

WCM Department of Psychiatry

Multicultural Behavioral Healthcare

Psychology CE Announcement

“Assessment and Treatment of Racial Trauma Workshop”

Stephanie Cherestal, Ph.D.

Assistant Professor of Psychology in Clinical Psychiatry

Rachel Moster, MD., Assistant Professor in Clinical Psychiatry

Jessica Hartman, PhD., Assistant Professor of Psychology in
Clinical Psychiatry

Wednesday, October 18th, 2023

3:00pm – 4:30pm

<https://nyph.zoom.us/j/92632811479?pwd=bTVRQ1VnWHZUZGxtQzJRTldlREpxZz09>

Meeting ID: 926 3281 1479

Passcode: 10605

1.5 CE credit available to WCM Department of Psychiatry 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. Note the survey must be completed within 30 days of the lecture. Please contact Stephanie Harper at sth4009@med.cornell.edu for additional CE information

SPEAKER DISCLOSURE:

Drs. Cherestal, Moster, and Hartman have no relevant financial relationship(s) with ineligible companies to disclose.

Bios: 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. 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 serves as the Director of the NYP-Westchester Behavioral Health's Outpatient Adult and Adolescent DBT programs, as well as Director of Diversity, Equity, and Inclusion in the Department of Psychiatry at Weill Cornell Medicine.

Dr. Rachel Moster is an Assistant Professor of Psychiatry at Weill Cornell Medicine and New York-Presbyterian Hospital. Dr. Moster earned her MD at Columbia University, completed her Psychiatry Residency at Mount Sinai Hospital, and a fellowship in Public Psychiatry at Columbia University Medical Center/New York State Psychiatric Institute. Dr. Moster specializes in the treatment of psychotic disorders in her clinical practice.

Dr. Jessica Hartman is an Assistant Professor of Psychology in Clinical Psychiatry at Weill Cornell Medicine and an Assistant Attending Psychologist at New York-Presbyterian Hospital. Dr. Hartman earned a Ph.D. in Clinical Psychology from Ferkauf Graduate School of Psychology at Yeshiva University, and specializes in CBT, DBT and TF-CBT approaches for children, adolescents and families.

Abstract:

This workshop is part of a six-part series on Multicultural Behavioral Healthcare, and covers the delivery of culturally responsive clinical care in 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 teach attendees about racial and racial stress and trauma, and provide tools for assessing and treating symptoms of racial trauma. During this workshop, experiential exercises designed to promote self-reflection will be practiced, and strategies for assessing and treating symptoms of racial trauma in a culturally responsive manner will be described. Specific strategies will be modeled through demonstrations (live and recorded), and attendees will have opportunities to practice strategies together as a group.

Learning Objectives:

1. Describe and define racism and racial trauma, and describe the impact of racism on mental health
2. Identify and utilize assessment strategies for assessing symptoms of racial trauma
3. Identify strategies for treating the mental health symptoms of racial trauma

References:

1. Paradies, Y., Ben, J., Denson, N., Elias, A., Priest, N., Pieterse, A., Gupta, A., Kelaher, M., & Gee, G. (2015). Racism as a determinant of health: a systematic review and meta-analysis. *PLoS one*, 10(9), e0138511.
2. Njoroge, W. F., Forkpa, M., & Bath, E. (2021). Impact of racial discrimination on the mental health of minoritized youth. *Current Psychiatry Reports*, 23(12), 1-7.
3. Cénat, J. M. (2023). Complex racial trauma: evidence, theory, assessment, and treatment. *Perspectives on Psychological Science*, 18(3), 675-687.
4. Williams, M. T., Osman, M., Gallo, J., Pereira, D. P., Gran-Ruaz, S., Strauss, D., Lester, L., George, J.R., Edelman, J., & Litman, L. (2022). A clinical scale for the assessment of racial trauma. *Practice Innovations*, 7(3), 223.
5. Williams, M. T., Holmes, S., Zare, M., Haeny, A., & Faber, S. (2022). An evidence-based approach for treating stress and trauma due to racism. *Cognitive and Behavioral Practice*.