Culturally competent individuals have a mixture of beliefs, attitudes, knowledge, experience, and skills that help them to establish trust and rapport in effective communication with others.

(according to the American College Health Association)

The following are representative of cultural competencies:



Beliefs and attitudes that demonstrate:

- · An awareness and sensitivity to personal cultural heritage.
- A respect for and value of different heritages.
- An awareness of personal values and biases and how they may affect the perception of other cultures.
- Comfort with differences that exist between personal culture and other cultures' values and beliefs.



Knowledge and experience that demonstrate:

- A good understanding of the power structure in society and how non-dominant groups are treated.
- · Specific efforts made to acquire knowledge and information about the particular group(s) one is working with.
- The recognition of institutional barriers that prevent members of underrepresented/underserved groups from using organizational and societal resources.



3 Skills that demonstrate:

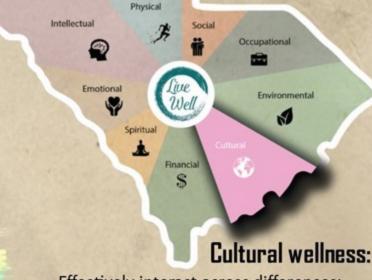
The ability to send and receive verbal and nonverbal messages accurately and appropriately.

• The ability to intervene appropriately and advocate on behalf of individuals from different cultures

(i.e., serve as an ally).

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Effectively interact across differences; gain awareness of our own culture and social identities and their impact on our understanding of what we bring to relationships and situations; develop skills to decrease our biases; embracing the richness of all cultural backgrounds.

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