**The languages of the heart – therapy and multilingualism**

Where psychotherapists and clients cannot be linguistically matched, they may want to consider incorporating an interpreter into their therapeutic relationship. Therapists are often unprepared to work in this way.

The first part of the training session will consider: how to work collaboratively with interpreters; the nature and impact of the therapeutic material; contrasting models of practice and professional values; the therapeutic frame and ethical-decision making and the unconscious pulls and pushes when working in a triadic relationship.

The second part of the session will focus on the multilingual experience and how multilingual clients differ from monolingual clients. Drawing from research findings, we will consider the specific differences as they relate to identity formation; emotional expression and processing of trauma. We will also consider Linguistic Empathy and Linguistic Privilege and how clients’ and therapists’ multilingualism can be used as a therapeutic asset.

The training will be highly experiential and will include demonstrations, excerpts from films and discussion. It will draw on the latest research from across the disciplines of Applied Linguistics and Psychotherapy.

Bio

Dr.Beverley Costa, a psychotherapist, set up Mothertongue multi-ethnic counselling service [www.mothertongue.org.uk](http://www.mothertongue.org.uk) in 2000 and she founded The Pasalo Project in 2017 [www.pasaloproject.org](http://www.pasaloproject.org) to disseminate the learning from nearly two decades of Mothertongue’s service. She set up the Bilingual Therapist and Mental Health Interpreter Forum in 2010. In 2013, Beverley established “Colleagues Across Borders” offering pro bono peer support to refugee psychosocial workers and interpreters based in the Middle East. Beverley is a Senior Practitioner Fellow at Birkbeck, University of London and she has written a number of papers and chapters on therapy across languages with and without an interpreter. Together with Professor Jean Marc Dewaele, they won the 2013 British Association for Counselling and Psychotherapy, Equality and Diversity Research Award. She has developed and delivers a programme of training for therapists and clinical supervisors in culturally and linguistically sensitive supervision.