

WCM Department of Psychiatry

Multicultural Behavioral Healthcare

Psychology CE Announcement

“Culturally Responsive Cognitive Behavioral Therapy”

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Assistant Professor of Psychology in Clinical
Psychiatry

Wednesday, January 17th, 2024

3:00pm – 4:30pm

<https://nyph.zoom.us/j/92632811479?pwd=bTVRQlVnWHZUZGxtQzJRTldlREpxZz09>

Meeting ID: 926 3281 1479

Passcode: 10605

With special thanks to planning committee: Rachel Moster, MD, Donna Yellen, LCSW, Dominique White, LCSW, Barbara Waltman, LCSW, Anjana Jagpal, PhD, Julia Chafkin, PhD

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 wempsychiatryce@med.cornell.edu for additional CE information

SPEAKER: Dr. Cherestal has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

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 cognitive behavioral therapy in a manner that is culturally responsive. During this workshop, experiential exercises designed to promote self-reflection will be practiced, and strategies for broaching topics related to cultural identity in treatment and delivering cognitive and behavioral interventions effectively to culturally diverse patients will be explored. 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 broaching, and how to broach areas related to cultural identity with diverse patients.
2. Identify the key components of cognitive behavioral therapy, as well as when modifications to CBT treatment is indicated.
3. Identify strategies for delivering CBT treatment in a manner that is culturally responsive.

References:

1. Day-Vines, N. L., Cluxton-Keller, F., Agorsor, C., Gubara, S., & Otobil, N. A. (2020). The multidimensional model of broaching behavior. *Journal of Counseling & Development, 98*(1), 107–118. <https://doi.org/10.1002/jcad.12304>
2. Day-Vines, N. L., Bryan, J., Brodar, J. R., & Griffin, D. (2021). Grappling with race: A national study of the broaching attitudes and behavior of school counselors, clinical mental health counselors, and counselor trainees. *Journal of Multicultural Counseling and Development, 50*(1), 25–34. <https://doi.org/10.1002/jmcd.12231>
3. Zigarelli, J. C., Jones, J. M., Palomino, C. I., & Kawamura, R. (2016). Culturally responsive cognitive behavioral therapy: Making the case for integrating cultural factors in evidence-based treatment. *Clinical Case Studies, 15*(6), 427–442. <https://doi.org/10.1177/1534650116664984>
4. Hays, P. A. (2009). Integrating evidence-based practice, cognitive-behavior therapy, and multicultural therapy: Ten steps for culturally competent practice. *Professional Psychology: Research and Practice, 40*(4), 354–360. <https://doi.org/10.1037/a0016250>