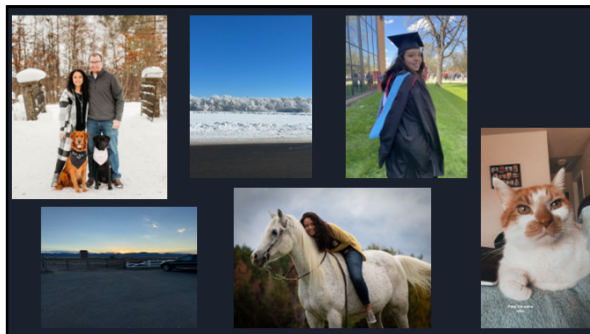





Cultural Competency in Equine-Assisted Services

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Culture is defined by the customary beliefs, social norms, and material traits of a racial, religious, and/or social group.











Cultural Humility

A life-long process oriented approach that evaluates one-self and our experiences and how we view others and their experiences; understands and challenges power imbalances; and advocates for equity and humanity.

3 elements to cultural humility

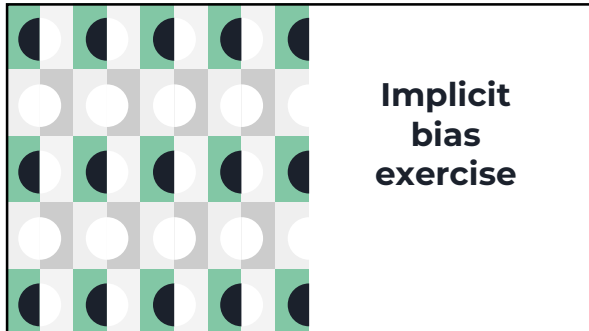


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|--|------------------------------------|---------------------------------|
| 1. Life-long commitment to self-evaluation and self-critique | 2. Recognition of power imbalances | 3. Institutional accountability |
|--|------------------------------------|---------------------------------|

1. Lifelong commitment to self-evaluation and self-critique, whereby individuals not only learn about another culture, but starts with an examination of their own beliefs and cultural identities



*Yeager, Katherine A., and Susan Bauer-Wu. 2013







General ideas

- Helmet options for natural/protective hairstyles and hijabs.
- Name tag with preferred name and pronouns
- Understanding medical discrimination – being open to hear participants report of their symptoms while acknowledging doctors Dx
- Including inclusivity on social media (not specific to certain months)
 - Providing pictures of sessions incorporating individuals of different cultures; professional commenting on certain national news and advocating for change; outreach to multicultural opportunities
- Adding fillable area for cultural considerations on intake paperwork or during eval
- Having conversations with family and participants from different cultures on ideas to include activities relative to their culture.
- Other ideas????

Let's Practice!

Scenario 1

A new participant, who is african american, arrives to the barn for an initial eval wearing their hair naturally. She wants to participate in a riding class and can't wait to be a "Yellowstone" cowboy with her "big hair". How do you initiate a conversation, exercising cultural humility, about the PATH Intl Standards of needing to wear a helmet?



Scenario 2

A participant who recently immigrated to the US mentions during lessons that eating horse is their favorite delicacy from their home country - while practicing cultural humility, how do you have a conversation with another participant who is upset after overhearing that comment.




Scenario 3

A participant asks why another participant, who is part of the LGBTQ+ community, always wears a dress to lessons when they appear to look like a boy. How do you have a conversation with this participant asking the question while being culturally humble?

Scenario 4

You have a participant who is only spanish-speaking. Taking into consideration the resources you are provided in your community, what accommodations can you make to be culturally inclusive?



Remember

- To know someone, you need to communicate and ask the questions that may seem uncomfortable and awkward
- Being culturally competent is impossible; start practicing cultural humility
- Never quit being curious and wanting to get to know about others
- Find ways to be inclusive and culturally aware, even if you don't have diversity in your programs.

Resources

- Challenges and Rewards of a culturally-informed approach to mental health | Jessica Dere | TEDxUTSC
 - <https://youtu.be/VrYm0DmuSc>
- Cultural Humility | Juliana Mosley, Ph.D. | TEDxWestChester
 - https://youtu.be/Ww_mi21L7Ns
- You're Doing It Wrong: The evolution of cultural competence | Raquel Martin | TEDxRutgersCamden
 - <https://youtu.be/FNCu1ED0Zsk>
- *Yeager, Katherine A., and Susan Bauer-Wu. 2013. "Cultural Humility: Essential Foundation For Clinical Researchers." *Applied Nursing Research* 26 (4): 251-256
- A Comprehensive Culturally Responsive Glossary: Concepts to Increase Awareness Towards Health Equity
 - <https://ptcnetwork.org/centers/global-pttc/product/comprehensive-culturally-responsive-glossary-concepts-increase>

Final exercise:
privilege walk
