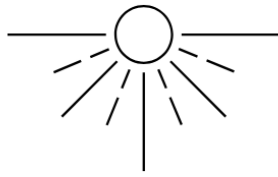


THE HOLISTIC COUNSELOR PODCAST



A LEARNING & REFLECTION GUIDE

Cultural Competency in Counseling

Finding care that makes room for your identity
and experience.

READ / LISTEN / REFLECT

Diana S. Rice

LMHC, CIMHP, QS

FROM THE MIC TO THE COMMUNITY

FAITH & CULTURE

Begin where you are.

Feeling understood includes the parts of your life that a provider may not share. Your language, family, history, identity, and community can all shape what help looks like. Curiosity and a willingness to learn matter here.

Listen alongside this guide

Conversations from The Holistic Counselor Podcast to explore with these pages.

EPISODE 2

Culture, identity, and belonging

Diana reflects on culture, stress, and resilience.

[Listen or read the transcript](#)

EPISODE 55

Culture and mental health with Ostin Celestin, Jr.

Explore Haitian culture and mental health.

[Listen or read the transcript](#)

IN THESE PAGES

Understanding the topic / Make room for your questions / Keep learning. Find support.

FAITH & CULTURE

Understanding the topic

Care should fit the person

Cultural competency means knowing how to work with people from different backgrounds. Cultural humility means staying open to learning. This includes reflecting on their own assumptions and listening when your experience differs from what they expected.

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.

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 and 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.

How can I tell whether a therapist will understand my background?

A shared background may matter to you, and curiosity matters too. You might ask, “How do you learn about the parts of a client’s life you have not experienced?” Notice whether you can clarify an assumption and whether the provider responds with interest and respect.

FAITH & CULTURE

Make room for your questions

Choose a question that feels useful today. A few notes in your own words can be enough. Your reflections stay with you; this website does not collect them.

Type in the spaces below, or print and write by hand.

What part of my identity do I want understood?

When have I felt respected in a helping relationship?

What assumption would I like a provider to avoid?

Questions for a conversation

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?

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

FAITH & CULTURE

Keep learning. Find support.

Sources and further reading

Editorial revision: October 13, 2026. The linked authorities provide current rules, services, and evidence.

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

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

Wherever you are reading from, your culture, language, beliefs, access needs, and daily circumstances belong in the conversation. Professional titles and services vary between countries. Sources and directories identify their own regions; a local health service or professional regulator can explain the options where you live.

ABOUT THIS GUIDE

These guides offer general education for adults. They do not provide personal therapy, diagnosis, medical advice, or a professional relationship with Diana. A qualified professional who can practice where you live can help you apply information to your circumstances. Changes to prescribed care belong in a conversation with your treating professional.

[Read the full educational disclaimer](#)

FROM THE MIC TO THE COMMUNITY

Keep exploring.



Read, listen, and return
at your own pace.

Scan for this guide and its episode links.

theholisticcounselor.com/resources

Diana S. Rice, LMHC, CIMHP, QS

Podcast host, educator, and psychoeducational trainer

IF YOU NEED URGENT SUPPORT

If you need urgent emotional support in the U.S. or its territories, the 988 Suicide & Crisis Lifeline offers phone, text, and chat support. For immediate danger or a medical emergency, use your local emergency number (911 in the U.S.). Elsewhere, contact a crisis service in your country. The podcast and its messages are not monitored for urgent care.

988lifeline.org/chat/

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