

# CULTURAL HUMILITY

## STRIVING TO UNDERSTAND

Cultural humility is a stance toward understanding culture. It requires a commitment to lifelong learning, continuous self-reflection on one's own assumptions and practices, comfort with 'not knowing', and recognition of the power/privilege imbalance that exists between clients and health professionals.

A cultural humility approach is interactive: we approach another person with openness to learn; we ask questions rather than make assumptions; and we strive to understand rather than to inform.

Embracing and learning about the similarities and differences between coworkers and customers, such as language, religious beliefs or values, age, gender, understandings of health and illness, or sexual orientation, can help everyone understand each other and connect on a deeper level.



## CULTURAL HUMILITY IN THE NEWS

### READ ABOUT...

WHAT IS CULTURAL HUMILITY?

## EXPLORING YOUR CULTURAL AWARENESS

To the right are a few helpful exercises regarding awareness of our own culture and self awareness presented by Anthropologist Dr. Margie Akin at a recent California Health Advocates Senior Medicare Patrol conference. These can be answered on your own, or discussed with staff/colleagues.

- Identify your own cultural and family beliefs and values.
- Define your own personal culture/identity: ethnicity, age, experience, education, socio-economic status, gender, sexual orientation, religion...
- Are you aware of your personal biases and assumptions about people with different values than yours?
- Challenge yourself in identifying your own values as the "norm."
- Describe a time when you became aware of being different from other people.