

# Both/And: employing the tenets of cultural competence and cultural humility when working with Black women with depression

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## WHY IS THIS RESEARCH IMPORTANT?

- This article aims to address the lack of sociocultural awareness within current clinical interventions used while working with people from diverse ethnic groups, specifically Black women.
- This article highlights the need for researchers to intentionally consider how levels of power shape their work and to dialogue together about individual and collective strategies to push back, therefore increasing our capacity to conduct research in ways that reflect our values as social workers.

## HOW WAS THIS RESEARCH CONDUCTED?

- A literature review was utilized on evidence-based practices focusing on the treatment of depression among Black women.
- Through the use of the Black feminist lens, the researchers were able to see the flaws within the existing tools and resources that disregarded cultural competence and cultural humility.
- The research was conducted by utilizing a qualitative method to gather information and disseminate it via providing a vignette that delves into the perspective of both the client and her therapist.
- Researchers explored of the therapeutic process within the vignette using the integration of cultural competence and cultural humility.

## WHAT WERE THE KEY FINDINGS?

- Cultural humility and cultural competence complement each other, therefore the both/and is an effective approach that provides the client the ability to be the expert of their lived experiences while encouraging clinicians to be self-reflective. Being able to successfully apply both cultural humility and cultural competence helps to foster stronger therapeutic relationships and can increase positive outcomes among Black women with depression.
- Using the both/and approach allows for the sociocultural differences that exist between the therapist and client to be present but not act as an impediment to the relationship.

**Integration of cultural competence and cultural humility in all aspects of the therapeutic process is a promising approach for social work clinicians providing support to Black women with depression.**

## ACTION STEPS

**Challenging one's cultural assumptions, values, and beliefs can be an important part of the clinical process, particularly when working cross-culturally.**

Continuing to build relationships is essential in order to embrace different cultural perspectives, strengthen cultural security, and work toward equality within each therapeutic alliance and community members.



## CONTINUE READING

### Full Article

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### About Dr. Quenette L. Walton

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