

## **NARRATIVE EXPLORATION OF CULTURAL IDENTITIES AND WORLDVIEWS: WEAVING A CULTURAL MOSAIC OR A TANGLED WEB?**

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As an individual goes through various stages of life, each period may be characterized by challenges through which the individual may learn and experience growth, gaining new perspectives or capacities. This journey of growth and maturation contains both universal elements, like cognitive development, as well as often neglected culturally specific elements, like attachment and development of relationships. In an analogous way, this developmental process may be considered not only at the individual level, but also applied to the group level, such as in a family, an organization, or a community. As each level is embedded in the culture of a larger collective level, challenges and resulting changes at one level can impact greatly on another with cascading effects. As an example, even though anti-Asian racism has a long history in North America, it is only recently that there is increased awareness due to violent incidents related to the COVID-19 pandemic, impacting both individuals and communities. In this experiential workshop, participants will be invited to reflect on and explore the interweaving narrative threads at individual, family, institution, and community levels to gain insight into the interplay in the formation and dissolution of intersecting cultural identities and worldview. Guided by values of social justice, this reflective workshop aims to advance our collective understanding and capacity to act to address current issues related to cultural competence and Inclusion, Diversity, Equity, and Anti-Racism (IDEA).

### **Learning Objectives**

At the conclusion of this presentation, participants will be able to:

1. Participants will be able to identify major developmental milestones at different levels of analysis from individual to collective using a narrative reflective approach.
2. Participants will be able to synthesize an empathic and holistic understanding of cultural identities and worldviews by considering interactions amongst different levels.
3. Participants will be able to formulate personal and collective actions to address issues related to cultural competence and Inclusion, Diversity, Equity, and Anti-Racism (IDEA)