

Draft Definitions: Cultural Humility & Culturally Diverse Backgrounds

- Culturally Diverse Backgrounds will be used to refer to “children, families, providers, and communities who may be distinguished [from the mainstream or dominant culture] by race, ethnicity, social class, gender identity and/or language”. As such, this term may refer to children, families, providers, and communities who are from racial and/or ethnic minority groups, whose primary language is not English, or who are from low-income households.
- Cultural Humility - ability to maintain an interpersonal stance that is other-oriented (or open to the other) in relation to aspects of cultural identity that are most important to the [person]” Cultural humility focuses on taking responsibility for our interactions with others rather than achieving a state of knowledge or awareness.¹

Additional Resources on Cultural Humility

The approach of cultural humility goes beyond the concept of cultural competence to encourage individuals to identify and acknowledge their own biases. Cultural humility acknowledges that it is impossible to be adequately knowledgeable about cultures other than one’s own.²

Principles that guide the cultural humility approach:³

1. Lifelong learning and critical self-reflection
2. Recognize and mitigate/challenge power imbalances
3. Institutional accountability to model the principles

More on Cultural Humility: People, Principles and Practices: https://youtu.be/_Mbu8bvKb_U

¹ Hook, J.N. (2013). Cultural Humility: Measuring openness to culturally diverse clients. *Journal of Counseling Psychology*.

² Levi, Amy (2009) “The Ethics of Nursing Student International Clinical Experiences” *Journal of Obstetric, Gynecologic, and Neonatal Nursing*. Vol. 38, No. 1, pp. 94-99

³ Tervalon, Melanie & Murray-Garcia, Jann (1998). Cultural humility versus cultural competence: a critical distinction in defining physician training outcomes in multicultural education, *Journal of health care for the poor and underserved*, Vol. 9, No. 2. (May 1998), pp. 117-125.