**Video Module Script – Tending to Hair Textures in Occupational Therapy**

The American Occupational Therapy Association is committed to providing culturally inclusive services by incorporating cultural humility into practice when working with clients with different backgrounds, cultures, religions, and traditions.

Cultural humility is defined as a “lifelong, learning-oriented approach to working with people with diverse cultural backgrounds and a recognition of power dynamics in healthcare.” It includes emphasizing constant process of learning; recognizing gaps in knowledge without shame and providing an opportunity for deeper engagement with clients; creating expectation for differentiation between and within cultures; acknowledging implicit and explicit bias and prejudice as part of being human, and working toward identification of bias to promote positive change; and recognizing power dynamics in healthcare and their effects on clients and providers.

AOTA encourages occupational therapy practitioners to approach client interactions by noticing, recognizing, and responding to different viewpoints on health, wellness, family, and role expectations of their clients. By doing this, occupational therapy practitioners see and learn about power dynamics, consider how they influence engagement with clients, and practice a collaborative, client-centered, and empowering approach.

The purpose of the resource guide is to aid occupational therapy practitioners to provide culturally inclusive services, specifically for hair care and to incorporate cultural humility in practice. It is not an exhaustive list or takes the place of self-education, however it is a start in a much longer conversation focusing on different cultures and religions hair care practices. There will be a section on the website with resources dedicated to this topic so occupational therapy practitioners can use it in practice, the classroom, and to spark discussions with clients and colleagues. It is our hope that these resources will be beneficial for occupational therapy practitioners, academicians, and students.

**Time:** 2 minutes 14 seconds