

Nicole De Leonardis

Personal Transformation III

Dr. Lola Halperin

6/8/25

The concept of cultural humility, as presented in the course and article, has shaped my approach to patient care. It has made me reflect on self-awareness and recognition of power dynamics in therapeutic relationships. Cultural humility is described as a continuous sense of reflection and an open-minded mindset. In the course, cultural humility was signified by the importance of recognizing biases and privileges within us. In addition to this, I have reflected on my own biases. I want to continue to practice engaging in cultural humility by actively listening to patients or clients without making any assumptions. This ensures they are being and feeling respected throughout their treatment process. Second, I was encouraged to continue self-reflection daily. This allows me to continuously engage my mind and body in a practice of self-awareness, so that I can express myself appropriately as a clinician. Whether this is through journaling, speaking to those who will listen, or simply taking a step back from different situations, improving my self-awareness will be beneficial. Addressing barriers related to the system is also important. According to Kokorelias et al. (2025), being able to advocate for policies that can reduce disparities alone is key to addressing and promoting cultural humility in clinical settings. Cultural humility provides clinicians with a foundation built on respect and equity, not just among healthcare professionals, but also among the patients under their care. I plan to use these tools and apply them to my own mindset to provide patient-centered care as a future occupational therapist.

## References

- Kokorelias, K. M., Wu, V., Colquhoun, H., Sangrar, R., Wijekoon, S., Nelson, M. L. A., Assaf, H., Ramachandran, M., & Singh, H. (2025). Cultural Humility Practices in Occupational Therapy Services: A Scoping Review. *American Journal of Occupational Therapy*, 79(2), 1–18.  
<https://doi.org/10.5014/ajot.2025.050738>