

CULTURAL COMPETENCY CHECKLIST

NAME	DATE	
CULTURAL AWARENESS	CHECK	COMMENT
EDUCATION: ATTEND WORKSHOPS AND TRAINING ON CULTURAL COMPETENCE REGULARLY. USE ONLINE COURSES IF IN-PERSON IS NOT ACCESSIBLE.		
SELF-REFLECTION: REFLECT ON YOUR OWN CULTURAL IDENTITY AND BIASES. USE TOOLS LIKE CULTURAL SELF-ASSESSMENT QUIZZES.		
COMMUNITY ENGAGEMENT: STAY INFORMED ABOUT CULTURAL TRENDS AND CHANGES IN YOUR COMMUNITY THROUGH LOCAL EVENTS OR NEWS.		
COMMUNICATION	CHECK	COMMENT
LANGUAGE: USE CULTURALLY APPROPRIATE LANGUAGE AND AVOID JARGON. LEARN KEY PHRASES IN THE CLIENT'S PREFERRED LANGUAGE.		
INTERPRETERS: EMPLOY INTERPRETERS OR CULTURAL MEDIATORS WHEN NECESSARY. ENSURE THEY ARE TRAINED IN CONFIDENTIALITY AND ETHICAL STANDARDS.		
NON-VERBAL CUES: ENSURE NON-VERBAL COMMUNICATION IS RESPECTFUL AND APPROPRIATE. USE VIDEO RESOURCES TO UNDERSTAND DIFFERENT CULTURAL GESTURES.		

ASSESSMENT AND TREATMENT	CHECK	COMMENT
CULTURAL ADAPTATION: USE CULTURALLY ADAPTED ASSESSMENT TOOLS. RESOURCES LIKE THE DSM-5 CULTURAL FORMULATION INTERVIEW CAN GUIDE YOU.		
TREATMENT PLANS: INCORPORATE CULTURAL BELIEFS AND PRACTICES INTO TREATMENT PLANS. ENGAGE WITH CULTURAL LIAISONS IF AVAILABLE.		
CLIENT PREFERENCES: RESPECT CLIENTS' CULTURAL PREFERENCES AND DIETARY RESTRICTIONS. USE CLIENT FEEDBACK TO ADJUST APPROACHES.		
PROFESSIONAL DEVELOPMENT	CHECK	COMMENT
ONGOING TRAINING: ATTEND CULTURAL COMPETENCY TRAINING AND WORKSHOPS REGULARLY. USE E-LEARNING PLATFORMS FOR FLEXIBILITY.		
PEER LEARNING: ENGAGE IN PEER LEARNING AND DISCUSSIONS ABOUT CULTURAL ISSUES. ONLINE DISCUSSION BOARDS CAN BE USEFUL.		
ADVOCACY: ADVOCATE FOR CULTURALLY INCLUSIVE POLICIES AND PRACTICES IN YOUR WORKPLACE. JOIN PROFESSIONAL GROUPS FOCUSING ON CULTURAL COMPETENCE.		