# Cultural Competence vs. Cultural Humility

<table>
<thead>
<tr>
<th>Goals</th>
<th>To build an understanding of minority cultures to better and more appropriately provide services</th>
<th>To encourage personal reflection and growth around culture in order to increase awareness of service providers</th>
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</thead>
</table>
| Values | • Knowledge  
• Training | • Introspection  
• Co-learning |
| Shortcomings | • Enforces the idea that there can be 'competence' in a culture other than one's own.  
• Supports the myth that cultures are monolithic.  
• Based upon academic knowledge rather than lived experience.  
• Believes professionals can be "certified" in culture. | • Challenging for professionals to grasp the idea of learning with and from clients.  
• No end result, which may create some struggles for those in academia and medical fields may struggle. |
| Strengths | • Allows for people to strive to obtain goal  
• Promotes Skill Building | • Encourages life long learning with no end goal but rather with an appreciation of the journey of growth and understanding  
• Puts SW and Client in mutually beneficial relations...diminishes power dynamics |