

WCM Department of Psychiatry

Multicultural Behavioral Healthcare

Psychology CE Announcement

“Introduction and Initial Assessments 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, September 20th, 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 Clinical 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 Multicultural Behavioral Healthcare workshop covers the delivery of culturally responsive clinical care and 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 orient attendees to this workshop series and introduce the concepts of multicultural care and cultural humility in clinical practice. During this workshop, experiential exercises designed to promote self-reflection will be practiced, and strategies for conducting initial assessments of new patients 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 the concepts of multicultural care and cultural humility in clinical practice.
2. Utilize self-reflective techniques to increase mindful awareness of one's own cultural background and biases, so as to interrupt the impact of bias on providing optimal clinical care
3. Identify and utilize assessment tools for engaging new patients in culturally responsive initial assessments.

References:

1. Shao, Z., Richie, W. D., & Bailey, R. K. (2016). Racial and Ethnic Disparity in Major Depressive Disorder. *Journal of Racial and Ethnic Health Disparities*, 3(4), 692–705. <https://doi.org/10.1007/s40615-015-0188-6>
2. Casanueva, C., Smith, K., Ringeisen, H., Dolan, M., Testa, M., & Burfeind, C. (2020). NSCAW child wellbeing spotlight: Children living in kinship care and nonrelative foster care are unlikely to receive needed early intervention or special education services (OPRE Report #2020-31). *U.S. Department of Health and Human Services, Administration for Children and Families, Office of Planning, Research, and Evaluation*.
3. Das-Munshi, J., Bhugra, D., & Crawford, M. J. (2018). Ethnic minority inequalities in access to treatments for schizophrenia and schizoaffective disorders: Findings from a nationally representative cross-sectional study. *BMC Medicine*, 16, 55. <https://doi.org/10.1186/s12916-018-1035-5>
4. Jarvis, G. E., Kirmayer, L. J., Gómez-Carrillo, A., Aggarwal, N. K., & Lewis-Fernández, R. (2020). Update on the cultural formulation interview. *Focus*, 18(1), 40-46.
5. Rowland, A. S., Umbach, D. M., Stallone, L., Naftel, A. J., Bohlig, E. M., & Sandler, D. P. (2002). Prevalence of medication treatment for attention deficit-hyperactivity disorder among elementary school children in Johnston County, North Carolina. *American journal of public health*, 92(2), 231-234.