

# Cultural Humility

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## Humility Embraces:

- a willingness to **openly assess oneself**
- acceptance of **one's limitations**
- acknowledging **gaps in one's knowledge**
- openness to new & **contradictory** ideas

## Cultural Humility Involves:

- a) A lifelong process
- b) Serious self-reflection and self-critique
- c) A commitment to respecting different viewpoints
- e) Engaging with others from a place of learning
- f) An attitude that acknowledges that culture is individual & can only be understood individually

## Culturally Humble Practice:

“Those who practice cultural humility work to **increase self-awareness** of their own biases and perceptions and engage in a **life-long process of self reflection** about how to put these aside and **learn from clients.**”

(Tervalon & Murray-Garcia, 1998)

## Cats vs. Dogs (or Chevy vs. Ford)



## Culture in Context

“Culture” defines how information is received, how rights are exercised, how concerns about a problem are expressed, what type of assistance should be given, and who should provide supports/solutions to the problem.

It is all encompassing – and very personal.

## So What?

- Families have the answers
  - And are the experts on themselves
- Power imbalances need to be equalized
  - Gangs or social workers?
- Everything has a cultural connection
  - What is it in this situation?
- It's okay to not know everything
  - And to ask questions
- Need to increase institutional humility
  - How many languages?

## Who ate my cookies?

