

Cultural Humility Journal Entry

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Throughout the course *Learning to Practice with Cultural Humility*, I have come to understand that cultural humility is not about having a complete understanding of every detail to each culture, but is instead about having an open mindset and committing to continue to learn, grow, and expand your knowledge each day through the processes of self-evaluation, rectifying power imbalances, and building respectful partnerships. Understanding the details and need for cultural humility has significantly shaped my approach to future patient care in occupational therapy. – I now understand that there is diversity both within and amongst cultures, meaning that each client has their own unique culture as a result of their lived experiences. I understand the importance of remaining open-minded and curious when building therapeutic relationships and plan to implement this knowledge in future client-therapist interactions through the use of open-ended questions and active listening.

A specific moment that challenged my understanding came during the discussion about the importance of self-examination and self-awareness. My own culture is not a topic that I frequently think about or question, and I didn't understand how understanding my own culture would help me grow my cultural humility. However, I learned that it is through self-examination and self-awareness of our own culture, that we are able to notice and recognize any biases or cultural gaps in areas we don't fully understand. One of the speakers provided the example that she was working alongside Caucasian providers with an African American client who had not been washing their hair. By examining her own culture, and thinking of reasons as to why she may not wash her own hair if she was in this situation, along with having a meaningful conversation with the client, she learned that it was because the facility lacked the proper hair-care products for African American hair. She was then able to share this information with the team, who she shares expressed to her that they would've never thought that to be an issue (Solaru & Rhoten, 2022). This gap in the team's cultural understanding emphasizes the need to look inwards and understand your own cultural biases, viewpoints, and gaps so that you can increase opportunities to learn from clients and build stronger therapeutic relationships. This scenario challenged me to look deeper and think more critically about my own culture and ways in which I can improve my understanding and cultural humility.

In order to incorporate cultural humility into my future daily practice, I plan to consistently engage in self-reflection, seek feedback from clients by asking open-ended questions, and prioritize active listening. This course has emphasized that cultural humility is not a skill to acquire from studying every single culture, but rather a continuous practice of awareness and respect. As I move forward in my career, I will carry this mindset with me, always striving to be a more inclusive, empathetic, and client-centered occupational therapist.

Reference

Solaru, A., & Rhoten, C. (2022). *Learning to Practice with Cultural Humility*.
<https://www.occupationaltherapy.com/E/5697/1479234/496a6295aee9230503>