

## Cultural Humility

Cultural humility is a process of self-reflection to understand personal and systemic biases and to develop and maintain respectful processes and relationships based on mutual trust. Cultural humility involves humbly acknowledging oneself as a learner when it comes to understanding another's experience.

Practicing cultural humility requires:

1. *Self-reflection and self-critique*: In order to learn about another's culture, and how it relates to the clinical interaction, it is important to first examine one's own identities, beliefs, and culture. This includes acknowledging how one's background, and social environment has shaped their experiences, assumptions, and biases. An integral component for speech-language pathologists and audiologists is an examination of how the biomedical worldview has affected their biases, perspectives, and values.
2. *Awareness of the historical perspective*: In order to build trust in the clinical interaction, one must first understand the reasons for mistrust between vulnerable populations and social service providers, including the health and education providers. This includes an awareness of the historic realities of violence and oppression against certain groups of people, and the lived experiences of disrespect when accessing social services. By recognizing and acknowledging the past, speech-language pathologists and audiologists can build a better future for clients that is founded in the practice of cultural humility.
3. *Lifelong learning*: Practicing cultural humility has no end-point. Rather, it is an ongoing and lifelong process of learning and recognizing that clients bring valuable insight and knowledge to their care; in their personal history, preferences, and the cultural contexts in which these are experienced.

Overall, the purpose of cultural humility is to be aware of our own values and beliefs that come from a combination of cultures, in order to increase our understanding of others (Yaeger & Bauer-Wu, 2013).

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