

Psychiatry Grand Rounds
WCM Department of Psychiatry
Multicultural Behavioral Healthcare
Psychology CE Announcement

**“Treatment with Clients of Different Racial/Ethnic Backgrounds -
Part One”**

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Rachel Moster, MD., Assistant Professor in Clinical Psychiatry

Wednesday, October 19th, 2022
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 workshop is a five-part series on Multicultural Behavioral Healthcare, and covers the delivery of culturally responsive clinical care and behavioral healthcare systems like NYP/WCM. Specifically, 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. Definitions of multicultural treatment will be provided, experiential exercises designed to promote self-reflection will be practiced, and specific considerations for treatment with different cultural groups will be discussed. Topics will include: treatment considerations with different ethnic groups, treatment of gender and sexual minority patients, incorporating religion and spirituality in treatment, and treatment with older adults, and patients with disabilities. Specific strategies will be modeled through demonstrations (live and recorded), and attendees will have opportunities to practice strategies amongst one another in breakout rooms. Barriers to implementing strategies in clinical practice will also be discussed and troubleshooted together.

Learning Objectives:

1. To learn how to access existing research and literature surrounding the different treatment needs of patients of different cultural backgrounds
2. To practice 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
3. To practice the implementation of culturally responsive initial assessments of patients of different cultural backgrounds
4. To learn new strategies for engaging culturally different clients in a course of culturally responsive psychiatric and psychological treatment

References:

1. Hays, P. A., & Iwamasa, G. Y. (2006). Culturally responsive cognitive-behavioral therapy: Assessment, practice, and supervision. *American Psychological Association*. Koç, V., & Kafa, G. (2019).
2. Cross-cultural research on psychotherapy: The need for a change. *Journal of Cross-Cultural Psychology*, 50(1), 100-115. Miller, M. J., Keum, B. T., Thai, C. J., Lu, Y., Truong, N. N., Huh, G. A., Li, X., Yeung, J., & Ahn, L. H. (2018).
3. Practice recommendations for addressing racism: A content analysis of the counseling psychology literature. *Journal of Counseling Psychology*, 65(6), 669. Norcross, J. C., & Wampold, B. E. (2018).
4. A new therapy for each patient: Evidence-based relationships and responsiveness. *Journal of clinical psychology*, 74(11), 1889-1906. Sue, D. W., Sue, D., Neville, H. A., & Smith, L. (2022).
5. *Counseling the culturally diverse: Theory and practice*. John Wiley & Sons..