

CULTURAL HUMILITY AND TRAUMA INFORMED CARE

Cultural humility is a key principle in the provision of trauma-informed care. Cultural humility is a process of being open, self-aware, and self-reflective when interacting with diverse individuals, resulting in mutual empowerment, respect, partnerships, care, and lifelong learning.

Be open to differences and embrace the complexity of diversity. Everyone belongs to different groups and may be occupying different roles. The ways they influence one another is called intersectionality.

“TO BE CULTURALLY HUMBLE MEANS THAT I AM WILLING TO LEARN.

-Joe Gallagher

TIPS TO ENHANCE YOUR CULTURAL HUMILITY:

- Embrace the complexity of diversity.
- Be willing to sit with your discomfort.
- Be open to individual differences and the experiences due to these differences.

“CULTURAL DIFFERENCES SHOULD NOT SEPARATE US FROM EACH OTHER, BUT RATHER CULTURAL DIVERSITY BRINGS A COLLECTIVE STRENGTH THAT CAN BENEFIT ALL OF HUMANITY” -Robert Alan



OCYF Trauma Tip Sheet

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