



Cultural Humility: Having Difficult Conversations

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Cultural
Competence

CULTURAL
HUMILITY

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Cultural Humility



Questions to ask:

How do you and your family celebrate events?

With whom do you celebrate big events?

If you are met with a difficult problem, what do you do? Is it easy to find someone to help you?

How is shame handled or addressed in your family?

Who do you call at 3am...?

Difficult conversations?

Sex.

Abuse.

Trauma.

Death.

Diagnosis.

Prognosis.

Treatment
options.

Step 1:
Empathy for
their position.

Step 2: Recognize your
obvious differences.

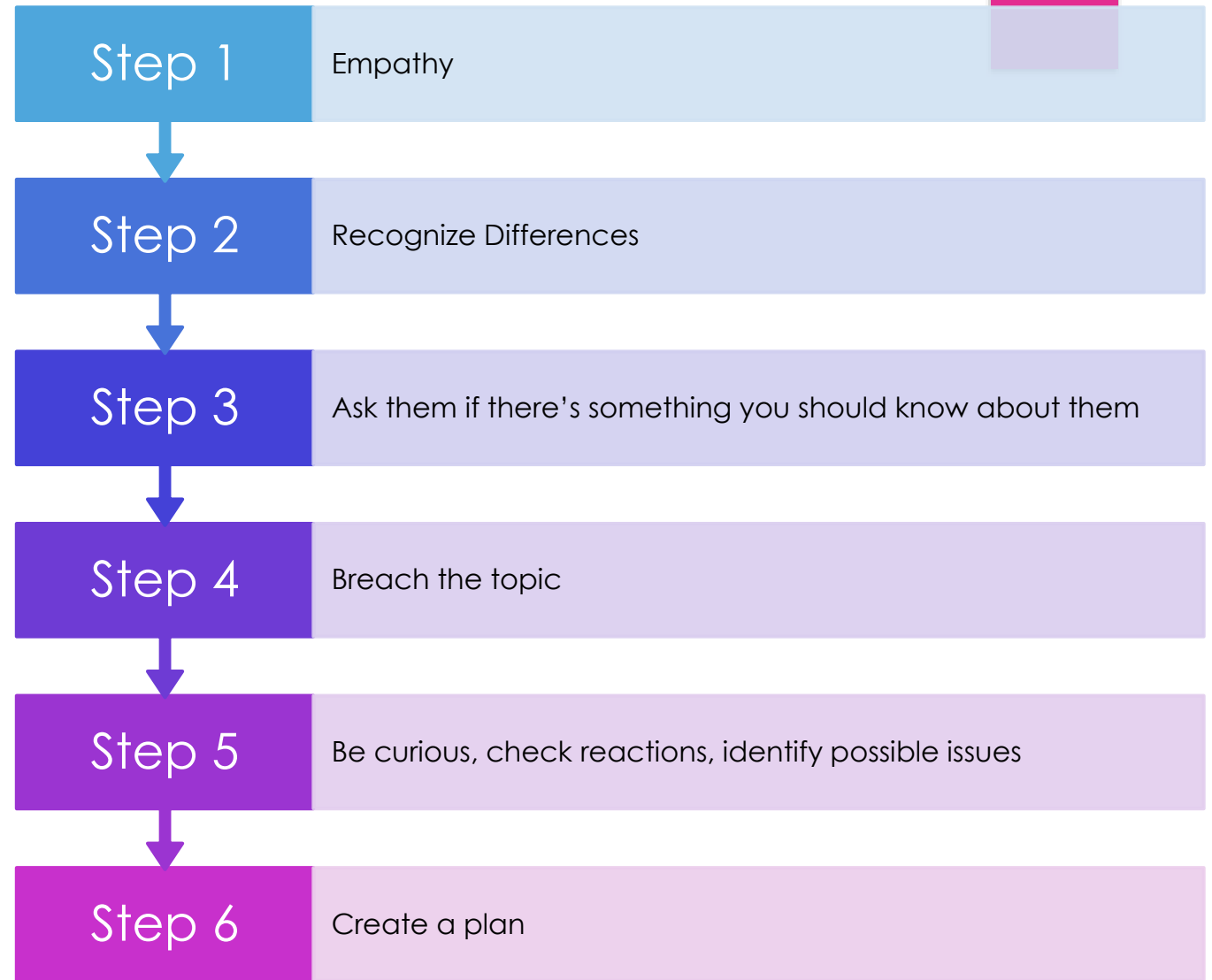
Step 3: Ask them
if there's
anything they'd
like to share.

Step 4: Breach the topic.

Step 5: Be
curious and
check
reactions.

Step 6: Create a plan.

ACTIVITY





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