

“Practicing Cultural Humility: A Path Towards Inclusivity in Behavioral Health Settings”

April 6, 2022

12:00pm – 1:30pm

Format: Zoom Workshop (Virtual)

Course Director:

Rameshwari V. Tumuluru, MD
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University of Pittsburgh School of Medicine

Planning Committee:

- Rameshwari V. Tumuluru, MD, *Associate Professor of Psychiatry, University of Pittsburgh School of Medicine*
- Benjamin Handen, PhD, *Professor of Psychiatry, Pediatrics, Psychology and Instruction and Learning (Education)*
- Cecile Ladouceur, PhD, *Professor of Psychiatry and Associate Professor of Psychology*
- Sarah Pedersen, PhD, *Associate Professor of Psychiatry and Psychology*
- Brian Thoma, PhD, *Assistant Professor of Psychiatry*
- Lori Zippay, BA, *Administrator, Department of Psychiatry, University of Pittsburgh School of Medicine and UPMC Western Psychiatric Hospital*
- Harriet Wortzman, EdD, *Manager of Clinician Education and Academic Manager, Department of Psychiatry, University of Pittsburgh School of Medicine and UPMC Western Psychiatric Hospital*

Presenters:

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Accreditation and Designation Statement

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the health care team.

Physician (CME)

The University of Pittsburgh designates this live activity for a maximum of 1.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

Workshop Schedule

12:00pm	Introduction: Rameshwari V. Tumuluru, MD (Goals for Workshop and a reminder to complete the pre-workshop survey)
12:10pm	Dr. Tumuluru will provide an overview and define cultural competence (product) and cultural humility (process) and why the interaction of both is necessary for delivering patient centered care.
12:20pm	<p>Exercise</p> <p>Dr. Brian Thoma will lead a discussion on self-awareness and it being a key component of cultural humility. Dr. Thoma will also talk about self-identity and one's comfort of discussing various identities by leading a self-reflection activity where each participant will start the exercise by entering their own identities on a Social Identity Grid (a worksheet that will be distributed before and during the session). Participants will be asked to reflect on: 1) the pattern of similar or different identities, 2) potential affinity bias (favor individuals with similarities), 3) cultural comfort and awareness, and 4) identifying areas where one can further cultural comfort.</p> <p>Dr. Sarah Pedersen will then lead into a discussion on intra-personal broaching (exploration of talking with someone of a different identity), inter-group broaching (being a support system to someone as they describe hurtful experiences), and how to grow in inclusivity. Dr. Pedersen will provide several examples of each.</p> <p><u>CLIP #1:</u> Dr. Sarah Pedersen will present a video clip as an example of broaching:</p> <ul style="list-style-type: none"> • Episode 1 HBO clip, <i>We're Here: Bob Meets Daryll</i> We're Here: Bob Meets Daryll (Episode 1 Clip) HBO - YouTube
12:50pm	<p>Discussion and Question & Answer Session</p> <p>After the viewing of the HBO video clip #1, <i>We're Here: Bob Meets Daryll</i>, participants will be placed in smaller Zoom breakout discussion groups (approximately 12 people in each Zoom breakout room) and will be moderated by the course director, Dr. Tumuluru and the course presenters, Drs. Handen, Ladouceur, Pedersen and Thoma. There will be two questions for the participants to consider: 1) Are there certain cultural topics or identities that you would feel more or less comfortable talking about? Why? and 2) What are the ways you can grow (or have grown) your cultural comfort?</p> <p>The smaller groups will reconvene after the video clip. Drs. Ben Handen and Cecile Ladouceur will then lead the larger group discussion by asking the participants to:</p> <p><u>Action Items:</u></p>

	<p><i>1. Develop a personal resolution</i></p> <p><i>2. Share a few personal resolutions with the larger group</i></p> <p><i>3. Report/Summary from a representative from the smaller break-out groups</i></p> <p>The course director, Dr. Tumuluru, will close the session with ending comments and reminders for the post-presentation survey.</p>
1:30pm	Adjourn

Audience:

Psychologists, Western Psychiatric Hospital Staff and Faculty, and other Mental Health Professionals

Learning Objectives. At the conclusion of this workshop participants will be able to:

1. Define cultural humility and competency
2. Increase awareness of one's cultural identity/identities
3. Introduce the concept of broaching as a technique to improve communication
4. Learn steps to create a culturally safe clinical and research environment

Faculty Disclosure:

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