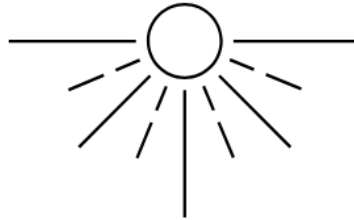




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

What is cultural competency?

Find care that makes room for your identity and experience.



Diana S. Rice

Licensed Mental Health Counselor (LMHC)
Certified Integrative Mental Health Professional (CIMHP)
Qualified Supervisor (QS)

LEARN · REFLECT · FIND SUPPORT

[THEHOLISTICCOUNSELOR.COM/RESOURCE](https://theholisticcounselor.com/resource)

A little clarity.

Understand the topic. Find words for your questions.

Have you ever spent more time explaining your background than talking about why you needed help? Your language, history, and community deserve room in the conversation.

1 Care should fit the person

Cultural competency means knowing how to work with people from different backgrounds. Cultural humility means staying open to learning. A provider should notice their own assumptions and accept correction.

2 Identity has many layers

Race, faith, language, disability, gender, family roles, and money can shape your life. So can moving between countries or cultures. You may want a therapist who shares part of your identity. That can matter, but it does not mean they will know every part of your story.

3 Look for curiosity in action

Does the provider ask what matters to you? Do they explain your choices clearly? Notice how they respond if you correct an assumption. Ask for language support or changes that would help you take part in care.

Research & perspective

U.S. Department of Health and Human Services promotes culturally and linguistically appropriate services. These standards guide how care is delivered; they are not a promise that any one provider will be the right fit.

General education for adults. This is not therapy, diagnosis, or an individual treatment plan. Sources and helpful links are on page 4.

Let's pause and reflect.

Your answers can stay private. Take this at your own pace.

Choose one question or explore all three. Skip anything that feels like too much. You do not need to revisit painful details to use this guide.

1 What part of my identity do I want understood?

2 When have I felt respected in a helping relationship?

3 What assumption would I like a provider to avoid?

One next step

Choose two things you want a provider to know about your background. You can share them at your own pace.

If reflection brings up too much, pause. Reach out to someone you trust or a qualified professional. You do not have to do all of this today.

Continue the conversation.

Bring your questions. Learn more. Reach for support.

QUESTIONS TO ASK A PROFESSIONAL

- ☐ How do you learn about a client's culture without making assumptions?
- ☐ What language support is available?
- ☐ How can I tell you if something does not fit my experience?

Listen with curiosity

[Episode 2 - Diana reflects on culture, stress, and resilience.](#)

[Episode 55 - Explore Haitian culture and mental health.](#)

Selected conversations are starting points, not an exhaustive list or treatment recommendations. Guests share their own perspectives.

Sources & useful resources

[U.S. Department of Health and Human Services: Think Cultural Health](#)

[U.S. Department of Health and Human Services: Cultural humility and person-centered care](#)

Confirm services, credentials, location eligibility, and fees directly. Linked organizations operate independently.

NEED SUPPORT NOW?

United States and territories: the 988 Suicide & Crisis Lifeline supports people in emotional distress or a suicidal crisis. [Call 988](#) · [Text 988](#) · [Chat online](#)

For immediate danger or a medical emergency in the United States, call 911. Elsewhere, use your local emergency or crisis service. This podcast and its contact form do not provide crisis care.

Reading or downloading this guide does not create a therapist-client relationship. Seek qualified care for your needs. Original writing prepared for The Holistic Counselor Podcast; referenced approaches belong to their creators. Keep credits attached. Do not sell or claim this writing as your own.

[Share the resource library](#) · [Educational disclaimer](#)