Cultural Competence

- Focuses on group traits, identity and boundaries
- The individual's cultural view is associated with the group's traditional traits and practices
- The individual's cultural view may be taken out of context and unrelated to the individual's situation
- The definition refers to the ethnic and racial background of the underrepresented groups
- Can often be viewed as only underrepresented groups following traditions
- Can often be viewed as the majority being the norm and other cultures being different
- May contribute to promoting stereotypes
- Knowledge acquired through a defined course or curriculum
- Promotion of competence/expertise

Cultural Humility

- Focuses on the uniqueness of the individual
- One's cultural view comes from every aspect and contributions of the individual
- One's cultural view can be fluid and change based on the individual's context
- Culture definition refers to different combinations of ethnicity, race, age, income, education, sexual orientation, class, abilities, faith and every other aspect of the individual
- Everyone follows traditions
- Power differences exist and must be recognized and maximized
- Strive to promote respect
- Knowledge acquired as an ongoing life process
- Provides more space to identify biases
- Promotion of humility and flexibility