

# “Working with Patients with Disabilities and Varying Abilities in Psychotherapy”

Stephanie Cherestal, Ph.D.

Wednesday, June 12<sup>th</sup>, 2024

3:00pm – 4:30pm

Live Online, Target Audience - Intermediate Learners

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

Meeting ID: 926 3281 1479 Passcode: 10605

With special thanks to steering committee: Julia Ball, LMSW; Hope Goshea LMSW; Amy Lemelman, PhD; Leah Susser, MD; Julia Chafkin, PhD; Jessica Hartman, PhD; Rachel Moster, MD; Donna Yellen, LCSW; Anjana Jagpal, PhD; Kathleen Friedman, LCSW; Dominique White, LCSW; 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 [WCMPsychiatryCE@med.cornell.edu](mailto:WCMPsychiatryCE@med.cornell.edu) for additional CE information.

**SPEAKER DISCLOSURE:** 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 serves as the Clinical Director of the NYP-Westchester Behavioral Health Outpatient Adult and Adolescent DBT programs. She also serves as Director of Health Justice 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 psychotherapy to patients with disabilities and varying abilities. During this workshop, experiential exercises designed to promote self-reflection will be practiced, and delivering treatment to patients in a manner that is mindful of disabilities and limitations will be discussed. Specific strategies will be modeled through case examples and by highlighting the interventions used in two particular specialty clinics at NYP/WCM.

#### Learning Objectives:

1. Identify ways to define disabilities, using legal definitions, as well as medical and social models of disability
2. Describe disparities in care that patients with disabilities have been shown to disproportionately experience
3. Describe interventions used by specialty clinics at NYP/WCM in working with patients with disabilities and varying abilities

#### References:

1. Butler, M., McCreedy, E., Schwer, N., Burgess, D., Call, K., Przedworski, J., Rosser, S., Larson S., Allen, M., Fu., S & Kane, R. L. (2016). Improving cultural competence to reduce health disparities. *Agency for Healthcare Research and Quality (US), Rockville (MD); 2016*. PMID: 27148614.
2. Haegele, J. A., & Hodge, S. (2016). Disability discourse: Overview and critiques of the medical and social models. *Quest, 68(2)*, 193-206.
3. American Medical Association. (2005). Partnership for clear health communication.
4. Reagan, T. (2020). Social justice, audism, and the d/Deaf: Rethinking linguistic and cultural differences. *Handbook on promoting social justice in education, 1479-1510*.