

### **Interpreter-mediated therapy**

“How have you been since I last saw you?” The client doesn’t look at me at all and keeps looking at the interpreter. I’m supposed to be in charge, I’m the therapist! I hope I don’t show my frustration. Body language, body language...

“I’ve had an okay week, to tell the truth, nothing major happened,” the client mentions in response. “She’s had an ok week, nothing major has happened...,” said the translator. The client turns to the translator again and the translator starts speaking back in Welsh. “Yes, I had a nice week, well, I think so...,” said the client.

“What did you say, you thought you'd had an ok week?” I’m feeling really lost, I wonder if they’re saying something about me. How can I join in without being rude – well, are they being rude? Are they trying to undermine me? The translator apologises and explains that the client, after stating that they’d had good week, were unsure if they'd had. I nod, still not sure where this was going.

God, this therapist looks cross - this is my session, why is she cross?

Why is the client staring at me – I ask: “What has been positive and/or negative about your week?” The translator turns to the client and translates, although it's obvious that the client had understood my question before this happened, as they were nodding. I’ve lost total control of this; I feel like running away and hiding in the pile of therapy bean bags in the corner!

What the hell is wrong with the woman, is she a therapist or what? Why is she looking so lost - like some sheep about to run away?

"The worst thing that happened to me was to start going on about my son," says the client.

The translator turns to the client again and starts speaking in Welsh.

I’ve had enough now... “Do you mind?” I said... They both turned to look at me as if they were choreographed....

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“Dwi ‘di cal wsnos golew, i ddeud gwir, dim byd mawr ‘di digwydd.” the client mentions in response. “She’s had an ok week, nothing major has happened...” said the translator. The client turns to the translator again and the translator starts speaking back in Welsh. “Do gesi i wsnos neis, wel, dwi’n meddwl...”. Said the client. “Be’ ddudoch chi..dach chi’n meddwl ych bod chi ‘di cal wsnos golew?” I’m feeling really lost, I wonder if they’re saying something

about me. How can I join in without being rude – well, are they being rude? Are they trying to undermine me? The translator apologises and explains that the client, after stating that they've had good week, were unsure if they had? I nodded, still not sure where this was going.

Argol, ma'r therapydd 'ma yn edrych yn flin – yn sesiwn i ydi hwn, pam 'i bod hi'n flin? Why is the client staring at me – I ask. "What has been positive and/or negative about your week?" The translator turns to the client and translates, although it was obvious that the client had understood my question before this happened, as they were nodding. I've lost total control of this; I feel like running away and hiding in the pile of therapy bean bags in the corner!

Be gythrel sy'n bod ar y ddynes, therapist neu be' ydi hi? Pam bod hi'n edrych mor ar goll – fatha dafad ar fin i gwadnu hi..." Y peth gwaetha ddigwyddodd i mi oedd dechrau mwydro am fy mab..." says the client. The translator turns to the client again and starts speaking in Welsh. I've had enough now... "Do you mind?" I said....They both turned and look at me as if they were choreographed....