

## Cultural Humility- What is Cultural Humility?

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- “It is an approach that involves active, ongoing individual and institutional engagement with individuals and defined populations on the content and meaning of culture, power, privilege and difference.” (APA, NASW, Tervalon & Murray-Garcia)
  - ✓ It is a way of interacting with individuals we have contact with in our various roles; being considerate of interpersonal dynamics such as, culture, power, privilege and difference.
  - ✓ Ability to be other-oriented (or open to the other) in relation to partnerships built on trust, teamwork, inclusivity.
- “...not a discreet endpoint, but a commitment and active engagement in a lifelong process that individuals enter into on an ongoing basis with participants, communities, colleagues, and with themselves.” - Leland Brown, 1994