

# **Engaging with Multilingualism in Psychotherapy: workshop for mental health practitioners and applied linguistics researchers**

**Date:** 08 January 2020, 1:30 – 5:30 pm

**Venue:** Birkbeck, University of London

**Booking:** places are limited, please book your free ticket [here](#)

## **Event description:**

Mental health practitioners and applied linguistics researchers are invited to an interdisciplinary workshop exploring the therapeutic implications of multilingualism. Through a combination of research presentations and an interactive practitioner-led session, this half-day event aims to provide an overview of the issues which therapists and clients may be faced with when a client knows more than one language (without an interpreter present) and to foster interdisciplinary dialogue in this growing field for research and practice.

## **Full programme:**

**1:30 to 1:45 pm – Welcome and workshop outline**

**1:45 to 2:15 pm – Multilingualism, intercultural communication and emotion**

This talk aims to highlight the implications of multilingualism research for psychotherapy. First, the language preferences and perceptions of multilinguals with regard to communicating emotion, including within cross-cultural couples will be explored. Next, joint work researching psychotherapy across languages and evaluating bespoke training and supervision with Dr Beverley Costa will be described.

**Jean-Marc Dewaele** is Professor of Applied Linguistics and Multilingualism at Birkbeck, University of London. He is interested in psycholinguistic, sociolinguistic, pragmatic, psychological and emotional variables in Second Language Acquisition and Multilingualism. He shared the Equality and Diversity Research Award from the British Association for Counselling and Psychotherapy with Dr Beverley Costa in 2013 and is currently General Editor of the Journal of Multilingual and Multicultural Development.

**2:15 to 2:45 pm – Client perspectives: the role of multilingualism in the therapeutic journey**

We will review international and UK-based research on how multilingual clients experience language practices in their psychotherapy. Topics include the implications of using a first language or foreign language and the significance of language switching when expressing emotion and trauma, and (re)constructing one's identity. Examples will range from individual therapy to group therapy within a therapeutic community for survivors of torture and human trafficking.

**Louise Rolland** obtained her PhD in applied linguistics at Birkbeck, University of London. She is interested in multilinguals' language use for emotional expression and identity performance, particularly in the context of mental health and talking therapies, and language policies.

**Sally Cook** is a PhD graduate from Birkbeck (University of London) with expertise in interdisciplinary research in refugees, multilingualism, trauma and rehabilitation. Prior to her PhD she had an extensive career in education.

## **2:45 to 3:15 pm – Bilingual therapists’ experiences of language switching in therapy**

An overview of research findings about the challenges that bilingual therapists face when working with bilingual clients but also about the opportunities that language switching offers to the development of the therapeutic alliance and the efficacy of the therapeutic work.

**Chrysa Chlomisiou** is a psychologist and psychodynamic psychotherapist based in Leicester. She currently divides her time between her role as resident tutor in an international boarding school and her position as volunteer counsellor in Leicester Counselling Centre.

## **3:15 to 3:35 pm – Break**

## **3:35 to 4:05 pm – Counselling in English as an additional language**

This study aimed to explore the impact and effectiveness of counsellors who counsel in English as an additional language (EAL) and to look at differences or hindrances that counsellors may have encountered in training and practice that are possibly due to working in an additional language.

**Leigh Gardner** is a lecturer in counselling and psychotherapy at the University of Salford and has worked in secondary schools counselling and in private practice.

## **4:05 to 4:50 pm – Case examples of psychotherapy across languages**

The workshop will consider case examples of the experiences of multilingual clients and therapists, looking at the way in which they differ from therapy with monolingual clients – particularly the different type of attention and psychological formulation of the issues which they require.

**Beverley Costa** is a psychotherapist who set up Mothertongue multi-ethnic counselling service in 2000. A Senior Practitioner Fellow at Birkbeck, University of London, Beverley now disseminates Mothertongue’s learning through The Pasalo Project ([www.pasaloproject.org](http://www.pasaloproject.org)). She shared the British Association for Counselling and Psychotherapy’s Equality and Diversity Research Award with Prof Jean-Marc Dewaele in 2013. Her book ‘Other Tongues - psychological therapies in a multilingual world’ will be published in 2020.

## **4:50 to 5:15 pm – Panel: Future directions for research & practice**

## **5:15 to 5:30 pm – Closing words and feedback**

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Please note that individual timings may be subject to change. For any queries, please contact Louise Rolland: [lrolla01@mail.bbk.ac.uk](mailto:lrolla01@mail.bbk.ac.uk). This event is generously supported by a small grant from the KCL Language Acts and Worldmaking project, which is funded by the AHRC Open World Research Initiative.