



National Center on Advancing Person-Centered Practices and Systems

Culture and Person-Centered Practice Video Series

Challenging Assumptions

Introduction

NCAPPS made a video series called [Culture and Person-Centered Practices](#). The videos are posted on the NCAPPS YouTube channel. In these short videos, people tell their stories about what culture and person-centered practices mean to them. This is a summary of their stories.

Bex Mui

In this video, Bex starts by asking the viewer to write down some assumptions they have about her just based on her looks. She then shares different parts of her life and identity. By doing this, the viewer notices how this compares with their assumptions. This shows why we must get to know people in person-centered practices.