



Fostering Cultural Humility: A Path Towards Bias Awareness and Reduction

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Discrimination and Premature Aging

Discrimination, Racial Bias, and Telomere Length in African-American Men

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Original article

Perceived racism in relation to telomere length among African American women in the Black Women's Health Study

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Racial Discrimination and Telomere Shortening Among African Americans: The Coronary Artery Risk Development in Young Adults (CARDIA) Study

Cultural Humility

The keen awareness of how culture shapes all individuals' experiences and perspectives, including the impact of power, privilege, and oppression

Fisher-Borne, M., Cain, J. M., & Martin, S. L. (2015). From mastery to accountability: Cultural humility as an alternative to cultural competence. *Social Work Education, 34*(2), 165-181. Fisher, E. S. (2020). Cultural humility as a form of social justice: Promising practices for global school psychology training. *School Psychology International, 41*(1), 53-66.

Cultural Humility vs. Cultural Competence

Fostering Cultural Humility Through...

- Ongoing self-reflection of personal cultural identities
- Allowing individuals to determine which identities are salient to them
- Mindfulness meditation
- Lifelong learning related to culture

Abbott, D. M., Pelc, N., & Mercier, C. (2019). Cultural humility and the teaching of psychology. *Scholarship of Teaching and Learning in Psychology*, 5(2), 169. Fisher, E. S. (2020). Cultural humility as a form of social justice: Promising practices for global school psychology training. *School Psychology International*, 41(1), 53-66.

Conclusion

Cultural humility involves a **lifelong process** of critical reflection, self-awareness, and the development of personal attitudes that allow individuals to build **stronger working relationships** and to more **fully engage** with diverse populations

Fisher-Borne, M., Cain, J. M., & Martin, S. L. (2015). From mastery to accountability: Cultural humility as an alternative to cultural competence. *Social Work Education, 34*(2), 165-181. Fisher, E. S. (2020). Cultural humility as a form of social justice: Promising practices for global school psychology training. *School Psychology International, 41*(1), 53-66.



Longevity and Healthy Aging Symposium