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:

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