

# CULTURAL HUMILITY & COLLECTIVISM VS INDIVIDUALISM

Presented By:

**Makinie Fortino, LMFT**

Makinie is a Licensed Marriage and Family Therapist (LMFT) who has been working in mental health for 10+ years.

Learn more about Makinie:

[linktr.ee/MakinieTherapy](https://linktr.ee/MakinieTherapy)



By delving into the concept of cultural humility and understanding the distinctions between individualist and collectivist cultures, our aim is to harness this knowledge to enhance equity and the quality of services provided to underserved communities of color. **Note:** Both sessions offer the same content. Please choose the session that suits your schedule.

## WHO SHOULD ATTEND?

This webinar is for healthcare providers, clinic staff, community health workers (CHWs), health advocates and educators, social workers, counselors, and all professions committed to supporting the needs of BIPOC communities.

## ATTENDEES WILL:


- Understand/review the concept of **Race-Based Traumatic Stress**
- Define **Cultural Humility** (and how it differs from Competence)
- **Practice Cultural Humility** with patients, their families, and staff
- Be able to identify and distinguish between cultural **Individualism vs Collectivism**
- Explore opportunities to practice **principles of Collectivism**

## REGISTER HERE:

April 18: <https://bit.ly/3T7mK1w>

June 13: <https://bit.ly/43rR0sO>

 **SESSION 1: THURSDAY APRIL 18, 2024**  
**SESSION 2: THURSDAY JUNE 13, 2024**

 **SESSION 1: 12:00 PM - 1:30 PM**  
**SESSION 2: 10:00 AM - 11:30 AM**

 **ONLINE**

**FREE CME Available!\***

\*Up to 1.5 total hr AAFP credit; on approval  
May qualify for Health Equity Continuing Education credit

**Questions? Contact:**  
[pch-hs@doh.wa.gov](mailto:pch-hs@doh.wa.gov)