

Cultural Humility Journal Assignment

Marissa Lucia

Sacred Heart University

OT-578-C: Personal Transformation III

Professor Martino

June 8, 2025

Taking the *Learning to Practice with Cultural Humility* course made me rethink how I approach patient care as an occupational therapy student. Before this, I always thought that learning about different cultures and being “culturally competent” was enough. But this course showed me that it’s not about checking boxes or memorizing facts about people’s backgrounds but it’s about staying open, curious, and willing to learn from each client I work with. It reminded me that every person’s story is unique, and meaningful care comes from asking, listening, and adjusting rather than assuming.

One part of the course that really stuck with me was the conversation about how we all carry biases, even if we don’t realize it. The presenters shared an example where a therapist assumed a client would want family involved in treatment decisions, without actually asking the client how they felt about it. That made me realize how easily our own assumptions can slip into the therapy process. I felt that this is a mistake that I could’ve easily made myself. It challenged me to be more mindful about how I show up in sessions and reminded me that it’s okay to not have all the answers, as long as I stay open and willing to learn.

Going forward, I want to bring cultural humility into my everyday practice by always allowing time for clients to share what’s important to them. Simple things like asking open-ended questions such as “What matters to you in your day-to-day life?” or “Is there anything about your background, culture, or beliefs you’d like me to know?” can open the door to a more honest, meaningful therapeutic relationship. I’m also planning to check in with myself after sessions to reflect on any assumptions I might have made and how I can keep growing in this area. This course reminded me that cultural humility isn’t something you master but it’s something we as OTs must practice, every day to be the best we can be.