

Diversity and Cultural Humility

Resources & References

Theme 1: Cultural Humility

Resources (Web Links)

[American Counseling Association](#)
[Bennett Model of Cultural Competency](#)
[Bennett Model of Cultural Competency Handout](#)
[Cultural Diversity Self-Assessment](#)
[Cultural Competence Self-Test](#)
[Cultural Humility vs. Cultural Competence: Do You Know Me?](#)
[Definitions of Cultural Competence](#)
[Diversity Awareness Quizzes](#)
[Stages of Intercultural Sensitivity](#)
[Standards and Indicators for Cultural Competence](#)
[Stir Fried Seminars Free Resources](#)
[Stir Fry Seminars & Consulting](#)
[Summary of Normative Communication Styles and Values](#)
[TED Talk by Lee Mun Wah](#)
[Understanding the Depth and Breadth of "Multicultural"](#)

References

Bennett, M.J. (1993). Towards Ethnorelativism: A developmental model of intercultural sensitivity.

Fong, R., & Furuto, S. (Eds.). (2001). Culturally competent practice: Skills, interventions, and evaluations. Needham Heights, MA: Pearson

Hook, J. N., Davis, D. E., Owen, J., Worthington Jr., E. L., & Utsey, S. O. (2013). Cultural humility: Measuring openness to culturally diverse clients

Standards and Indicators for cultural humility, NASW, 2014.

Tervalon, M., & Murray-Garcia, J. (1998). Cultural humility versus cultural competence: A critical distinction in defining physician training outcomes in multicultural education.

[TIP 59](#): Improving Cultural Humility, SAMHSA, 2014

Theme 2: Concepts in Diversity Training

Resources (Web Links)

[Ageism Definition](#)
["Asian American Assimilation versus Acculturation"](#)
["Becoming American: The Chinese Experience"](#)
[Center for Cultural Pluralism, University of Vermont](#)
[Elizabeth Stanton and Susan Anthony](#)
[Examples of Microaggressions](#)

	<p>Exploring Language</p> <p>Global Governance Programme</p> <p>If Asians Said the Things White People Say</p> <p>If Latinos Said the Things White People Say</p> <p>Institutional Racism</p> <p>Intercultural Competencies: Glossary of Terms</p> <p>Key Terms About Cultural Competency</p> <p>Library of Congress, Brown vs Board of Education (1954)</p> <p>Library of Congress, Plessy vs Ferguson (1894)</p> <p>Makers Documentary</p> <p>Marginalization and the Role of a Civil Society</p> <p>The Psychology of Prejudice: An Overview</p> <p>The Pluralism Project, Harvard University</p> <p>Race: The Power of Illusion</p> <p>Racism Definition</p> <p>Reducing Prejudice</p> <p>Saul McLeod, Simple Psychology: Stereotypes</p> <p>Transphobia Definition</p> <p>Valerie Straus, Five Stereotypes about Poor People and Education</p> <p>What Kind of Asian Are You?</p>
References	<p>Brammer, Robert; Diversity in Counseling, Brooks/Cole, 2004.</p> <p>Castro, F.G. Cultural competence training in clinical psychology: Assessment, clinical intervention, and research. In: Bellack, A.S., and Hersen, M., eds. Comprehensive Clinical Psychology: Sociocultural and Individual Differences, Vol. 10 (pp. 127–140). Oxford: Pergamon, 1998.</p> <p>Ladipo, Tonya, Insidious Oppression: 10 Common Racial Microaggressions, Goodtherapy.org, March 23, 2015</p> <p>Nigatu, Heben, 21 Racial Microaggressions You Hear On A Daily Basis, Buzz Feed, December 9, 2013</p> <p>Wing Sue, Derald, PhD, Microaggressions: More than Just Race, Psychology Today, 2010</p> <p>Wing Sue, Derald; Racial Microaggressions in Everyday Life, Is Subtle Bias Harmless?, Psychology Today (Oct 5, 2010)</p> <p>Seth J. Schwartz, Jennifer B. Unger, Byron L. Zamboanga, and José Szapoczniki, Rethinking the Concept of Acculturation: Implications for Theory and Research</p>

Theme 3: Examining the Dominant Culture

Resources (Web Links)	<p>Dominant Culture</p> <p>Dominant American Values</p> <p>The Religious Landscape Study, Pew Research Center</p> <p>Daily Effects of White Privilege</p> <p>Power and Privilege Definitions</p>
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	Understanding Privilege and Oppression White Privilege, Explained What is a System of Privilege?
References	Peggy McIntosh, " White Privilege; Unpacking the Invisible Backpack ", 1989 Allan G. Johnson, " Where Did White Privilege Come From? ", 2012

Theme 4: Examining Your Cultural Identity

Resources (Web Links)	The Culturoosity Group: What is Culture Identity Anyway? The Diversity Wheel Diversity Activities Resource Guide
References	Ivey, Ivey, & Zalaquett; Essentials of Intentional Interviewing: Counseling in a Multicultural World, 2016

Theme 5: Toward Culturally Competent Behavior

Resources (Web Links)	Communication Patterns and Assumptions Cultural Competence: Diversity Toolkit for Educators Gender Pronouns Guide for Setting Ground Rules Preparing for Cultural Diversity: Resources for Teachers Six Steps Toward Cultural Competency Southern Poverty Law Center Teaching Tolerance Understanding Culture and Diversity United States Census Bureau United States Citizenship and Immigration Services
References	Adams, Elliott, Sockalingam, 1999 Summary of Normative Communication Styles and Values Clay, Rebecca A.; " How Do I Become Culturally Competent? " American Psychological Association Lee Mun Wah, StirFry Seminars & Consulting , 2009