



# Center for Cultural Humility

## Training Menu

### CULTURAL HUMILITY

Cultural humility, an evolution of the idea of cultural competence, speaks to the intricate ways that we all see, experience, and engage the world (and the people in it) - most of this tying back to the broad ways that we're socialized across our lives. Our training focuses on deepening intercultural relationships, with an eye on the intricacies of race, gender, nationality, class, sexual orientation, and ability status. We lean into core components of cultural humility, infusing lessons on building skills in self-awareness, active listening, and strengths-based practice.

### ANTI-RACISM

Anti-racism is a paradigm that pushes us to develop mentalities and practices conducive to eliminating racially biased behaviors and policies. Direct but nonjudgmental, our training provides the raw, conceptual foundations for race and racism, curating a common language and lens on racism's broad impacts. We lean into practical anti-racism approaches that focus on identifying microaggressions and biases, reducing defensiveness and performativity, and thoughtfully leveraging and "transferring" one's power to create and maintain racial equity.

### CBPR

Community-Based Participatory Research (CBPR) is a powerful collaborative approach for enhancing the depth, fidelity, and representativeness of research. Our CBPR training helps you craft equitable outreach, engagement, and partnership modalities with people experiencing disparities, namely racial/ethnic minorities, queer individuals, people with ability challenges, and others. We focus on augmenting trainees' "socio-scientific" intelligence, providing the tactical tools needed to generate fruitful, non-extractive, research.

### TRAUMA-INFORMED PRACTICE

Trauma-informed practice concentrates on cultivation of the socioemotional dexterity and observational skill needed to support individuals who have experienced trauma. While also focusing on ways to eliminate our own work-related traumas (i.e., "vicarious" trauma) and associated burnout, we focus on unique techniques including trauma-gazing and trauma-linking. Through this approach, we cultivate a space conducive to candid consideration of the genesis and manifestation of trauma, highlighting primary and secondary forms of evidence-based, culturally tailored prevention.

### RESTORATIVE JUSTICE

Restorative justice pushes back against our world's typically punitive and ineffective approaches to conflict resolution (e.g., suspensions, fines, incarceration, etc.). It's a dynamic, potent form of mediation that seeks to bring clarity to the nature and consequence of conflicts, for both the "victim" and the "offender." Our training focuses on illuminating the roots and highly cultural nature of conflict, providing skills to forge primary interventions - like Peace Circles and Restorative Courts - that can help you thoughtfully and sustainably mend complex conflicts.

### CITIZEN SCIENCE

Citizen science concentrates on capacity-building in communities, particularly those vulnerable to environmental injustices like industrial pollution. Our training's emphasis is on generating scientific literacy and amplifying communities' activism skills. We first focus on articulating best practices in assessing environmental threats in communities related to air, soil, and water quality. Crucially, we also provide advocacy skills directed at garnering visibility, intervention, and restitution from implicated parties.

### TRAIN THE TRAINER

We offer a separate "train the trainer" (TTT) training for each of the six trainings referenced above! Our TTT trainings do two things: 1) provide you with the knowledge needed to understand the training themes at the deepest intellectual and socioemotional level; and 2) provide the technical resources and know-how you need to use our robust, evidence-based models to design, lead, and evaluate your own trainings. Upon completing our TTT training, you receive special accreditation from us - and all the tools and ongoing support that you need to go out and confidently implement your own training.

**P.S. YOU CAN LEARN MORE AT [HUMILITYCENTER.ORG](https://humilitycenter.org)!**

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