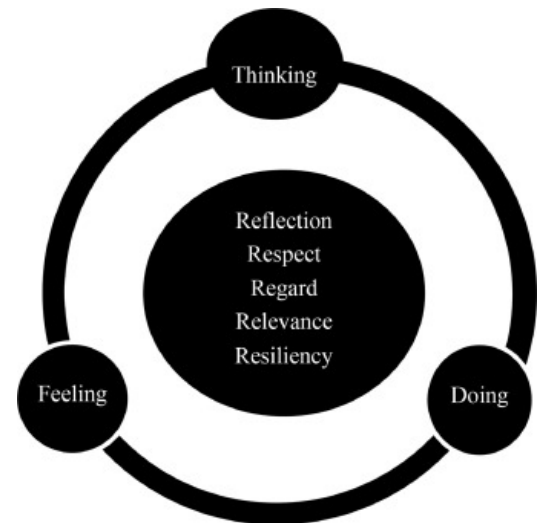


# Theory to Action: The Power of Cultural Humility

THANK YOU for participating in the April 2024 restorative workshop, a part of the *Replenish Series* designed by Dr. Rajni Shankar-Brown and brought to PA in partnership with the [Center for Schools and Communities](#) as a part of the ARP–HCY initiative. This handout highlights some of the key concepts discussed at our session and provides extended resources for further exploration, learning, and growth.

Cultural Humility was developed by Dr. Melanie Tervalon and Dr. Jann Murray-Garcia to address inequities in healthcare – however, this framework has numerous benefits across disciplines including education, social work, and counseling!

“To be culturally humble means that I am willing to learn.” – J. Gallagher



*The 5 Rs of Cultural Humility*

Source: Robinson, D., Masters, C., Ansari, A. (2020)

## What is Cultural Humility?

“Cultural Humility is a lifelong process of self-reflection, self-critique, and commitment to understanding and respecting different points of view, and engaging humbly, authentically, and from a place of learning.”

– M. Tervalon and J. Murray-Garcia, 1998

## Core Principles of Cultural Humility:

1. Lifelong, reflective learning
2. Respectful partnerships that recognize power imbalances
3. Institutional accountability

## Examples of Key Attributes of Cultural Humility:

Openness, Self-Reflection, Learning, Empathy, Vulnerability, Inclusivity, Connection, Empowerment, Collaboration, Accountability, and Courage (to challenge Power Imbalances)

**Keep growing! Here are a few extended learning resources:**

**BRIEF DOCUMENTARY:** [Cultural Humility: People, Principles, and Practices](#) by Vivian Chávez.

**BOOK:** [Developing Cultural Humility: Embracing Race, Privilege, and Power](#) (2022) by Miguel Gallardo, Editor

**TED Talk:** [Cultural Humility](#) by Dr. Juliana Mosley

**ARTICLE:** [Cultural Humility versus Cultural Competence](#) (1998) by Dr. Melanie Tervalon and Dr. Jann Murray-Garcia

**VIDEO:** [The Importance of Cultural Humility](#) by University of Buffalo School of Social Work

**WEBSITE:** [Berkley Center for Cultural Humility](#)