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OT-578-G Journal Entry- Cultural Humility

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 My approach to patient care in occupational therapy has been profoundly influenced by this training, which has taught me that cultural humility involves constant self-reflection, openness, and respect for others in addition to awareness. My perspective has changed from being the "expert" in the room to one of being a partner in patient care, one who listens to the individual and is always interested in the particular circumstances of each client.
 During my occupational therapy service trip to Guatemala, I experienced a profound moment that tested and expanded my comprehension of cultural humility. Working in community settings and cooperating with an interprofessional team, I soon discovered that the tools and approaches to treatment that I was accustomed to in the United States were not necessarily applicable or feasible there. I had to change my approach, pay close attention to community members, and accept the knowledge of local experts who were far more familiar with the structural and cultural realities than I was. That encounter reaffirmed one of the course's main points: cultural humility is appreciating other people's perspectives and knowledge, particularly when they diverge from our own.
 In the future, I want to ask open-ended questions that encourage clients to disclose their values and objectives in order to integrate cultural humility into my everyday work. I'll also pay closer attention to how culture influences roles, expectations, communication methods, and beliefs. My experience in Guatemala served as a reminder that genuine therapeutic relationships start with mutual respect and an openness to learning, not with generic answers.

My service trip and this training have shown that providing truly client-centered care requires cultural humility, which is a lifetime journey.