

The Five Core Components of the CCHF

Component	Key Teaching Points
1. Self-Awareness	Begin with the foundation: understanding one's own cultural identity, values, biases, and social positioning. Emphasize that cultural competence starts with inner work. Use reflective exercises to help students examine how their lived experiences shape their perspectives.
2. Understanding the Patient's Worldview	Teach students to approach every client with curiosity and cultural humility. Emphasize the importance of listening, avoiding assumptions, and recognizing the role of social context, culture, and personal history in shaping the patient's worldview.
3. Building a Helping Relationship	Stress that trust, empathy, and authenticity are core to building a culturally responsive relationship. Discuss how identity differences, power dynamics, and systemic marginalization can influence rapport, and provide strategies for navigating those dynamics respectfully.
4. Developing Culturally Responsive Interventions	Help students understand how to design interventions that are not only clinically appropriate but also culturally meaningful. Discuss how interventions may need to be adapted to reflect the values, traditions, and needs of the client and their community.
5. Recognizing Intersectionality	Teach students to analyze how overlapping identities (e.g., race, gender, socioeconomic status, disability, sexual orientation) shape experiences of privilege and marginalization. Discuss how these intersections affect access to care, trust, and health outcomes.