

The Dyadic and Triadic Therapeutic Alliance in Cross-Cultural Health: The Case of Hispano Americans in Switzerland

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Abstract

Many researchers have identified the therapeutic alliance (TA) as the main factor that predicts psychotherapeutic success despite the type of approach or the type of treatment. In a multicultural setting, the construction of the therapeutic alliance is accompanied by elements that specially influence the flow of the interaction. Some examples of these elements are language, cultural beliefs, and traditions. For the Hispano-American clients in Lausanne (Switzerland), this encounter could take place in a dyadic setting, in the presence of a therapist who speaks Spanish and shares or not the client's culture of origin. On the other hand, it can take place in a triadic setting, in the presence of a therapist who does not speak Spanish and an interpreter that serves as a communication bridge. This present project has the purpose of studying the TA between different health professionals and the Hispano American clients who are assisted with and without an interpreter in Lausanne's health system. My goal is to study this relationship in the clients' context (many of them clandestine) and based on their perception and subjective experience through a quantitative and qualitative complementary methodology. Because this project is in progress, this communication will focus on presenting the questionings and methodology of this research. If available at the moment, first results may be presented.