

Language Dilemma

Th: Hello Helo Delyth

C: Hello Helo

Th: So nice to see you (familiar form) Mor neis i weld ti (Is that too familiar? - the Welsh I speak is from school, friendships, but in English I would say good to see you. It sounds so much warmer in Welsh...culturally English people can be perceived as cooler and Welsh people more open, hmmm generalizations/cultural stereotyping? I haven't added so! So good to see you. Why? Nice to see you Neis i weld ti sounds colder without the so mor). C: (a little taken aback perhaps by the very warm/possibly over familiar welcome). Thank you! Diolch! Nice to see you too. Neis i weld ti hefyd.

Th: I want to say again, I'm very sorry that I can't give support through the medium of Welsh. Dwi eisiau dweud eto, mae'n ddrwg iawn gennai bod fi'n methu rhoi cymorth drwy gyfrwng y Gymraeg (Therapist internal monologue. Why? Pam? Am I carrying guilt here that is wider or is this courteous? Is the focus about me again!! Arrgghhh!!) But if it's ok with you (familiar / polite), I'm going to continue in English for the time being. Ond os mae'n iawn efo ti/chi? Dwi'n mynd i barhau yn Saesneg am y tro.

C: That would be ok. Bysa hwna'n iawn.

Th: Great! Gret! I was thinking around our discussion last week and how important speaking in Welsh is for you, particularly in this healing process of exploring therapeutically your emotional background, memories and family of origin. How do you feel about continuing to use Welsh in a more fluid way to explore your emotions as things come up? I think this could be very powerful and necessary to your healing journey. If you felt able you could translate to English for me. I may understand some of what you are saying. Some I may not, but that is periphery to the reflective work which you could do and which we could share together using your mother tongue as a therapeutic access point. What are your thoughts and feeling around that?

C: OK. lawn. I think that could work. Let's see. Gawn ni weld.

Th: (Internal: Is this going to work? I don't want to passively let this slide into supporting me). Please feel free to let me know if you feel a burden in this in anyway. This session is for you and about you. The aim is to create a safe space where you can articulate and explore your feelings in either language. I will be here to think alongside with you and support in whatever way I can.

C: Ok.

Th: So how has your week been?

C: Up and down. Lan a lawr. I had some difficulty with my boss this week.....