

3.Cultural Humility Framework (Tervalon & Murray-García, 1998)

Case Example: Navigating Cultural Beliefs Around Mental Health

Scenario:

The Patel family recently immigrated from India and was referred for in-home care due to their 9-year-old daughter, Anaya, experiencing high anxiety and school refusal. Raj and Meera, Anaya's parents, are skeptical about therapy, fearing it could bring shame to the family. They express discomfort discussing family issues with an outsider and emphasize their belief in handling problems privately. The clinician notices that Meera avoids discussing emotions, instead focusing on Anaya's school performance, while Raj dismisses therapy as unnecessary. Anaya remains silent throughout the visit.

Application of Cultural Humility:

- The clinician approaches the family with openness and curiosity, asking, "How does your family typically handle stress or challenges?" instead of assuming resistance.
- The clinician integrates culturally relevant coping strategies (e.g., mindfulness practices, faith-based support) into the intervention.

Intervention Plan:

- Normalize mental health conversations in a way that aligns with the family's values.
- Provide psychoeducation without pathologizing Anaya's struggles.
- Encourage Meera and Raj to share their concerns about therapy to build trust.

Clinician Reflection Questions:

- Am I approaching this case with curiosity, or am I assuming my approach is the 'right' one?
- How can I adapt interventions to align with the family's cultural framework?

- What strengths does the family already possess that can be incorporated into the care plan?