

# Medical Interpretation in Psychotherapy

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# Introduction

- Welcome
  - My background
- Break up into pairs
  - Introduce yourself
  - What interpretation services have you done?
  - What do you think would be important interpreting a therapy session or psychiatric evaluation?
  - What concerns may arise?

# Psychological Disorders

- Anxiety/Stress Disorders
- Mood Disorders
- Somatization Disorders
- Dissociative Disorders
- Eating Disorders
- Substance Use Disorders
- Psychotic Disorders- Schizophrenia
- Personality Disorders
- Cognitive Disorders
- Childhood Disorders

# Anxiety/Stress Disorders

- Phobia
- Generalized Anxiety Disorder
- Panic Attacks
- Obsessive Compulsive Disorder
- Post-traumatic Stress Disorder

# Mood Disorders

- Depression
  - What symptoms might we see?
- Bipolar Disorder
  - Mania

# Somatization Disorder

- Psychological Disorders that manifests as a physical condition
- No organic cause
- Not faking for secondary gain
- Somatization Disorder
  - Medical problems resulting from a psychological condition
- Factitious Disorder and Factitious Disorder by proxy
  - Feign medical problems for attention

# Dissociative Disorder

- Dissociative Identity Disorder
  - AKA: multiple personality disorder
  - Very rare
- Dissociative amnesia/ fugue

# Eating Disorders

- Symptoms: restrictive eating, bingeing, purging, lack of self
- Anorexia
  - Unrealistic body image
- Bulimia
- Binge Eating Disorder

# Substance Use Disorders

- Abuse
- Dependence
- Uppers, downers, hallucinogenic drugs
- Often co-morbid with other disorders

# Psychotic Disorders

- Schizophrenia
  - Social Withdrawal
  - Hallucinations
  - Delusions
- Brief Psychotic Disorder

# Personality Disorders

- Overall strange character of the person
  - 10 types
- Paranoid
- Narcissistic
- Borderline
- Anti-Social
  - Psychopath

# Cognitive Disorders

- Traumatic Brain Injury
- Alzheimer's Disease

# Childhood Disorders

- Conduct Disorder
- Autism Spectrum

# Role Play

- Write down the symptoms of a disorder we discussed
- Groups of 3: practice interpretation
  - Patient- express symptoms
  - Interpretator- communicate symptoms to clinician
  - Clinician- ask follow questions, guess the disorder

# Therapy Treatments

- Psychodynamic
- Behavioral
- Cognitive
- Humanistic/Interpersonal
- Mindfulness/Emotion Focused

# Psychodynamic

- Focus: on client's past (typically childhood)
- Assumes past events are causing current disorder
- Technique: talk about past
- Technique: access unconscious: dreams, free association
- Goal: uncover unconscious memory
- Goal: gain insight

# Behavioral

- Focus: external behavior
- Let's change the actual behavior
- Technique: assign rewards and punishment
- Technique: gradual exposure to fears
- Goal: Change undesirable behavior
- While psychodynamic the focus was entirely internal behaviorism is entirely external

# Cognitive

- Focus: client's thinking
- Technique: change thought's
  - Ex) "I am horrible person no one likes me" to "I've made some mistakes, but I am a good person and people do like me"
- Technique: stop catastrophic thinking
  - Losing job is certainly bad, but doesn't mean life is ruined
- Goal: Stop negative thinking
- Goal: Develop more positive thinking about the self

# Humanistic/Interpersonal

- Focus: The relationship between client and therapist
  - Might be the hardest with interpretation
- We feel better when we have trusting and caring friend just to talk to
  - Sometimes problems do not need a solution people just need support
- Technique: Get accurate feedback about yourself
  - Ex) “Maybe, your anger scares your wife and causes her to shut down”
- Goal: Allow the client to express themselves
- Goal: Provide feedback so the client can understand themselves better

# Mindfulness/ Emotion Focused

- Most psychological disorders involve negative feelings
- Focus: Feeling and thoughts in present moment
- Technique: Accept emotions instead of having to immediately act on them
  - Ex) When stressed we engage in bad habits
- Technique: Increase emotions to help the client better understand themselves
- Goal: To accept feelings and self regardless of content
- Goal: To let go of shame, self acceptance

# Break/Questions

- Let's take a moment to digest all this material
- Bathroom
- Questions

# Role Play

- Practice counseling with a partner
  - Create a problem
    - One therapist, one client
  - How might this differ between?
    - Psychodynamic
    - Behavioral
    - Cognitive
    - Humanistic Interpersonal
    - Mindfulness/ Emotion Focused
  - What interventions did you use?

# Feelings in Therapy

- Unlike others type of medical interpretation, what is being expressing non-verbal may be just as important perhaps even more important than words
- Not just about information gathering
- It's important to help the client express their feelings
- Thoughts and feelings don't also agree (different brain areas)

# Feelings in Therapy

- How can we help client express their feelings?
- Are their phrases in other languages where the emotional context can get lost in translation?
- Sometimes not talking is important too

# Questions

- What is still confusing?
- Is there anything you would like to learn more about?
- What worked? What didn't?