

## Introduction

- A native language is a language that a person has been subjected to from birth or within a period in childhood where a language is acquired (1).
- Motivational Interviewing (MI) is a collaborative, goal-oriented style of communication with an emphasis on change. It has been developed to encourage a person's motivation through compassion and acceptance.
- 'The spirit' of MI is captured through its key concepts include *collaboration, evocation, and autonomy*. Emotion and the therapeutic relationship are also important features of this connection within the MI process (2).
- Research on bilingualism and emotions has found that bilingual speakers show stronger emotional responses in their first language compared to their second language (3).

## Aim

To explore the role of native language use between health care practitioners and their clients during Motivational Interviewing and other consultations related to behaviour change

## Methods

- After obtaining ethics consent, participants were recruited using a snowball sampling technique (4).
- Semi-structured interviews were conducted with **19 health care practitioners (HCP's)** from various disciplines including pharmacists, psychologists, nurses, a psychiatrist, a G.P and dieticians.
- The interview schedule included questions about the HCP's native language, language choices, their professional and MI experience.
- The interviews were conducted via video calls; eleven in Welsh and eight in English.
- The transcribed interviews were recorded and analysed using a Thematic Analysis (5) approach and a synthesis of the themes were created.

## References

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## Results

- **Four** main themes were identified, with several sub-themes, which included:
- 1.) *Language and Motivational Interviewing* (internal dialogue, unique role of the individual's words, use of translators); 2.) *Therapeutic Relationship* (respect and empathy, being heard, connection, non-verbal communication, trust, and autonomy) 3.) *Emotion* (a comfortable environment, depth, emotion, and the process of change) 4.) *Culture and Identity* (native language, acknowledged individual differences).
- "I think emotion is crucial to the change process.....so being able to touch people emotionally is really important.....it definitely works much easier in their own native language"(Psychiatrist).

## Conclusion

- Many of the HCP's recognised that communicating with a client in their native language had a positive effect on the therapeutic relationship especially while using MI.
- This experience was not unique to HCP's who spoke Welsh as their first language.
- It was suggested that there is something subtle and powerful occurring on several levels in the process of communicating and maintaining relationships linguistically, particularly when communicating in a native language, and emotion plays a key role in this process.

## Recommendations

- Creating a network and database of Welsh-speaking MI practitioners, offering better training through the medium of Welsh; recognising that an individual does not have to be fluent in Welsh and should encouraged to speak whatever the standard of their Welsh were key recommendations.
- The advantage of this research is that it has been possible to gather and analyse individualistic perspectives of the HCPs on a deeper level. The smaller sample size of this research can also be a disadvantage, as a small sample is not always representative of a larger population demographic.

## Acknowledgements

The authors are grateful to the **Coleg Cymraeg Cenedlaethol** for part funding this PhD programme of research.

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