

Development, implementation, and evaluation of a training program for interpreters in the field of trauma-focused cognitive behavioral therapy

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BACKGROUND

The treatment of **traumatized refugee minors** is often **challenging** because of **language barriers**. International guidelines¹, therefore, recommend the **use of language mediators**. However, there is a **scarcity of evaluated training programs** that prepare language mediators to translate during psychotherapy **developed specifically for this patient group**, for instance **trauma-focused cognitive behavioral therapy²**(TF-CBT).

OBJECTIVE

- ❖ **Development**, implementation and **evaluation** of a **one-day online training program** for **interpreters in the field of TF-CBT** with the collaborative research project “BETTER CARE”³
- ❖ Explorative research questions:
 - Is the interpreter training rated positively by the participants in terms of perceived acceptance and usefulness?
 - Is there a knowledge gain and a shift towards an attitude that is more helpful for therapy over the course of the workshop?

WORKSHOP THEMES



- ❖ Introductions
- ❖ Background knowledge on trauma and PTSD
- ❖ Presentation of the “BETTER CARE” project



- ❖ Guiding principles for good cooperation in therapy
- ❖ Confidentiality, clarification and allocation of roles, self-care, best-practice translation standards etc.



- ❖ Presentation of the TF-CBT modules “PRACTICE”
- ❖ Based on the TF-CBT web training platform



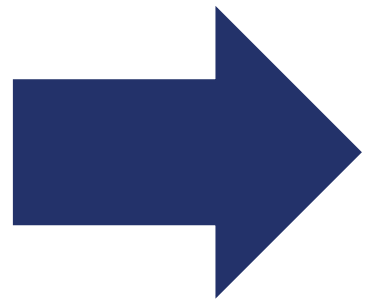
- ❖ Case examples and exercises
- ❖ Discussion and open questions



LINK TO PLATFORM (GERMAN)

METHODS

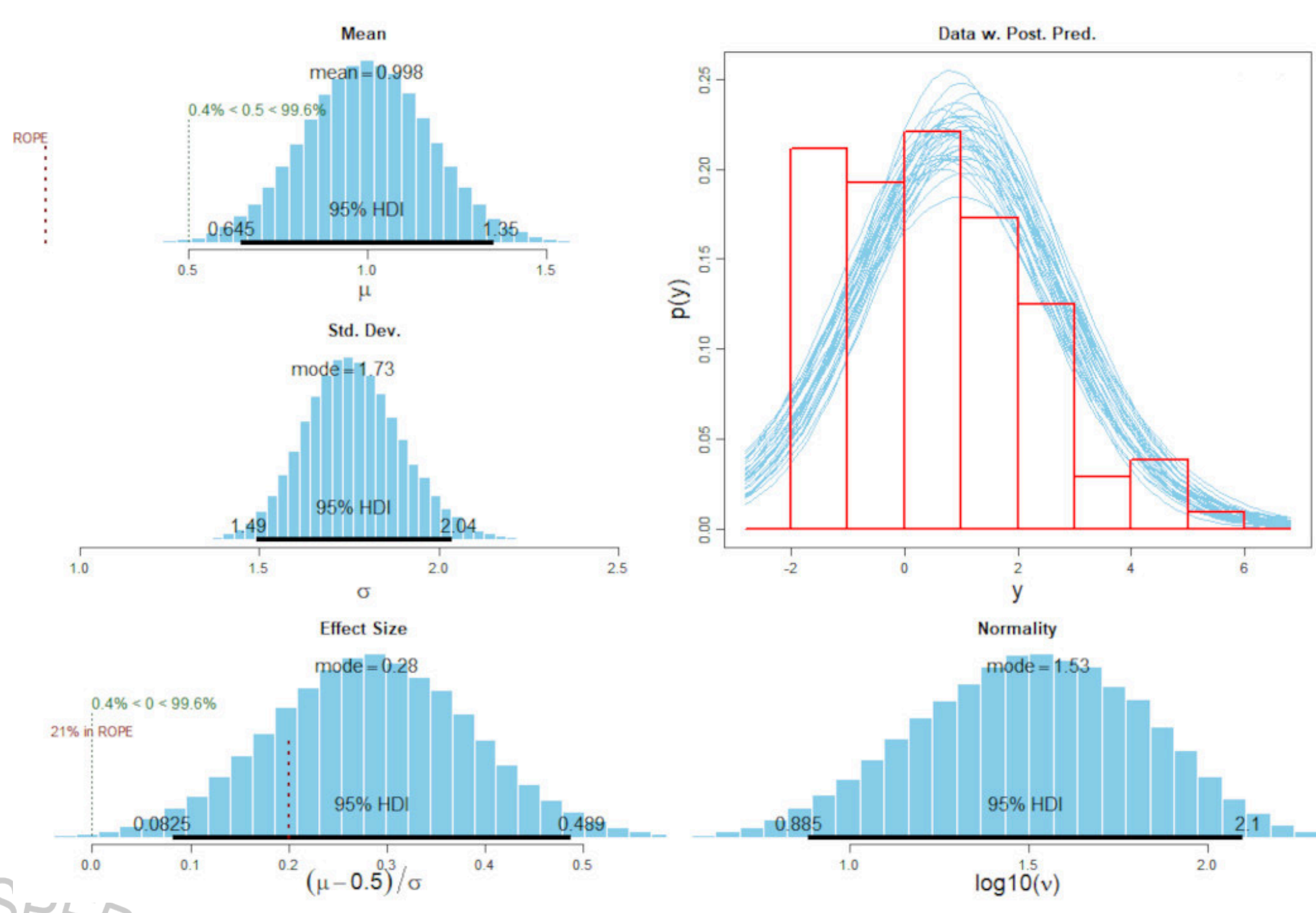
- ❖ Conceptualisation of the workshop **based on extensive literature review^{4,5}** and **expert focus group** consisting of researchers, translators and therapists
- ❖ Delivered on **9 occasions** between November 2020 and June 2021
- ❖ Pre- and post-training questionnaires
- ❖ Bayesian estimation, Bayesian *t*-test according to Kruschke⁶, R packages/scripts “BEST”
- ❖ **N = 129 mediators** speaking 35 different languages, (mean age, *M* = 43.9, *SD* = 13.6, range 19-87)



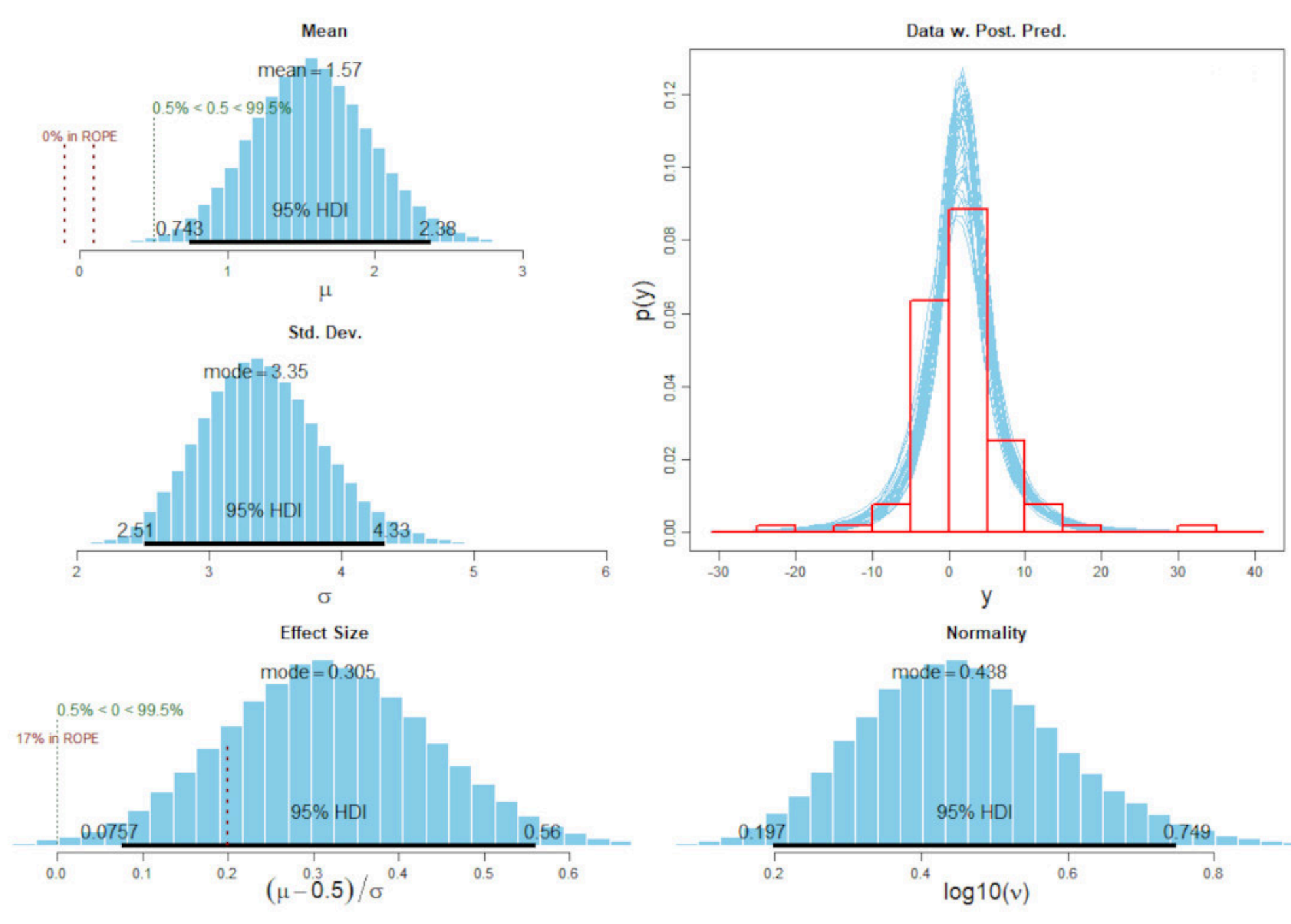
- ❖ Sociodemographic questionnaire
- ❖ Participant **satisfaction** and **perceived usefulness** of the training: 13 items, 5-point Likert scale
- ❖ Psychotherapy **perceptions and experiences questionnaire** (PPEQ): 15 items, 5-point Likert scale
- ❖ Adapted **TF-CBT knowledge test⁷**: 8 items, single-choice format

RESULTS

KNOWLEDGE TEST



THERAPY ATTITUDES



DISCUSSION

- ❖ The TF-CBT-specific training course **was successfully carried out and was likely to disseminate both knowledge gains** and a shift towards more **treatment-appropriate attitudes with low to moderate effect sizes**. It was **perceived as useful**.
- ❖ Given the scarcity of evaluated training programs for language mediators working with minor refugees, the results are promising.
- ❖ The limitations include the **lack of both a control group** and the verification of the results using an **external outcome measure**.

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