



# **BHSS Self-Awareness and Patient Worldview**

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# Self-Awareness is Foundational

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- > BHSS providers must engage in ongoing self-reflection to recognize how their personal values, beliefs, and biases can influence their interactions with patients.
- > Self-awareness reduces the risk of imposing personal perspectives onto patients.

# Every Patient Has a Unique Worldview

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- > Patients' cultural, social, spiritual, and personal experiences shape how they view health, illness, help, and healing.
- > Understanding the patient's worldview is essential to building trust and offering relevant, respectful support.

# Quadrants and Systems of Power

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- > Social systems (racism, sexism, classism, etc.) shape experiences of privilege and marginalization for both patients and providers.
- > These dynamics can impact communication, trust, decision-making, and patient outcomes.

# The Helping Relationship is Co-Created

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- The relationship is shaped by both the BHSS provider's inner world and the patient's lived experience.
- A strong helping relationship requires mutual respect, open communication, and cultural sensitivity.

# Cultural Humility over Cultural Competence

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- Teaching should emphasize the importance of humility, curiosity, and lifelong learning over static knowledge about "other cultures."
- Cultural humility encourages providers to listen first, ask questions, and avoid assumptions.

# Power Awareness Strengthens Therapeutic Alliance

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- Recognizing and addressing power imbalances helps foster a safer and more equitable space for patients.
- Self-aware BHSS providers actively seek to empower patients in the helping process.

# Reflective Practice Enhances Critical Thinking

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- Encourage journaling, supervision, and dialogue as tools for reflecting on personal reactions, values, and potential biases.
- Critical self-reflection leads to more intentional, ethical, and responsive care.

# Bias and Blind Spots Must Be Actively Addressed

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- Implicit bias can unconsciously shape behavior and decision-making.
- Self-awareness helps bring these biases to light and prevents harm in the helping relationship.

# Patient-Centered Care Techniques Requires Cultural Responsiveness

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- Tailoring care based on the patient's values, identity, and worldview leads to more effective outcomes.
- This means adapting language, approaches, and goals to align with the patient's context.

# Empathy and Curiosity Build Connection

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- Showing genuine interest in the patient's experience helps bridge worldview gaps.
- Empathy fosters a nonjudgmental space where healing can begin.

# Provider's Identity Influences the Relationship

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- The BHSS provider's race, gender, cultural background, and social position can impact the dynamic.
- Teaching should encourage providers to consider how their identities may be perceived by patients.