

HONORING CULTURAL DIFFERENCE IN THE MENTAL HEALTH, CHILD WELFARE AND FOSTER CARE SYSTEMS

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CHANGING THE WORLD - ONE RELATIONSHIP AT A TIME

CULTURAL HUMILITY

“Intrapersonally, cultural humility involves a willingness and openness to **reflect on one’s own self as an embedded cultural being**, having self **awareness of personal limitations** in understanding the cultural background and viewpoints of others: **interpersonally**, cultural humility involves an ‘other-orientation stance’ (or **openness to the other**) with regard to aspects of an individual’s or group’s cultural background and identity.”

Hook, J. N. (2015). Cultural humility: The cornerstone of positive contact with culturally different individuals and Groups? *American Psychologist*, Oct. 661-662

Culture can be defined as the internalized construct children use to organize (make meaning of) external social feedback, family norms, environmental events shaping their world.

Personal Discussion John Hornstein, EdD

- ▶ Who am I, as an evolving cultural being, using my past with necessary adaptations to inform choices for me today and tomorrow?
- ▶ Who does the child/family need me to be in order to effectively make use of this relationship to evolve into their best self, heal from trauma, and move toward success?

“Multicultural competence ensures that all clients will be respected and their unique cultural identities will find a fitting place in clinical understanding.”

Falender, C. A., Shafranske, E. P., & Falcov, C. J. (2014). Diversity and multiculturalism in supervision. In Carol A. Falender, & Shafranske, Edward P. (Eds.), *Casebook for clinical supervision: A competency-based approach*. (pp. 121-136). Washington, DC, US: American Psychological Association.

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