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Panel "Interpreter-mediated psychotherapy: Benefits and challenges": Claudio Scarvaglieri (Université de Lausanne), Kristin Bührig (Hamburg University), Anna Wamprechtshammer (Hamburg University), Peter Muntigl (Ghent University), July De Wilde (Ghent University) et Anne Delizée (UMONS)

With migration and mobility increasing, providing mental healthcare to migrants is gaining in relevance. Interpreter-mediated psychotherapy (IMP) has been established as the tool of choice to provide therapy to language-discordant migrants. Despite its growing importance, research on IMP is still relatively scarce. Whereas Lambert & Alhassoon 2015 have found that patients benefit from IMP, other studies (Sander et al. 2019) report reduced success rates compared to monolingual therapy. Based on interviews with participants, studies have argued (e.g. Dabic 2021) that therapists consider the management of the therapeutic relationship in IMP to be particularly challenging. Other studies (Scarvaglieri & Muntigl 2021, Delizée & Michaux 2022) have examined the communicative process in IMP and have, for example, focused on the interactive involvement of the interpreter as a facilitator of communication and of the therapeutic process. Our panel brings together researchers that discuss the interactive process of IMP as well as the perception of this process by participants. Specifically, the presentations address the following questions:

- What do therapists see as potential benefits of IMP? How do they establish and manage the therapeutical relationship in interaction, what differences (e.g., “loss of control”, slower tempo) do they perceive compared to monolingual therapy?
- Which specific challenges are identified with regard to IMP? What are the reasons that many therapists have been reluctant to work with interpreters?
- What are the factors that contribute to building the therapeutic alliance (TA) in IMP? What influence does the interpreter's behavior have on the establishment of the TA?

The challenges of building the therapeutic alliance in interpreted psychotherapy

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In bilingual mental health settings, the interpreter ensures interlinguistic transfer and may exercise cultural agency (Leanza et al. 2014). According to some studies (Goguikian Ratcliff et al. 2019), the interpreter may also co-create the therapeutic alliance (TA). This issue, which has been largely understudied until now, is crucial, as research in monolingual settings clearly shows that the effectiveness of care is determined by the establishment of a positive TA, regardless of the underlying theoretical model (Falkenström et al. 2013). The objective of this

communication is therefore to help identify the structural, organisational, identity and interactional factors that either positively or negatively influence the TA in interpreter-mediated psychotherapy (IMP). In particular, the discursive elements that favour the establishment of a positive TA will be highlighted through the thematic analysis of 19 semi-structured interviews and the discursive analysis of an interpreter-mediated therapeutic conversation (Brown and Levinson 1978; Kerbrat-Orecchioni 1992). The results show that the interpreter actively co-weaves a supportive relationship in each of the three dyads, with the dyads influencing each other. The analysis illuminates the type of speech acts and of paraverbal and non-verbal elements performed by the interpreter for the benefit of TA. An understanding of discursive, cognitive, and emotional procedural mechanisms that constitute TA in IMP, as well as the influence of the interpreter on the formation of a positive TA, will enhance the quality of care and prevent treatment breakdowns in the migrant clinic.

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- Falkenström, F., Granström, F., & Holmqvist, R. (2013). Therapeutic alliance predicts symptomatic improvement session by session. *Journal of Counseling Psychology, 60*(3), 317–328.
- Goguikian Ratcliff, B., & Pereira, C. (2019). L'alliance thérapeutique triadique dans une psychothérapie avec un interprète : un concept en quête de validation. *Pratiques Psychologiques, 25*(1), 63–77.
- Kerbrat-Orecchioni, C. (1992). *Les interactions verbales. Tome II*. Armand Colin.