

# Joint Conference on Nursing, Diabetes & Medical Case Report

October 28-29, 2021 | Webinar

## Cultural Humility in Healthcare: Finding Cultural Humility in Ourselves

As we globally continue to face diversity in race, ethnicity, culture, and religion, as healthcare professionals, we also continue to be challenged by our own unchecked biases and stereotypes when working with diverse populations of clients and colleagues. It is critical for healthcare professionals to understand and practice 'cultural humility' in order to better serve our ever-growing diverse populations of clients and also our professional peers. In this workshop, the concept of 'cultural humility' is introduced in comparison to and in contrast with 'cultural competence'. Participants will also be invited to practice and embody this humility by utilizing interactive exercises and group dialogues. These processes are designed to provide both a tool and practice ground for participants to connect theories/ideas with behaviors/actions. This workshop will be both interactive and informative.

### Biography

Kumi Oya, PhD. is a consultant, researcher, educator, occupational therapist, and creative arts therapist. Kumi's area of focus and expertise is person-centered and culturally humble care for people living with dementia. Attention to a cultural humility framework/practice is a core value of hers, linked to her work. She has worked in hospitals and dementia care facilities both in Japan and the United States for many years. She has provided socio-emotional support and rehabilitation to those living with mental/cognitive challenges due to dementia, stroke, traumatic brain injury, and so on, through therapeutic and creative modalities. Kumi is an adjunct faculty in the Transformative Studies doctoral program at California Institute of Integral Studies, in San Francisco, CA.

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