



CULTURAL HUMILITY: WHERE BEING HUMAN MATTERS IN SERVING OTHERS

Mental health providers that serve Latinx communities recognize the importance of building relationships. Important aspects to take into consideration while building these relationships include:

- the context and the communities where our clients are located in;
- power imbalances;
- world views;
- meeting the needs of individuals whose voices are not heard; and
- who we are as professionals.

Being Human

- Sebastian Junger's book: *Tribe: On Homecoming and Belonging*,¹ reminds us that human lives side by side, sharing resources and protecting one another, he explained in the book that when wealth goes up, suicide and depression rates also tend to rise.
- Humans distance themselves from racism.
- Implicit bias operates below our awareness.
- Humans are created equal, but our life events are unfolding.

Cultural Humility

Cultural humility is defined as a life-long process of self-reflection, self-critique, continual assessment of power imbalances and developing mutually respectful relationships and partnerships.² Cultural humility includes different facets:

- a lifelong motivation to learn from others;
- critical self-examination of cultural awareness;
- interpersonal respect;
- developing mutual partnerships that address power imbalances; and
- an open stance to receiving new cultural information.³



Measuring Cultural Humility

Measuring cultural humility is essential in the therapeutic process with Latinx and for clients with other cultural backgrounds.

- The Cultural Humility Scale is an instrument that could be administered by clinicians.⁴
- Cultural humility is associated with a strong therapeutic alliance and an increase in outcomes in therapy.⁴

Cultural Humility Framework

Provides us with some foundations of capacities to facilitate and examine issues of culture, oppression, and discrimination in our work with clients.⁵

- Engaging in critical self-examination and self-awareness - How does our cultural background affect our theoretical orientation?
- Building the therapeutic alliance - therapists need to be deliberate about integrating culture into therapy.
- Repairing cultural ruptures - requires an acknowledgment of the clients' culture and rebuilding of the relationship through apology, owning our bias, and asking the client for corrective feedback.
- Navigating value differences.



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