

Journal Entry #2: Cultural Humility

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Cultural humility has significantly influenced how I will approach patient care in occupational therapy. Cultural competence implies that you can reach a certain level of knowledge about different cultures, while cultural humility means you need to keep learning and reflecting on yourself throughout life. It also involves being open-minded and aware of the power differences in therapeutic relationships. I have realized that my job is not to be an expert on everything about every culture, instead, I need to stay open to learning and work together with others, recognizing that each client knows their own experience best.

A key takeaway from the course *Learning to Practice with Cultural Humility*, which helped me understand better, was when Toni Solaru shared her story of a Black client in an inpatient psychiatric facility. This patient was not washing her hair because the facility did not have the right products for her hair type. This situation made me think more deeply about hidden biases, the role of organizations, and how cultural needs are often overlooked in healthcare practices. It reminded me that patient behaviors are influenced by their cultural backgrounds. If we do not consider this, we might misunderstand their needs and provide inadequate care.

In my future career, I will practice cultural humility by using different methods. I will regularly think about my ideas and actions and ask my clients what they think. This will help me understand how my past experiences and opinions could influence the way we communicate. I will build strong relationships with my clients by listening to them, asking questions that help them share their values, and considering their cultural beliefs when we set goals and develop treatment plans. Cultural humility will not only help me provide fair care but also make my clients feel empowered, respected, and noticed during their health journey. During my career in occupational therapy, I will keep growing in this role.

