

Symposium

📅 2025年9月28日(日) 10:40 ~ 12:10 🏢 Session Room 8 (Meeting Room 1)

[Symposium 91] Navigating Mental Health Systems: Informal Care, Multilingualism and Professional Interpreting

Moderator: Mike Mösko (University of Applied Science Magdeburg-Stendal)

[SY-91-04] (Therapeutic) Relationship qualities in interpreter-mediated psychotherapy: A qualitative study with therapists, interpreters and patients in Germany.

*Muhammed-Talha Topçu (University of Applied Sciences Magdeburg-Stendal(Germany))

キーワード : Language barriers、Cross-Cultural Psychotherapy、Interpreter-Mediated Psychotherapy

Due to globalisation, global crisis and migration the number of forcibly displaced population increases. Psychological stressors play a significant role influencing the mental well-being of migrating populations. Among a variety of barriers to access and provide mental health care to this vulnerable population, language barriers significantly hinder migrants' access to psychotherapeutic care. Interpreter-mediated psychotherapy has emerged as an effective method for overcoming these challenges but introduces a more complex relationship structure: the classical dyad evolves into a triad. Despite the utilisation of the assistance of interpreters, little research exists on the specific dynamics and relationship qualities within this triad. Relational qualities like as trust, empathy and such are known to be indicators for a good and positive therapeutic relationship. This study aims to explore the quality of relationships in interpreter-mediated psychotherapy, focusing on trust-building, the role of nonverbal communication, and relationship development among all parties involved. To address this, 21 semi-structured interviews were conducted with mental health care providers (n=6), interpreters (n=6), Turkish- and Arabic-speaking patients (n=6), and experts in migration and mental health (n=1), relationship building in psychotherapy (n=1), and translation studies (n=1). The interviews were audio-recorded, transcribed verbatim, and analysed using qualitative content analysis. This study identified overarching relational qualities while suggesting that trust plays a central role for all participants. Clear information about confidentiality fosters patient openness, while patients particularly value nonverbal communication and the therapist's emotional presence and responsiveness. Interpreters emphasized the importance of accurate translations in building trust between therapists and patients. The patients' perspective offers valuable insights into their experiences and underscores the importance of interpreter-mediated psychotherapy as a crucial form of support for migrants.