

# Fig. 1: Tips for Developing Your Cultural Sensitivity

- Increase your awareness of your cultural values, beliefs and practices
- Explore the influence of your culture on health and health behaviors, and of cultures in general
- Develop easy access to resource material that provides information on specific cultural groups and use it when interacting with clients and/or shaping treatment interventions
- Increase your familiarity with cultural assessment tools and questions that can be used to better shape healthcare interventions