THE HOME FOR LITTLE WANDERERS

BETTER, BRIGHTER FUTURES FOR KIDS

# Cultural Humility and MI

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# Learning Objectives

Participants will:

1. Understand the 3 components of Cultural Humility
2. Discuss how Cultural Humility can facilitate Partnership across difference

# The Spirit of MI

**Partnership:** people are experts on themselves

**Compassion:** feeling with; joining the person in their experience

**Acceptance:** a general reverence for humankind and its diversity

**Empowerment:** helping someone realize their own strengths and abilities

# Cultural Humility

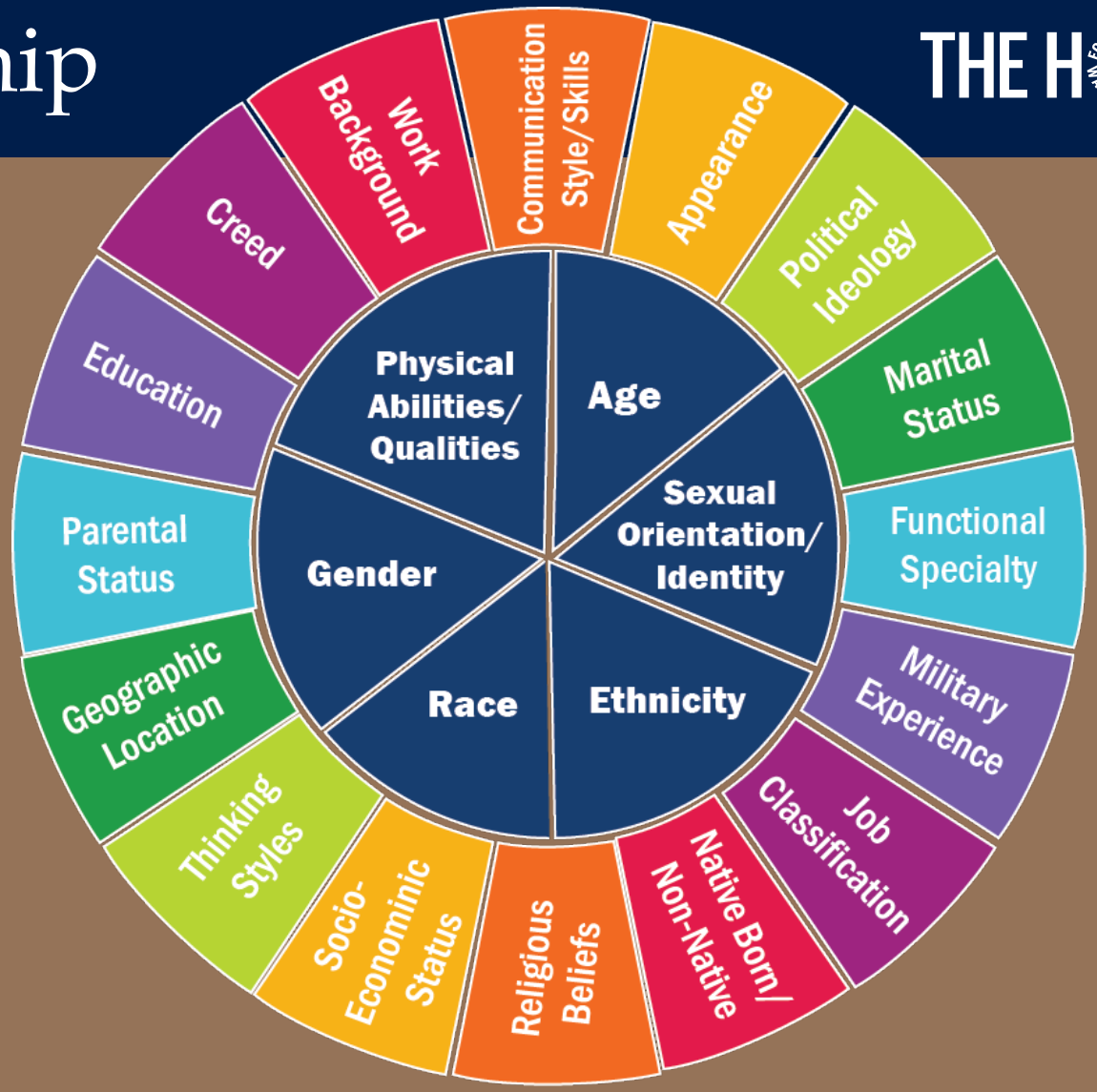
1. Commit to lifelong self-reflection about my own values and biases

2. Be sensitive to power imbalances, work to fix them

3. Institutional accountability and respectful partnerships

# Cross-Cultural Partnership

- Every relationship is cross cultural
- Power is always a part of our relationships and is never equally distributed
- Partnership requires attention to power, contextualizing self and client




https://www.lgbtiqintersect.org.au/learning-modules/identity/

# Activity: Cultural Humility in Practice

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Using MI techniques, interview your partner about a cross-cultural experience they had as a practitioner. Remember to highlight and affirm your partner's existing strengths and moments of practicing Cultural Humility. Since Cultural Humility is a process of lifelong learning, explore with your partner a goal they have for improving their skills in cross-cultural partnership.

# Cultural Humility and Macro MI

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- Focus: systemic context for intrapsychic experience
- Shift from self-blame to holding systems accountable for socially engineered trauma
- Helper takes responsibility to name oppression as a valid conversation topic

Avruch, D. O. and Shaia, W. E. (2022). *Macro MI: Using Motivational Interviewing to Address Socially-engineered Trauma.* Journal of Progressive Human Services. https://doi.org/10.1080/10428232.2022.2063622