

# CULTURE HUMILITY AND RESPONSIVENESS AND THE MENTAL HEALTH PROFESSIONAL

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in collaboration with

The Northwest Mental Health Technology Transfer  
Center



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# LEARNING OBJECTIVES

At the end of this workshop, participants will be able to;

1. Learn ways to validate the experience of others while identifying your own “blind spots” to increase empathy for those we serve.
2. Acknowledge the need for cultural awareness and understanding, through self-reflection to create change and more supportive workplace environments.
3. Develop the ability to reframe interactions with others as one of collaborative equals.

**Big Question:** *How do we become more culturally humble and responsive professionals?*

# QUOTE TO PONDER

“Cultural differences should not separate us from each other, but rather cultural diversity brings a collective strength that can benefit all of humanity.”

Robert Alan



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# ICEBREAKER



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# DIVERSE TAPESTRY



**Tell me some things about you that I can't find on Google...**

# Humility

is not thinking less of yourself  
but thinking of yourself less  
- CS Lewis

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Cultural Humility  
and  
Responsiveness  
vs  
Cultural  
Competence

# EFFECTIVE COMMUNICATION

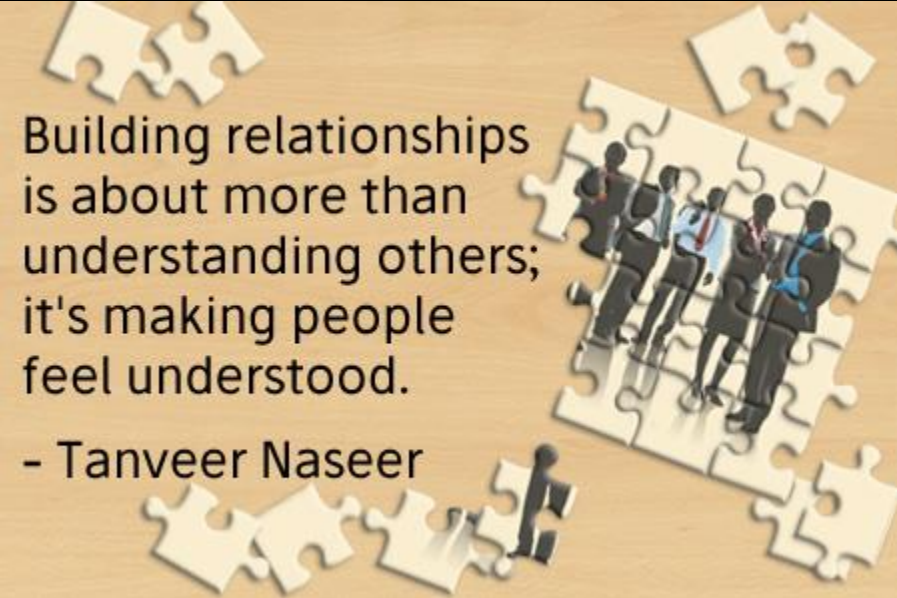
**Our Goals for  
Effective Communication:**

- 1. Listen better**
- 2. Process better**
- 3. Respond better**



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# RELATIONSHIP FIRST



Building relationships  
is about more than  
understanding others;  
it's making people  
feel understood.

- Tanveer Naseer

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# FINDING COMMONALITIES



**“If you want to be understood, seek to understand...”**

# SHARED SOLUTIONS



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# COMMON UNITY



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# IN CONCLUSION

- **Cultural Humility and Responsiveness vs Cultural Competence**
- **Relationship First**
- **Finding Commonalities to build Community**



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# QUESTIONS?



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# FOR YOUR TRAINING NEEDS

<http://mhttcnetwork.org/>



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# STAY IN TOUCH!

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Lewis Family Consulting

[www.lewisfamilyconsulting.net](http://www.lewisfamilyconsulting.net)

For more information on trainings,  
workshops, coaching, and  
consultations.

