



# Strengthening Cultural Humility, Dismantling Implicit Bias in the Healthcare Setting

## 90-Minute Self-Paced Online Course

*Health Net has partnered with Dr. Sayida Peprah-Wilson to provide an on-demand training on implicit bias with a focus on maternal health and perinatal health.*

### Course Overview

Studies have identified implicit bias as a contributor to disparities in the outcome of marginalized and minority communities. Mitigating implicit bias among providers has been identified as a strategy to improve client/patient-provider communication and service/treatment decisions, contributing to improved quality of care and outcomes.

This training will focus on increasing cultural conscientiousness, sensitivity and humility. It will also broaden participant's awareness of their own implicit biases (subtle, unconscious assumptions about others) and equip them with tools to engage with patients/clients, in more open, respectful and empathetic ways.

### Learning Objectives

By the end of this course, participants will be able to:

- Identify implicit and explicit biases
- Define types of biases including confirmation bias, affinity bias and halo effect
- Describe principles of cultural humility and cultural safety
- Practice skills for cross-cultural communication

*Course meets the requirements of California State Laws on implicit bias training*



#### AB-1407

Requires nursing schools and programs to include implicit bias training as a core part of their curriculum.



#### AB-241

Requires implicit bias training for physicians and surgeons.



#### SB-464

Requires implicit bias training for perinatal care staff at hospitals.

*Course also meets the implicit bias training requirements for California Department of Health Care Services (DHCS) Medi-Cal doula providers*

**REGISTER NOW**



presented by  
**Dr. Sayida Peprah-Wilson**

*Psychologist, Doula, and  
Founder of Diversity Uplifts, Inc.*

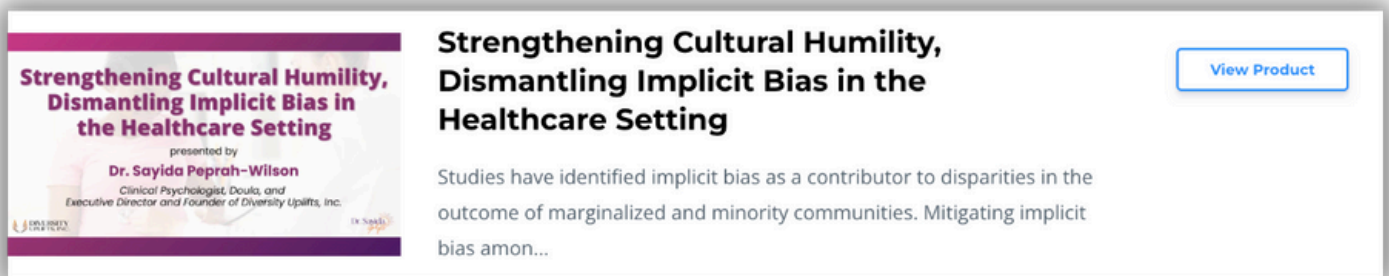
# How to Enroll in Kajabi Course: Step-by-Step Guide

- 1 **On the Implicit Bias Course Flyer:** Click on the link to register or scan the QR code to be directed to the course sign-up page in the Kajabi online learning platform.

A registration form titled "Free". It includes a "Log in" link, an "Email Address" field, a "Full Name" field, a "National Provider Identifier (NPI)" field, a "Job Title/Role" field, a "Primary Line of Business" dropdown menu, a "Secondary Line of Business (if applicable)" dropdown menu, and a "Tertiary Line of Business (if applicable)" dropdown menu. There is a checkbox for "Subscribe to our email list." and a "Sign up for free" button at the bottom.

- 2 **Create a Kajabi Account for free:**
  - Enter your:
    - Email Address
    - Full Name
    - National Provider Identifier (NPI)
    - Job Title/Role
    - Primary Line of Business
    - Secondary Line of Business (if applicable)
    - Tertiary Line of Business (if applicable)
  - Click "Sign up for free."

- 3 **Access the Course:**
  - Once you have signed up, you will be automatically directed to "My Course Library" in the Kajabi platform.
  - Scroll down to find the Implicit Bias course.
  - Click on "View Product."



# How to Enroll in Kajabi Course: Step-by-Step Guide (continued)

## 4 Begin the Course:

- Once you have accessed the Implicit Bias course, click the “Start Course” button in the banner
- You will be directed to the first module, a *Welcome and Introduction from Dr. Sayida*.
- Start by reading the overview in each lesson and then press play on the video thumbnail to watch.
- After the Welcome and Introduction from Dr. Sayida, click on *Lesson 2: Pre-Training Knowledge Assessment*.
- Once you have completed the assessment, you can move on through the course. You do not need a certain score to continue.
- Don’t forget to download the Implicit Bias Workbook in the “Downloads” section to follow along. Resources in the workbook are also linked for download in this section all throughout the course.

The screenshot shows a video player on the left with the title 'Welcome and Introduction from Dr. Sayida' and a play button. The video player has a progress bar at 1:55. To the right of the video player is a course navigation menu titled 'Welcome and Introduction' with '2 Lessons'. The first lesson is 'Welcome and Introduction from Dr. Sayida' and the second is 'Pre-Training Knowledge Assessment', both with checkmarks. A red circle highlights the second lesson. Below the video player is a section titled 'Welcome and Introduction from Dr. Sayida' with a duration of '2 min.' and a 'Course Overview' section. To the right of the overview is a 'Downloads' section with a red circle around the title, listing two files: 'Implicit\_Bias\_Workbook\_03-2024\_.pdf' and 'LGBTQ2S\_Glossary.pdf'.

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## Welcome and Introduction from Dr. Sayida

Duration: 2 min.

### Course Overview

Studies have identified implicit bias as a contributor to disparities in the outcome of marginalized and minority communities. Mitigating implicit bias among providers has been identified as a strategy to improve client/patient-provider communication and service/treatment decisions, contributing to improved quality of care and outcomes.

### Downloads

- Implicit\_Bias\_Workbook\_03-2024\_.pdf
- LGBTQ2S\_Glossary.pdf

# How to Enroll in Kajabi Course: Step-by-Step Guide (continued)

## 5 Complete the Course:

- Continue through the course by viewing all the video lessons within the subsequent modules.
- After you have watched the final video lesson in *Part 4, Mitigating One's Own Implicit Bias*, click on *Lesson 2: Post-Training Knowledge Assessment*.
- Upon completion of the assessment with a passing grade of *at least 80%*, you will automatically receive a certificate of attendance via email.

The screenshot shows a Kajabi course interface. At the top, there's a navigation bar with 'My Library' and 'Dr. Sayida Uplifts Homepage'. The main content area features a video player for 'Part 4 - Mitigating One's Own Implicit Bias'. The video title is 'Part 4 Mitigating One's Own Implicit Bias' with a play button icon. Below the video player, there's a table of contents for 'Part 4 - Mitigating One's Own Implicit Bias' with 2 lessons. The second lesson, 'Implicit Bias Post-Training Knowledge Assessment', is circled in red. Below the video player, there's a section titled 'Mitigating One's Own Implicit Bias' with a duration of '6 min lecture; 10 min. activity'. The text below this section reads: 'In this section, we talk about the importance of mitigating one's own implicit bias by:' followed by a bulleted list: 'Dissect who you are vs. who people perceive you to be', 'Assess how a person's cultural script impacts their world view', and 'Self-Assessment of one's own cultural script and worldview'. To the right of this section is a 'Downloads' section with two PDF files: 'Implicit\_Bias\_Workbook\_03-2024\_.pdf' and 'Cultural\_Scripts\_Handout\_03-2023\_.pdf'.

**For technical support, please reach out to:**  
[admin@drsayidauplifts.com](mailto:admin@drsayidauplifts.com)



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