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English Version 1.0

How to Deal with the Fear and Anxiety when Using English to do Clinical Work as a Non-native Speaker or an International Student

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Abstract: The purpose of this document is to provide novice counselors, therapists, social workers who speak English as a second language, especially international students, with strategies to cope with the anxiety and fear of using English to do clinical work. This article is entirely experiential, gathering insights from international students and supervisor from various backgrounds, without including any research data. Thanks to the clinicians who provided feedback and suggestions during the development of this document. The documentation is mainly divided into English and Chinese versions.

And the LORD said, "Look, they are one people, and they have all one language, and this is only the beginning of what they will do; nothing that they propose to do will now be impossible for them. Come, let us go down and confuse their language there, so that they will not understand one another's speech." So the LORD scattered them abroad from there over the face of all the earth, and they left off building the city. Therefore it was called Babel, because there the LORD confused (balal) the language of all the earth, and from there the LORD scattered them abroad over the face of all the earth.

—Genesis 11:1–9 NRSVUE

- **Objective factor:** Evaluate your oral English proficiency — learning a language is a long process.
Subjective factors: is there any self-work that needs to be done? (self-work, usually refers to self-awareness or self-reflection, which is the work that needs to be done by yourself or with your counselor/therapist).
 - Language is only one small part of counseling/therapy.
- **Counseling/therapeutic work doesn't require advanced spoken language.** Simple kindergarten-level language is sufficient.
 - As therapists/counselors, we do have a lot of academic and clinical training, so we can conceptualize cases easily, while the client may not. Don't expect the case or client to be "perfect" or "ideal".
- If you use advanced language, such as academic terms, literary words, and subordinate clauses, your clients may not be able to understand your words.
 - We may encounter clients who have language disabilities, or even kids and people who come from the lower class and do not have the chance to obtain higher education.
 - I have a native speaker friend who likes to use very advanced and academic expressions, which makes his clients sometimes unable to understand what he is saying (sometimes I cannot understand, either), thus he has to explain what he said. My supervisor reminds him not to use overly advanced expressions sometimes.
 - "language in the end is only a medium to convey an idea" People who are very concerned and critical about your grammar and/or accent may be using this as their defense mechanism.
- Be confident in yourself and your cultural background.
 - **Building relationship is the most important thing.**

- My supervisor told me that coming from a different culture and having a second language is a very beautiful thing, but at that time I couldn't understand what she meant. I wasn't confident in myself either, and wished I were a native speaker. I was afraid that if I didn't perform well enough, I would be "rejected" by my clients, which means that I would lose them and the opportunities to work with them as well (especially when you need clinical hours to graduate, things get tough). Additionally, as a newbie and a foreigner, clients may think I am too young, do not have too much experience, and am not good at communicating due to language barrier, etc. However, these are mainly some of my assumptions. Although I have to admit that these situations may happen a lot, counseling/therapy is also a two-way choice. Clients would like to work with you regardless of your background is if you two are a good match.
 - Think about it differently, if a foreigner communicates with you by using a foreign language (for you it's your native language), will you be more patient?
- **Speaking and discussing the differences that are on the table.**
 - To pretend who we are doesn't matter, it is only denying reality and not using everything that's right there.
 - I was shocked when my supervisor said, "The client should learn how to care for the therapists situation too. You have to teach your client what you need and vice versa." My first thought was, "Can this happen? Can I ask for this?"
 - "But in therapy and our theory we are taught to form the therapeutic relationship. Therefore a therapist does need to learn how to explore what they may need to ask of their clients. And it's a positive experience to do this."
 - I realized the difference in our way of thinking when I getting the feedback from my supervisor. At that time, I realized I could be with the client as an equal in the counseling room. "Humble and lowly" are the best words to describe our situation and mindset, at least in the sample I know in my program. International students are afraid to show our true selves, we disguise ourselves and try to pretend that these differences do not exist, which is impossible.
 - We often think in terms of "minority or marginalized groups", although I don't like using these words. We are brainwashing people into separating themselves from people.
 - To some extent, we need clients to "like" us so that we can graduate or work, and we do sometimes act as "merchants". However, we are not (completely) merchants, nor are we just people who provide behavioral interventions.
 - In the counseling room, we communicate, we talk, we listen, we have body language, or even conflicts, and there are two or more real people communicating together. Particularly, for relational therapists, we fear interacting with clients about our intersectionality and diversity.
 - *"We don't like ourselves and have to work with ourselves. Conflict is all a part of it." "But it's so important for me to experience having to work with someone I dread. It's called life. So honestly I also think we don't necessarily need to 'like' our therapist but 'trust' them that they believe in people and the power of healing. We aren't going to like our spouses, colleagues, parents, etc. We have to work with people we don't like or people who don't like us. It makes us better humans. People can improve their lives."*
- **If you don't understand what your clients are saying, then ask them.** It doesn't matter.
 - Even when having counseling in your native language, there may be times when you misunderstand or cannot understand what the other person is saying.
 - We encounter people from different backgrounds in our lives, and in this process we need to learn how to communicate with each other; this is something that happens a lot in the counseling rooms.

- **You can tell the client at the beginning about your background:** that you are not a native speaker.
 - If you cannot understand what your clients are saying, you can go back and ask the client to repeat or explain (I'll get into this specifically later), and even introduce their culture to you. If your clients cannot understand what you're saying, you can express that you welcome them to ask you questions or express confusion. Slow down and use simple examples, or other methods.
 - **Topics you can explore with your clients:** fear of the therapist cannot understand you; any concerns about working with international students or non-native speakers; being transparent, do you feel if there any place that you think I may cannot understand you?- - *let them feel that you can understand them.*
 - If there is a possible language misunderstanding, try to bring it up at the beginning.
 - When working with the LGBTQ community, since the pronunciation of "she" or "he" is the same –"ta" in Mandarin, you can explain this at the beginning to avoid any misunderstanding due to a slip of the tongue.
 - When working with clients, there may be cultural aspects of the language that you cannot understand: e.g., slang.
 - Keep curiosity about their cultures.
 - I've thought that it would be better to know all about American culture before I doing the clinical work so that I will not make any mistakes. But as foreigners, it's normal for us to not fully understand clients' cultures, and that is what you can explore with your clients in the sessions.
 - In fact, even if we all come from the same culture, there are differences due to individual experiences. We need to learn how to communicate differently as well.
 - Some words are different in your native context than in the English context, so it's good to explain and clarify them at first.
 - For example, my supervisor explained to me the difference between accountability, liability, and responsibility.
 - Find your interests, such as English TV programs or dramas to learn about culture.
- **How do you understand (or define) "understand"**
 - It is a tricky word. Sometimes we think we understand each other, but do we really understand each other?
 - *For example, sometimes parents think they understand the children and then will make the child take things they dislike. Or couples think they know each other's needs, but have conflicts on different topics because they misunderstand each other's needs. There are too many examples in our lives.*
 - **If you only assume others' needs instead of communicating directly, you will never know their true needs or whether they feel that you understand them.** This is not only happens in counseling/therapy. Acknowledge and confirm the clients' thoughts and needs at the end of the session, and the confirm that they are understood and heard.
- **Toolkit for clarification**
 - One thing I always say is "**Can you give me an example**" so that I can understand it better in context.
 - **Re-check/paraphrase:** repeating what the client said in your own words to ensure that we understand each other correctly.

- You can repeat the client's words and sentences, which is also a **slow-down process** so that the clients can process their thoughts.
- **Pause:** Even if you don't know how to express yourself at the moment, you can say "Let me think about it" to help yourself and the client process.
- **Non verbal communication.** Be aware of how clients may experience that.
 - Especially facial expressions, mirroring, silence and gestures. Some Asians don't often do a lot of gestures or extreme movements (to show competence), they may have to think and sometimes look away. It's not judgement, it's processing. Let your clients know that you are processing the information.
 - Observe your body language (e.g., watch recordings) or ask your classmates, supervisors, and friends to give feedback. When you're doing counseling work, body language is also a form of communication.
 - Gathering what you are hearing and observing and repeat that back or use other creative ways.
- **Getting clients interested in you**
 - Connect with them through similarities: common interests, experiences, hobbies.
 - Highlight your strengths—different from them and let us be interested in each other
- **Instead of being omnipotent or perfect, being authentic and transparent.**
 - Trap: want to appear professional and perfect so that the client will not terminate the therapy.
 - It is impossible to solve all your clients' problems. Being open-minded and having cultural humility/sensitivity. Beginners may want to show their capability by solving the clients' problems as soon as possible. Be aware of this situation (e.g., narcissism). This is actually to fulfill your needs instead of fulfilling your clients' needs.
 - Some people may think that if they are perfect then clients will not terminate clinical work, however, counseling/therapy is not about finding a perfect counselor/therapist. On the contrary, it can lead to additional stress, and even with the best counselor/therapist, there will still be instances where clients terminate sessions.
 - Sometimes clients cannot be aware of their issues and needs, and this is something you need to explore with them.
 - *I am less anxious now because I've become more tolerant/acceptable of myself, and I no longer evaluate my self-worth based on others' judgments. It doesn't matter if I do not behave perfectly or make mistakes. I no longer demand that I have to say flawless sentences or give perfect solutions.*
 - After all, counseling/therapy is not about saying perfect phrases and suggesting solutions. Our connections with the clients are more important.
 - In Asian culture, we have a preference for authority. Parents come into the therapy room and want the experts to provide a right and effective solution. If the clinicians want to fulfill the parents' needs, they will play the role of a "good" and omnipotent clinician.
 - *I remember I used to read about a therapist lying on the floor like a child during the session when I was taking the theory course. I was surprised because therapists always sit in chairs, but I don't think that the therapist was unprofessional.*
 - **Vulnerability is a strength**
 - You cannot be fully responsible for your clients, **they should be responsible for themselves.** We only work with clients for an hour a week, and there's a limit to what we can do. Be aware of your position.
- **Don't take it too personally...**
 - Fundamental attribution error, you may attribute case attrition to your identity and background.

- A distorted belief: clients are discharged for a variety of reasons, but to us, it seems like it's just because of who we are.
 - Sometimes they may treat people around them the same way they treat you, or they have their trauma that contributes to their behaviors - what we see is not always true.
 - It's not always because of you. Counseling also requires a certain degree of match between both parties, and you do not have to "help/save" everyone.
- **Unable to express your thoughts accurately.**
 - When you use English to communicate with others, you may lose part of your original emotion and the meaning you want to convey.
 - Use non-verbal language or tools to assist your expression, such as drawing, sandtray therapy, and symbols, let the client choose pictures that can express their emotions.
 - Counseling is not just talk therapy, explore alternative methods.
 - *When I don't know how to express my thoughts accurately with professors, I will share my screen and let them see what I am doing, or I will say "I need to use google translate".*
- Listen to/review your recordings.
- Look for support from others, especially your peers.
- Work on this topic with your supervisor.
 - However, it is possible that some supervisors cannot understand your situation and your background. Good supervisors can be hard to come by. If they are willing to take a genuine interest and learn about your life, things will get easier. Sometimes getting your supervisor to understand your situation is something you need to work on as well.
 - **Note the major differences of cultural experiences with the supervisor.**
 - It takes a lot of leaps of faith to follow another's cultures norms. For some cultures hearing others' stories can really disorient a person. *How does one know they can trust another from a different culture. What does that mean...*
 - For example, weed can be a sensitive topic in some cultures.
- Balance cultural differences and pathology.
 - Some cultural norms maybe irrelevant to their understanding of their own pathology. More often than not the problems they are seeking is related to how they perceive and communicate with the world around them.

Finally, it is definitely not easy to build relationships with others in an unfamiliar cultural environment while using a language you are not fluent in. Even though I no longer work as a clinician anymore, I admire non-native speakers who use English to do clinical work. You have to overcome more challenges and do more things than others, and I hope you can enjoy your journey.

Quoting my supervisor:

“Everyone has strengths. And your actual diversity is your strength. The resiliency it takes to do a program like this with it not being your first language. Amazing. You don’t get credit that most international students score better on tests and conceptualization. There is absolutely a way to market and discuss the reality of that in the room. If they really believed diversity was a strength they would be transforming lives.”

“Again, international students are missing out on being taught how to work in the ‘experience of being with another’. We still feel and seek for trust no matter the language and background. The power to actually learn how to communicate and interact with someone from a completely different background is going to teach them a lot more critical thinking and possible empathy than other interventions.”

Resource

- **As a supervisee, you can read...**
 - Niño, A., Kissil, K., & Davey, M. P. (2016). Strategies Used by Foreign-Born Family Therapists to Connect Across Cultural Differences: A Thematic Analysis. *Journal of Marital and Family Therapy*, 42(1), 123-138. <https://doi.org/10.1111/jmft.12115>
- **As a supervisor, you can read...**
 - Garrison, Y., Yeung, C. W., Sunny Ho, Y. C., Hong, J. E., Son, Y., Lin, L. R., & Bermingham, C. (2022). Linguistic Minority International Counseling Psychology Trainees’ Experiences in Clinical Supervision. *The Counseling Psychologist*. https://doi.org/10.1177_00110000221094324
 - Peng, Y., Genç, E., Nicholson, B. et al. Not professional enough to be a therapist: international therapists’ experience of language discrimination. *Curr Psychol* 41, 3225–3235 (2022). <https://doi.org/10.1007/s12144-020-00848-4>
 - Lorena Georgiadou (2014) ‘My language thing ... is like a big shadow always behind me’: International counselling trainees’ challenges in beginning clinical practice, *Counselling and Psychotherapy Research*, 14:1, 10-18, DOI: 10.1080/14733145.2013.770896

中文版本 Chinese Version 1.0

作为母语非英语的人或国际生，如何应对使用英语从事临床工作时的恐惧和焦虑

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摘要: 本文档旨在为以英语为第二语言的新手心理咨询师，治疗师，与社会工作者，尤其是国际生，提供应对用英语做心理咨询时产生的焦虑和恐惧的方法。这篇文章完全是经验性的，汇集了来自不同背景的国际生以及督导的经验，并不包括任何研究调查。感谢在此文档写作期间的临床工作者提供的反馈和建议。文档主要分为英文版和中文版。

他们说，“来吧，我们要建造一座城和一座塔，塔顶通天，为了扬我们的名，免得我们被分散到世界各地。”但是耶和华降临看到了世人所建造的城和塔。耶和华说，“看哪，他们都是一样的人，说着同一种语言，如今他们既然能做起这事，以后他们想要做的事就没有不成功的了。”让我们下去，在那里打乱他们的语言，让他们不能知晓别人的意思。于是耶和华使他们分散到了世界各地，他们也就停止建造那座城。因为耶和华在那里打乱了天下人的言语，使众人分散到了世界各地，所以那座城名叫巴别。

——创世记

- 客观因素：自己的口语水平如何，要承认的一点是口语学习是一个非常漫长的过程。主观因素：是否存在一些要做的 self-work（注：自我的工作，通常指自我觉察 self awareness，或者和你的咨询师之间需要做的工作）。最后就是语言只是咨询里的小方面
- 心理咨询并不需要太高级的口语表达，简单的语言就可以
 - 我们作为咨询师确实经过了不少学术和临床训练，所以可以很好的概念化，但 client 未必。不要指望个案是“完美的”或者“理想的”
 - 本来美国就存在有阅读障碍或者语言障碍的人，何况我们的工作群体常常会包括和孩子以及没机会受到教育的人，你用非常高级的表达对方反而可能听不懂
 - 这里讲下我有个美国同学很喜欢用非常高级和学术的表达，以至于 client（个案，来访者 or 客户）有时候无法理解他在说什么……我督导有时候会提醒他不要用太高级的表达
 - “language in the end is only a medium to send an idea” 非常在意你语法口音并且挑刺的人可能本身这样做就是她们的 defense mechanism（防御机制）……
- **be confident in yourself and your culture background**
 - 我督导和我说来自不同的文化和有第二语言是一件非常 beautiful 的事情。但当时的我无法理解对自己也不自信，我希望自己是 native speaker，因为很恐惧如果自己表现得不够好会被对方“拒绝”就是流失掉个案，而且作为新手和外国人对方可能会觉得我太年轻，没有经验，不好沟通等，现在回想起来这些主要是我的一些假设而已……虽然不得不承认这些情

况可能会发生，但咨询本来也是双向选择，对方想和你工作不管你有什么背景的都会和你工作，build relationship（建立关系）是最重要的。

- 换位思考一下，如果有外国人用中文和你交流，你会对对方宽容一些吗？
 - 一点文化差异，亚洲文化似乎不太允许个体“proud of myself” No matter how good you are, you need to stay humble.

- 讲出或者讨论彼此真实的差异

- To pretend who we are doesn't matter, it is only denying reality and not using everything that's right there.
- 我督导讲了让我非常震惊和冲击的话“你的来访者也应该学习去照顾咨询师的情况。The client should learn how to care for the therapists situation too. You have to teach your client what you need and vice versa.” 我的第一反应是，这种事情是可以发生的吗？
 - *“But in therapy and our theory we are taught to form the therapeutic relationship. Therefore, a therapist does need to learn how to explore what they may need to ask of their clients. And it's a positive experience to do this.”*
- 在获得我督导的反馈时，我发现了我们俩在思维方式上的区别。至少在我所知的样本里，“卑微”是最好的用来形容我们处境和心态的词语。国际生都很害怕展现真实的自己，我们伪装自己，想要假装这些差异并不存在。我们似乎常常以“minority or marginalized groups”的思维方式去思考问题，尽管我并不喜欢这些词语。在我督导回复我上面那段话的时候，我才意识到我可以在咨询室里作为平等的人和她/他们待在一起。We are brainwashing people into separating themselves from people.
- 在某种层面上来说，我们需要来访者“喜欢”我们，这样我们才能毕业或者工作，我们有时候会充当“商人”的角色给客户提供服务。但是，我们并不（完全）是商人，也不是仅仅提供行为干预的人。在咨询室里，我们会互动，会谈话，会倾听，会有肢体语言，甚至会有摩擦，是两个或者多个活生生的人在一起沟通。尤其是对以人际关系为主要工作的咨询师 (relational therapists) 来说，我们恐惧于在文化交叉性 (intersectionality) 与多样性 (diversity) 上与客户互动。
 - *“We don't like ourselves and have to work with ourselves. Conflict is all a part of it.” “But it's so important for me to experience having to work with someone I dread. It's called life. So honestly I also think we don't necessarily need to 'like' our therapist but 'trust' them that they believe in people and the power of healing. We aren't going to like our spouses, colleagues, parents, etc. We have to work with people we don't like or people who don't like us. It makes us better humans. People can improve their lives.”*

- 听不懂就问，没有关系的。

- 就算用中文做咨询，也会出现不理解对方讲的什么意思或者听不懂的情况。我们在生活中会碰到来自不同背景的人，在这个过程中我们也需要去学习如何与对方沟通；而这种事在咨询室里常常发生。
- 可以在一开始和 client 说自己不是 native speaker，讲讲自己的背景。如果有听不懂或者不理解的地方 client 可以询问咨询师，如果咨询师有不理解 client 的地方也可以再回去问，让 client 向你介绍他们的 culture

- 可以探讨的话题：fear of the therapist cannot understand you; any concerns of working with international students; do you feel if there any place that you feel that I cannot understand you?——let them feel that I can understand them
- 和 LGBTQ 群体工作时，由于她/他的发音都是 ta，可以在开始就解释下以免因为口误产生误会
- 和客户工作时可能会出现不明白和语言密切联系的文化：比如俚语，在美国文化下经常讨论的东西
 - 我之前有想过我最好把美国这些文化全了解了再做咨询，这样不会出什么岔子。但是我们作为外国人不完全了解对方的文化是很正常的，这是可以在咨询过程中再去探索的，保持对他们文化和本身的好奇心。事实上就算我们都来自于同一个文化，由于个体经历不同也会产生差异
 - 有的词语在中文语境下会不同于英文语境，这时候做些解释和澄清会比较好。比如我督导跟我解释过 accountability, liability and responsibility 的区别
 - 找到自己的英语兴趣点，比如英文电视节目/美剧之类的以学习文化
- 我经常说的一句话是你能不能给我举个例子，这样结合情景会更好理解
- re-check/paraphrase（重述，返回去和个案再次确认意思）：在听完后用自己的语言再复述一遍对方说的话，重复 client 的用词和句子，也是一个 slow down 的过程，让个案重新理清自己的思路，以及可以确保自己正确理解对方讲的东西
- 停顿：就算暂时不知道怎么表达，也可以说“让我想想怎么说好”，可以帮助自己和 client processing 一下
- **你如何理解（或定义）”理解“？**
 - 有时候我们自认为我们理解对方，但事实上我们并没有真正理解对方。
 - 举例来说，有时候父母认为她/他们理解孩子，然后会让孩子接受她/他们不喜欢的东西。或者夫妻间认为知晓对方的需要，但是在生活上因为误解对方的需求而产生冲突。诸如此类的例子数不胜数。
 - 如果只是猜测而不是直接的沟通，你将永远不知道对方真正的需求以及对方是否觉得你有理解她/他，不只是在咨询里，与人相处亦是如此。在咨询结束的时候确认对方的想法和需求，并和来访者确认她/他们被理解和听见了。
- **肢体语言的文化差异**，你要注意到你的客户会如何处理你传达的肢体语言的信息。
 - 举例来说有时候国际生会花费时间在思考处理来访者的信息，所以有时会望向别处，但有的来访者可能会认为你在做一些批判她/他们的举动，但事实上只是你在思考和处理信息。
 - 因此，最好可以观察一下自己的肢体语言（比如观看自己工作的录像），或者让你的同学，朋友，督导给出反馈，当你在做咨询工作的时候。肢体语言也是一种交流。
 - 收集你所听到和观察到的内容，并重述/重复这些内容或使用其他创造性的方式。
- 让 client 对你这个个体感兴趣
 - 通过相似之处进行联系：共同的兴趣，经历，爱好
 - strength of myself-different from them and let us be interest in each other
- **不要把自己看成是全能的，be authentic or transparent（真诚）**
 - 偶像包袱：希望自己表现得专业和完美，这样 client 就不会离开自己。

- 不要认为自己可以解决个案所有的问题，保持一定的 open（开放 open mind）和 cultural humility（文化敏感或者文化谦逊）。新手可能希望可以快速解决个案的问题以体现自己的能力，这部分是需要觉察的（比如是否有自恋的情况）。这其实是满足你的需求而不是来访者的。
 - 有的人可能会认为如果自己是完美的那么客户就不会终止临床工作，然而咨询不在于找到一个完美的咨询师。相反，这会给你带来额外的压力，并且就算是最好的咨询师仍然会出现客户终止工作的情况
 - 其实有时候个案连她们自己的问题和需求都不清楚，这部分是你需要和个案一起探索的。
- 我觉得我现在不太有这些焦虑也是因为我对自己的包容度提高了，我不再基于别人的评价来评估自我价值。就算表现得不完美，犯错了也没有关系。我不再要求自己必须说出完美无缺的句子或者解决方法，毕竟咨询不是让你说出完美的口语和提出解决方法就行..... 我们和 client 的连接更重要
- 我们的文化里是对权威有一定偏好的。可以看到有的父母来了就希望找专家拿到解决方法，然后咨询师又希望满足父母的愿望扮演一个”好“的且无所不能的咨询师。
 - 我记得以前学到一个流派，大师在咨询过程中直接躺在地上扮演起了小孩子，第一次看的时候我挺惊讶的，在我印象里咨询师好像一直都是端正的坐在椅子上的，但这里我并不觉得这个大师不专业。
- **vulnerability is a strength**
 - client 是切片，你不需要完全为她们的行为负责，**她们需要为自己的行为负责**。我们每个礼拜只和 client 工作一小时，能做的也是有限的，明确自己的定位。
- **Don't take it too personally....**
 - 错误归因问题，把个案的流失都归因于自己的身份和背景问题。
 - 一个歪曲的信念，client 有各种原因流失，但对我们来说好像只是因为自己的身份
 - 有时候她们这样对你可能也说明她们平时都这样对待周围人的，或者是有自己的 trauma（创伤）或者 stress 导致的，我们看到的未必都是真实的。
 - 不要太钻牛角尖觉得全都是因为自己，说白了咨询也是需要双方 match 的。你不需要”帮助/拯救”所有人。
- 使用英文进行交流和转换时会丢失一部分的情感和想要表达的意思，就是说无法准确的表达自己的想法
 - 使用 non-verbal language 或者一些其它的办法以辅助自己的表达，比如绘图，沙盘，象征，让 client 选择可以表达情绪的图片，咨询不完全只是 talk therapy，多多尝试
 - 我和 professor 交流也会出现不知道怎么表达自己意思的时候，这时候我会分享我的屏幕然后让对方看我的操作，或者我直接说等我翻译下
- 听自己的录音，如果你的 session 有 recording 也可以”复习“一下
- 寻找 support，尤其是 peer support
- 和督导工作这个议题。

- 不过也可能出现有的督导不理解你的处境的情况。好的督导本身可遇不可求，如果他们愿意放下身段去真正感兴趣和了解你的生活，一切会变得容易很多。有时候让督导理解你的处境也是你需要 work on 的地方
- **注意在和督导工作时你们俩不同的文化体验**
 - 遵循其他文化的准则是很有挑战性的并且要有非常大的信仰变更。在某些文化里听从别人的文化规则诊断很能让人迷失方向。举例来说 weed 在我们文化里是绝对禁止的，但在国外还挺常见。
 - 你怎么知道你可以信任一个来自不同文化背景的人？这意味着什么.....
- 平衡文化背景差异与个案脉络
 - 有些文化规范可能与来访者对自身病理的理解无关。更多时候，他/她们的问题与他/她们如何看待周围的世界以及如何与周围的世界沟通有关。

最后，在陌生的文化环境中使用不流利的语言与他人建立关系绝对不是容易的事情。尽管我已经不再从事临床工作，但我绝对钦佩使用英语为第二语言的做临床工作的人。你们需要克服难以想象的困难以及做更多的事情，我希望你们可以享受你们的旅途。

引用我督导的话：

“Everyone has strengths. And your actual diversity is your strength. The resiliency it takes to do a program like this with it not being your first language. Amazing. You don’t get credit that most international students score better on tests and conceptualization. There is absolutely a way to market and discuss the reality of that in the room. If they really believed diversity was a strength they would be transforming lives.”

“Again, international students are missing out on being taught how to work in the ‘experience of being with another’. We still feel and seek for trust no matter the language and background. The power to actually learn how to communicate and interact with someone from a completely different background is going to teach them a lot more critical thinking and possible empathy than other interventions.”

资源推荐

- 推荐阅读豆瓣的这个帖子：如何克服用英语做心理咨询的焦虑与恐惧 by 春日迟
 - https://www.douban.com/note/708966544/?_i=0184252RQ2bHcm
- 这篇文献讲了很多外国出生的咨询师的策略，非常推荐阅读！
 - Niño, A., Kissil, K., & Davey, M. P. (2016). Strategies Used by Foreign-Born Family Therapists to Connect Across Cultural Differences: A Thematic Analysis. *Journal of Marital and Family Therapy*, 42(1), 123-138. <https://doi.org/10.1111/jmft.12115>
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