



Cultural Values & Beliefs

CULTURAL VALUES & BELIEFS PROVIDER GUIDE

Cultural Identity and Humility

It is important to practice cultural humility when reviewing and engaging in interactive activities with clients. Cultural humility includes understanding attitudes and unconscious thought processes and exploring one's identity strengths, privileges, obstacles, and challenges. As cultural humility impacts your worldview and work with clients, it is essential for you as a provider to self-evaluate your worldview and experiences through your personal identity lens. 1

Discussing Cultural Values & Beliefs

- Discuss the concept of culture, exploring how it manifests in individuals' personal values and beliefs.
- Present the list of cultural values and beliefs.
- Note that the included values and beliefs are a small, representative set of values, not an exhaustive list.
- Review the listed descriptions for each value and provide examples of what each might look like.

Refer to the provided adolescent and mother samples or use your own personal examples.

- People may struggle in selecting values and beliefs; it is important to act as a model by picking and sharing values and beliefs important to you.



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Cultural Values & Achieving Mental Health Wellness

- Present the concept of mental health wellness. Explore what mental health wellness might look like for the client.
- Acknowledge that some values and beliefs may be helpful for individuals in achieving mental health wellness.
- Provide examples of how values and beliefs may contribute to achieving mental health wellness.

Refer to the provided adolescent and mother samples or use your own personal examples.

Cultural Values as Obstacles

- Present the concept of obstacles as they relate to mental health wellness.
- Acknowledge that some values and beliefs may make it more difficult for individuals to achieve mental health wellness.
- Provide examples of how values and beliefs may contribute to achieving mental health wellness.

Refer to the provided adolescent and mother samples or use your own personal examples.

- It may be helpful to share personal examples of how your values and beliefs have presented challenges for you in achieving mental health wellness.