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Increasing numbers of multilingual people seek counselling and psychotherapy in a system that is rooted in a monolingual ideology. Despite these numbers, there is very little training for therapists (Bager-Charleson et al., 2017; Costa & Dewaele, to appear). Recent research shows that the learning and the use of other languages offers users the opportunity to display different selves in communicative interactions and that switching between languages is quite common when the emotion tone is raised (Rolland et al. 2017). The switching in therapy can allow the user either zoom out if a topic is too painful, or zoom in if the topic is emotional and hard to report in one language.

References

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Bionote

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