cherestal is an Assistant Professor of Psychology in Clinical Psychiatry at Weill Cornell Medicine and an Assistant Attending Psychologist at New York-Presbyterian Hospital Westchester Behavioral Health Center. Dr. Cherestal earned a Ph.D. in Clinical Psychology from Hofstra University, and completed her pre-doctoral training through her clinical internship with NYU/Bellevue Hospital Center. As a licensed clinical psychologist, Dr. Cherestal specializes in cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT) for adults and adolescents with anxiety, mood, and personality disorders. As director of the NYP-Westchester Behavioral Health Center's Outpatient Adult and Adolescent DBT programs, she provides individual and group DBT treatment to patients, and conducts supervision and training to trainees in DBT. She also provides CBT and DBT to graduate and medical students with the Weill Cornell Graduate Student Mental Health program. Dr. Cherestal also serves as Co-Director of Diversity, Equity, and Inclusion in the Department of Psychiatry at Weill Cornell Medicine, which involves the promotion educational initiatives surrounding diversity, equity, inclusion, as well as recruitment policies and efforts to increase diversity within the Psychiatry and Psychology departments at Weill Cornell Medicine. Dr. Cherestal's research interests include exploring the efficacy of technological aids to increase dissemination of and access to evidence-based psychotherapies, particularly to marginalized communities.

**Abstract:** This Multicultural Behavioral Healthcare workshop covers the delivery of culturally responsive clinical care and behavioral healthcare systems like NYP/WCM. Concepts to understand and strategies to be utilized by psychiatrists, psychologists, and social workers in psychiatry and psychotherapy contexts will be discussed, as it relates to providing care to culturally different patients. This workshop will specifically cover treatment considerations for use with Latino and Multiracial clients. During this workshop, experiential exercises designed to promote self-reflection will be practiced, and specific considerations for treatment will be discussed. Specific strategies will be modeled through demonstrations (live and recorded), and attendees will have opportunities to practice strategies as a group.

#### Learning Objectives:

1. Implement self-reflective activities and self-assessments to increase awareness of one's own cultural background and personal biases, so as to interrupt the impact of bias on appropriate patient care
2. Describe new strategies for engaging Latino and Multiracial clients in a course of culturally responsive psychiatric and psychological treatment
3. Discuss strategies for accessing existing research and literature surrounding the different treatment needs of patients of different cultural backgrounds

#### References:

1. Sue, D. W., Sue, D., Neville, H. A., & Smith, L. (2022). *Counseling the culturally diverse: Theory and practice*. John Wiley & Sons.
2. Trimble, J. E., Scharrón-del-Río, M. R., & Hill, J. S. (2012). Ethical considerations in the application of cultural adaptation models with ethnocultural populations.
3. Caplan, S. (2007). Latinos, acculturation, and acculturative stress: A dimensional concept analysis. *Policy, Politics, & Nursing Practice*, 8(2), 93-106.