

EMBRACING OUR DIVERSE TAPESTRY : *RELATIONSHIP FIRST*

Lamarr E. Lewis

in conjunction with

Region 10 MHTTC



Learning Objectives

- Develop openness towards different perspectives as a means to build a culture of mutual respect and dignity.
- Enhance communication to reduce barriers of interpersonal functioning.
- Learn to prioritize strengths and cultural similarities instead of focusing on differences.

Big Question: How can we prioritize relationship building in a culturally humble way?

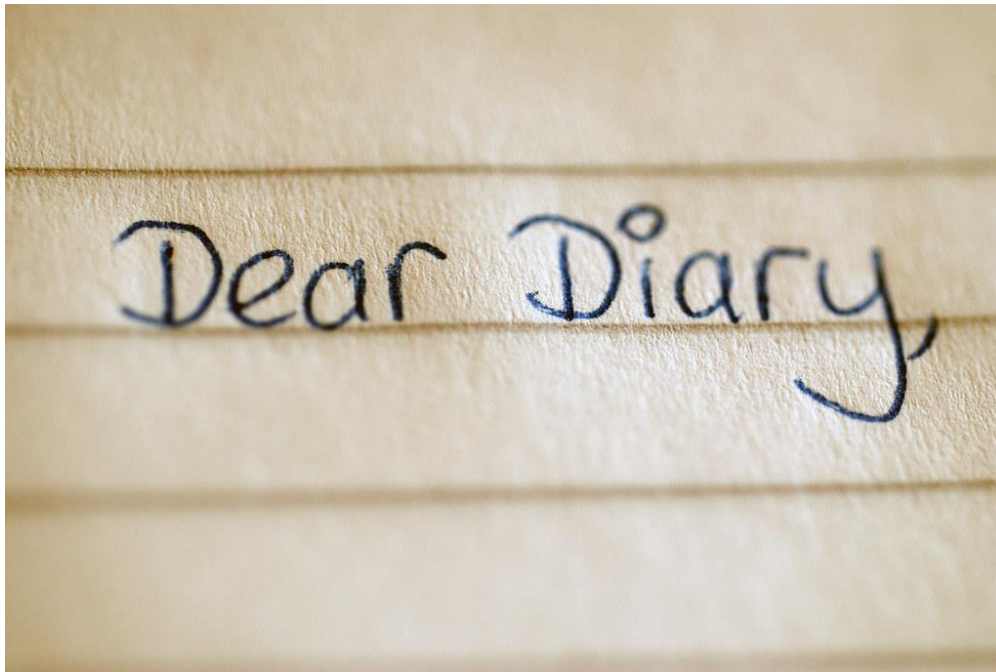
Quote to Ponder



“We’re often afraid of being vulnerable, but vulnerability creates genuine connection.”

GABBY BERNSTEIN

Dear Diary



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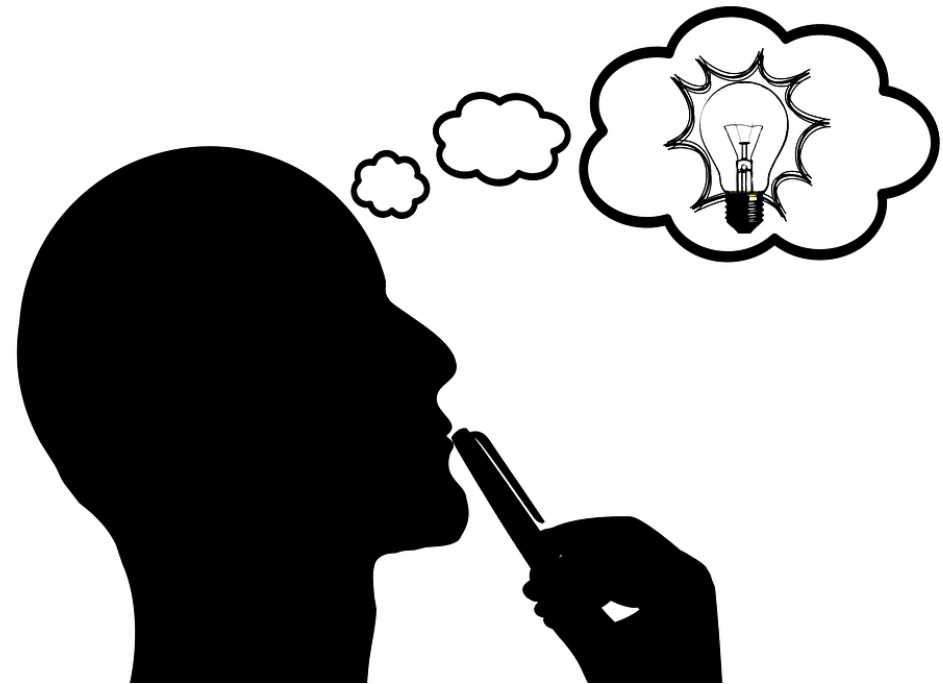
Journal about
your experience
through this
Learning
Community

“AANG” in Unangan IceBreaker

Reflect on a time...

Can you share an experience where you had to adapt your approach to meet a client or colleague where they were culturally?

How did you determine where you were at in your own cultural understanding, and how did that influence your interaction?



An EAR for Listening

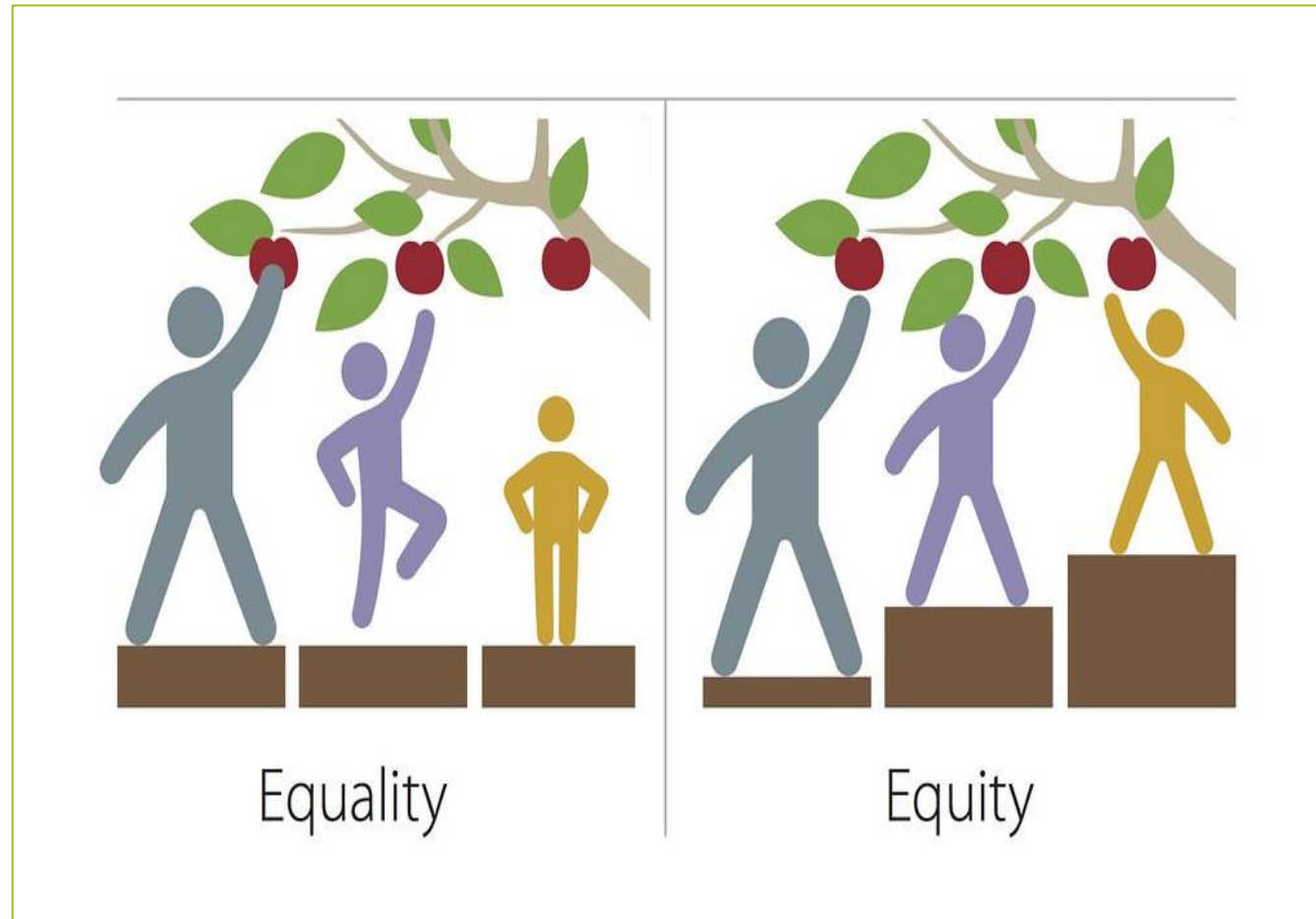
Empathic

Active

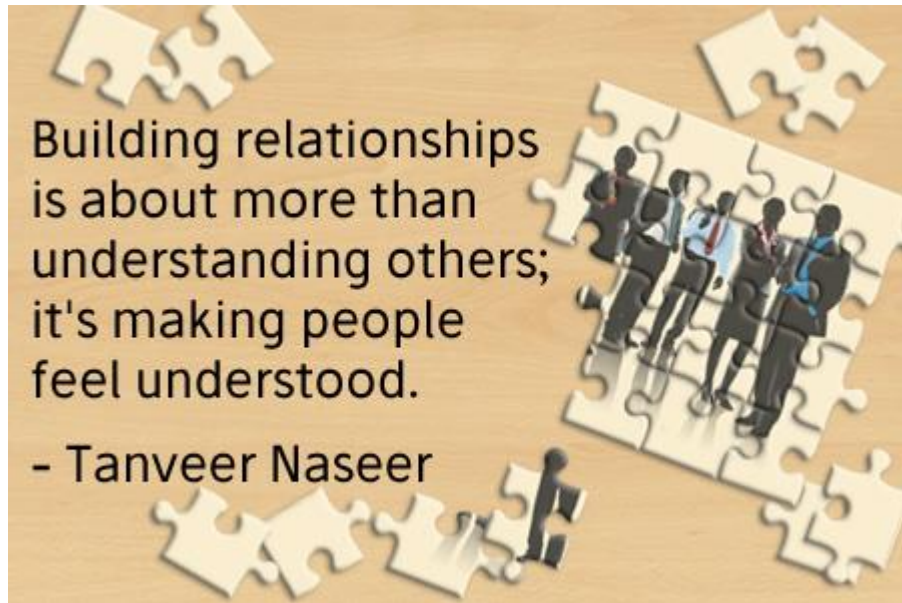
Reflective



Equity



Relational Equity

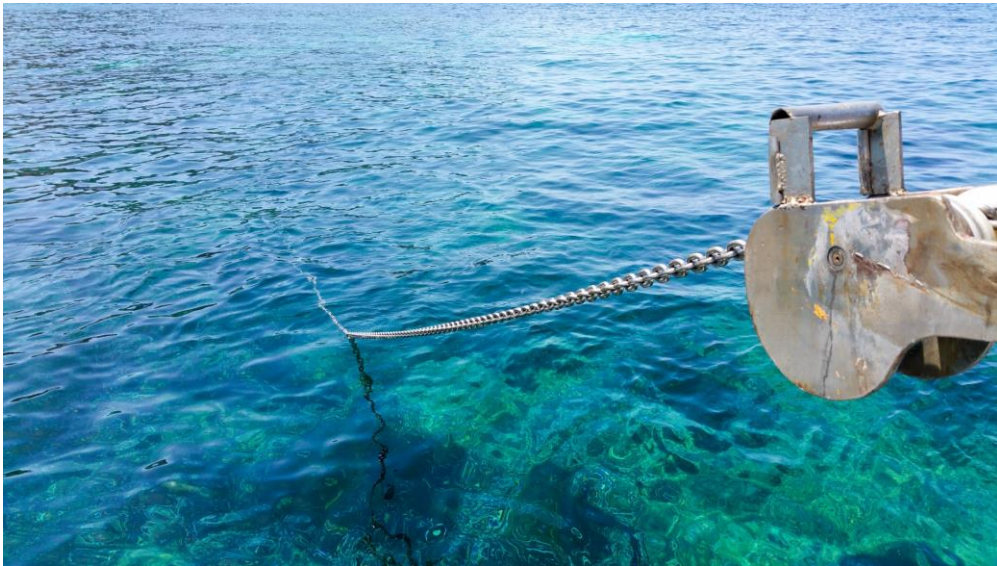


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"Listen with an open mind. Your job is to understand the speaker's point of view, even if you don't agree. Avoid forming opinions and making judgments until you fully understand their perspective."

-Therapist Aid on Active Listening

Flexible Anchor Method



*"Meeting someone
where they are..."*

What does this mean?

Reflexive Response Activity

Think about a situation where there was a significant cultural difference between you and another individual.

How did you navigate that difference, and what strategies did you use to move towards a mutual understanding and effective communication?



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In Closing



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"Gunalcheesh"
Thank you in Lingit

For More Info...



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Northwest MHTTC

<https://mhttcnetwork.org/center/northwest-mhttc/>

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