

(Re)Learning Moment

Cultural Competence and Cultural Humility

In engaging with a global society, people need both a commitment to openness and a process to understanding others and their cultural backgrounds.

Cultural Competence *noun*

the possession of the skills and knowledge that are appropriate for and specific to a given culture

Cultural competence often refers to a process. The process often includes aspects such as awareness, learning, and sensitivity towards others' cultures in conjunction with self-reflection on one's own culture. The term emerged during the 1960s and 1970s as part of the U.S. Civil Rights Movement and gained popularity in the healthcare field during the 1980s. However, some individuals critique that "competence" suggests a tangible, achievable end goal or outcome, eliminating the space for continued growth.

Cultural Humility *noun*

the ability to maintain an other-oriented, interpersonal stance in relation to another's cultural identity

Complementing cultural competence, **cultural humility** describes a mindset of openness to others and their experiences through empathy and compassion. Cultural humility focuses on a lifelong commitment to self-exploration and self-critique coupled with a willingness to learn, especially from others.

(Re)Learn About Cultural Competence and Cultural Humility

- [Cultural Competence](#) – video defining cultural competence
- [Cultural Humility: Measuring Openness to Culturally Diverse Clients](#) – counseling focused journal article by Hook et al. (2013) defining cultural humility in practice
- [Cultural Humility: People, Principles and Practices](#) – the first part of a video documentary
- [What is Cultural Competence and How to Develop It?](#) – brief article providing an overview of cultural competence and development steps