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Co-construction of the therapeutic alliance in interpreter-mediated psychotherapy

As part of the panel “Interpreter-mediated psychotherapy: Dimensions of the Therapeutic Relationship”

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In the migrant clinic, interpreters ensure linguistic transfer and may exercise cultural agency. Through their verbal, paraverbal and non-verbal actions, they may also co-construct the therapeutic alliance (TA), which is conducive to patients' self-expression (e.g. Goguikian Ratcliff et al. 2019). The aim of this communication is 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 semi-structured interviews with therapists, patients and interpreters, and through the discursive analysis of authentic interpreter-mediated therapeutic conversations (Brown and Levinson 1978; Kerbrat-Orecchioni 1992). The results shed light on the type of speech acts and of paraverbal and non-verbal elements performed by the interpreter for the benefit of TA (Delizée and Michaux 2022). A better understanding of the procedural mechanisms that constitute TA in IMP is crucial for improving the quality of care.

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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.

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