

# WCM Department of Psychiatry

Multicultural Behavioral Healthcare

Psychology CE Announcement

## “Treatment with Older Adults”

**Stephanie Cherestal, Ph.D.**

Assistant Professor of Psychology in Clinical Psychiatry

**Wednesday, April 17th, 2024**

**3:00pm – 4:30pm**

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

Meeting ID: 926 3281 1479

Passcode: 10605

With special thanks to steering committee: Dora Kanellopoulos, PhD, Katie Goettsche, MD, William Lamson, PhD, Rachel Moster, MD, Julia Chafkin, PhD, Donna Yellen, LCSW, Jessica Hartman, PhD, Anjana Jagpal, PhD, and Barbara Waltman, LCSW

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](mailto:sth4009@med.cornell.edu) for additional CE information

**SPEAKER DISCLOSURE:** Dr. Stephanie 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 and dialectical behavior therapy 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 serves as Director of Diversity, Equity, and Inclusion in the Department of Psychiatry at Weill Cornell Medicine, a role that involves the promotion of educational initiatives surrounding diversity, equity, inclusion, the development of mentorship programs for individuals who have been historically underrepresented in medicine, as well as refining recruitment policies and efforts to increase diversity within the Weill Cornell Medicine Department of Psychiatry. Dr. Cherestal's research interests include exploring the efficacy of strategies to increase dissemination of and access to evidence-based psychotherapies, particularly to marginalized communities.

**Abstract:** This workshop 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 the delivery of treatment to older adults. During this workshop, experiential exercises designed to promote self-reflection will be practiced, strategies for broaching topics related to cultural identity in treatment will be discussed, and delivering psychotherapeutic interventions effectively older adult patients will also be explored. Specific strategies will be modeled through demonstrations and case examples.

### Learning Objectives:

1. Identify barriers to treating older adults in psychotherapy.
2. Describe cognitive changes sometimes seen in older adults, as well as signs of late-life depression.
3. Identify strategies for preventing cognitive decline and treating late-life depression.

### References:

1. Alexopoulos, G. S. (2019). Mechanisms and treatment of late-life depression. *Translational Psychiatry*, 9(1). <https://doi.org/10.1038/s41398-019-0514-6>
2. Bherer, L. (2015). Cognitive plasticity in older adults: effects of cognitive training and physical exercise. *Annals of the New York Academy of Sciences*, 1337(1), 1–6. <https://doi.org/10.1111/nyas.12682>
3. Huang, A. X., Delucchi, K., Dunn, L. B., & Nelson, J. C. (2015). A Systematic Review and Meta-analysis of Psychotherapy for Late-Life Depression. *The American Journal of Geriatric Psychiatry*, 23(3), 261–273. <https://doi.org/10.1016/j.jagp.2014.04.003>
4. Morimoto, S. S., Kanellopoulos, D., Manning, K. J., & Alexopoulos, G. S. (2015). Diagnosis and treatment of depression and cognitive impairment in late life. *Annals of the New York Academy of Sciences*, 1345(1), 36–46. <https://doi.org/10.1111/nyas.12669>
5. Wuthrich, V. M., & Frei, J. (2015). Barriers to treatment for older adults seeking psychological therapy. *International Psychogeriatrics*, 27(7), 1227–1236. <https://doi.org/10.1017/s1041610215000241>