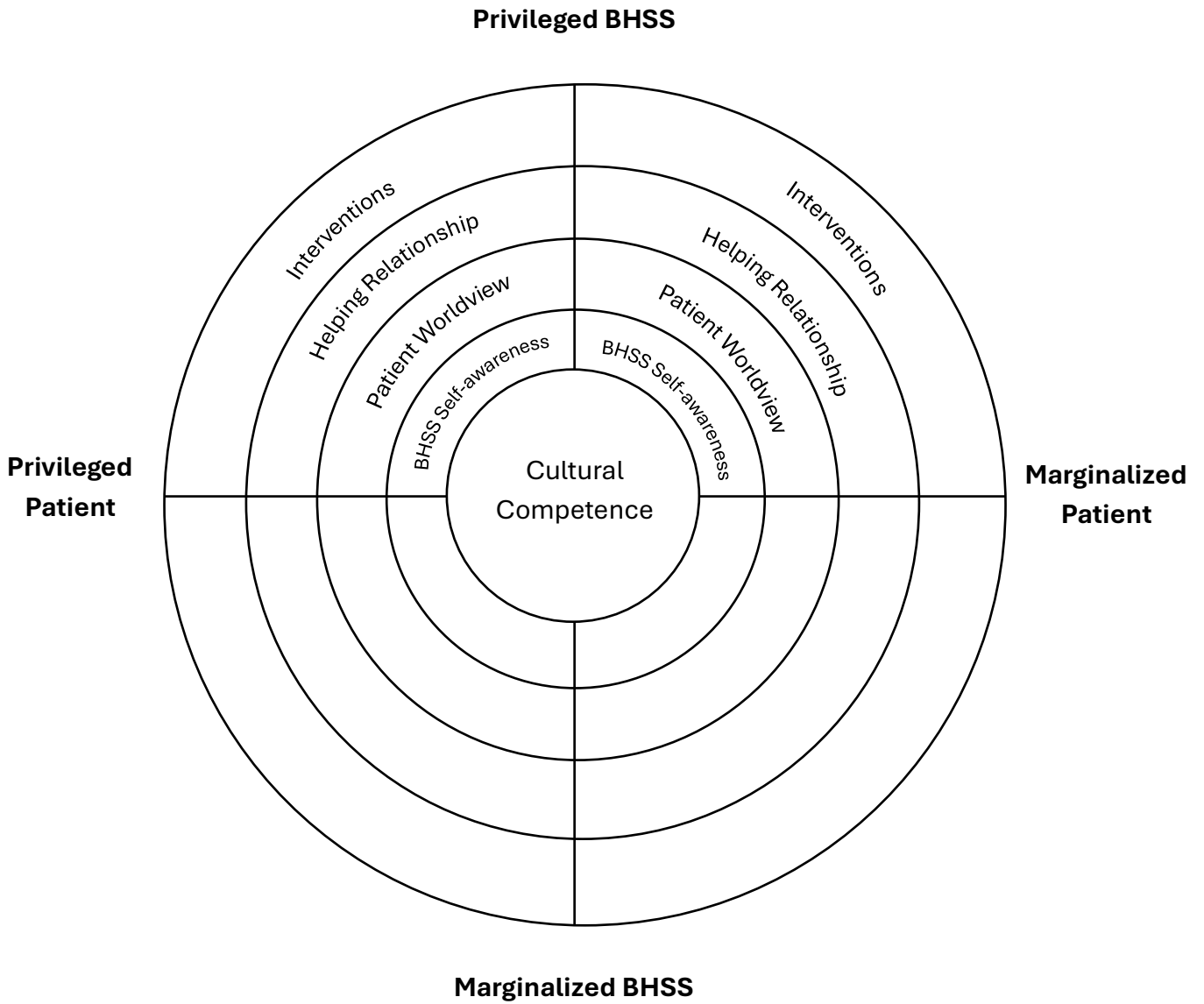


Cultural Competency Helping Framework



Activity: Mapping Identities to the CCHF Quadrants

Objective

To help BHSS recognize how their own identities (privileged and marginalized) interact with those of patients, and to practice applying the CCHF to real-world scenarios.

Instructions

1. **Step 1 – Personal Reflection (5–10 minutes)**
 - Ask participants to privately list 3–4 aspects of their identity (e.g., race, gender, religion, class, sexual orientation, ability).
 - Have them note which of these they experience as *privileged* and which as *marginalized*.
2. **Step 2 – Case Scenario Application (15 minutes)**
 - Provide 2–3 short case vignettes of patient situations (e.g., a transgender patient facing healthcare bias, a wealthy older White male patient with depression, a Latina single mother navigating poverty and trauma).
 - In small groups, participants map where the provider (themselves or a hypothetical BHSS) and patient fall within the CCHF quadrants.
3. **Step 3 – Discussion (15 minutes)**
 - Groups discuss:
 - How does the quadrant dynamic shape the *helping relationship*?
 - What potential biases, assumptions, or blind spots might arise?
 - What interventions would be most culturally responsive in this situation?
4. **Step 4 – Large Group Debrief (10 minutes)**
 - Facilitator leads a discussion highlighting:
 - How privilege and marginalization affect both sides of the relationship.
 - The importance of self-awareness and humility.
 - Strategies for strengthening trust and cultural responsiveness.

Materials Needed

- Cultural Competency Handout (with the CCHF quadrants diagram)
- Case vignettes (short, 1–2 paragraphs each)
- Paper/markers or digital slides for mapping quadrants

Learning Outcomes

- Increase awareness of how BHSS and patient identities interact in practice.
- Practice applying the CCHF framework to real-world cases.
- Strengthen the ability to identify culturally responsive interventions.