

A Report on the Translation of Cognitive-Behavioral Therapy for OCD and its Sub-types(Chapter 4)

Junda Song

School of Foreign Languages, Chongqing Normal University, Chongqing, 401331, China

Abstract

This report is based on the translation of Cognitive-Behavioral Therapy for OCD and its Sub-types by David A. Clark. The book mainly expounds that the application of CBT(Cognitive-Behavioral Therapy), including ERP(Exposure and Response Prevention) in OCD treatments is conducive to the development and future of OCD, beefing up a working knowledge of the psychopathology of the disorder for the mental health professional, as well as the theoretical and empirical basis of the cognitive and behavioral approach to OCD. The difficulties encounter in the translation process from lexical and syntactic levels through specific typical cases. At the lexical level, numerous terms associate with medical words and polysemous words. On top of that, diction and extension of words meaning are what is supposed to be concerned ; at the syntactic level, complex sentence, words into clauses, and passive voice are the main three key points in translation. Under the guidance of skopos theory, methods of changing nouns into verbs and adjectives is adopted for analysis; and methods such as division of complex sentence, converting words into clauses, conversion of voice are utilized to deal with passive sentence patterns and long complicated sentences that frequently appear in the text.

Keywords

Skopos theory; Medical terms; Passive sentence; Long complicated sentence.

1. Background of Translation Project

When it comes to OCD(obsessive-compulsory disorder), people may get confused with this concept and might think that having OCD simply means being a neat freak, because it is less likely to associate OCD with underlying illness(like diabetes). Indeed, OCD affects 2.5 million adults or 1.2% the U.S. population: the average age of onset is 19, with 25% of cases occurring by age 14. Meanwhile, at the early stage, sufferers are prone to habitually neglect their symptoms like repetitive and excessive washing, checking and intrusive thinking. With stage processing, patients will struggle with more intense than ever feeling, a riven image like ongoing torrent projected onto the behaviour from their twisted internal force. There are loads of date revealing that OCD is a trauma from the past that has been related to the future, and the true nature of OCD is terror. And then, there is another term which quite resembles OCD: OCPD(obsessive-compulsive personality disorder), which is an enduring tendency to be excessively concerned with perfectionism, and control while eschewing flexibility and openness to experience. Mostly, the biggest difference in the two main types is emotion. Emotion turbulence has become one essential standard in estimating whether patients, when their feelings spiral out of control, show anxiety, depression or numbness. Even they want to curb the spread, their strong feelings will not recede over time. That is where it gets tricky.

Most individuals with OCD delay seeking treatment for several years, mainly because they think of it as stigma. They would not take the initiative to ask for help.At least nowadays, mental diseases are less acceptable than body hurts so much so that no one will talk about it. Nonetheless OCD treatment is an uphill battle, but there are still traces over this field. As noted

in this book, Physical and chemical treatments are normally combined in treatments, and based on this foundation, for psychotherapy, CBT(cognitive behavioral therapy), ET(exposure) are the most widely employed techniques. CBT is “problem-focused” and “action-oriented” in selecting specific strategies to help address those problems. And ET is that psychologists create a safe place in which to expose individuals to the things they fear and sidestep. Thus, these methods are of great help for those suffers under the guidance of psychologist and physician. And further more, they have a quick access to recognizing what they need, when to launch, and where they head in the long run.

2. Significance of Translation Project

Two facets of translation project:

For one, especially in our country, few have paid any heed to or noticed mental health, due to shyness or non-acceptance by people around us. We live in a world where there is a warped public perception that failure is the final folly. “out of sight, out of mind” pops up, and people always shift problems to somewhere else and dismiss that harsh and desperate voice. This translation project aims at making those scars visible, and reduce the misconception that mental illness is not much more tolerant than any other body hurts. This work as a guide can also help people who are in deep desperation figure out what has occurred to their body and the nature of OCD. Undoubtedly, more and more related work can serve a to diminish bias to boost patients’ confidence in scientific science rather than putting them aside.

For two, the application of skopos theory is quite proper, which is a sign of movements away from the static linguistic typologies of translation shifts. Unlike other translation theories that focus on linguistics and equivalence, skopos theory spares more space to the translator, making target language more smooth and flexible. Hence, ending up with the emphasis on the purpose of the translational action instead, skopos impart an elastic flavour to the translation.

3. Theory Foundation

Cognitive-behavioral Therapy for OCD and Its Subtypes is of medical type. This kind of informative text, which informs the reader about the natural knowledge and information to the target readers. And this translation is to the clinicians and therapists, so the target language should be comprehensible and precise. This book contains massive proper nouns, medical words sometimes relatively having no specific words in translation. It is this gap that requires translators to take consideration into what translation strategy they will adopt. For instance, “If we consider Jenna’s fear of contaminating others, habituation of her obsessive fear and compulsive washing would be most likely when the therapist assigned prolonged in vivo exposure sessions that involved contact with reddish specks of dirt and smudges that were mistaken for human blood.” In this sentence, “in vivo” literally means “taking place in the body”, but it can not be easily understood in Chinese; if we simply and swiftly read this word into “in the body”, it is self-evidently deviated from its root. After interpreting the whole sentence, the author takes it into another understanding “in real life”. It makes much more sense to the source text and sounds more natural.

4. Case Study

4.1. Conversion

Two languages have different word patterns, and thus translators are supposed to have accordingly strategies to cope with these patterns, such as noun, verb, adjective, which, when translating, can be converted into sentences in Chinese. Therefore, conversion between noun and verb is the most appeared in the text.

Case: Finally, experimental provocation of the obsessions indicated that production of overt compulsions like washing or checking resulted in an immediate and significant decline in subjective discomfort.

Translation version: 最后，针对强迫的诱导试验表明，使其患者通过反复洗手，重复检查后，主观不适感会迅速且明显减弱。

In this case: “decline” is a noun and in translation, it is a verb. Literally, “decline” refers to “下降”，but if we translate it into “会导致在主观不适感上一种减弱”，it sounds not natural. In Chinese, there are a mass of verbs, in that we render “reduce” as verb meaning. And second, “production of overt compulsions like washing or checking” is a noun as well, which is not easy to translate. In this sentence, the experiment requires suffers to launch these compulsions from minds eventually to the manifestation that compulsions can reduce their subjective discomfort. So, “production of overt compulsions” can be “使其患者通过反复洗手，重复检查后”. Also, “washing” and “checking” contain no meaning of “repetitive”, whereas the biggest sign of OCD is repetitive actions, resulting in an extension of words meaning: “反复”.

4.1.1. Translation of passive voice

English is characterized by the passive voice and Chinese by the active verb. This is a peculiarity of expression in the two languages. Therefore, when translating passive sentences from English into Chinese, the translator can change the passive voice into the active or, if possible, omit the “subject”. As the passive voice is one of the major features of medical English, translators need to treat it carefully and implement the skopos rules so that it conforms to Chinese expression habits.

Case: Victor Mayer(1996) reasoned that if individuals with OCD could be persuaded to remain in a fear situation and were prevented from carrying out the compulsion, then they would learn that the feared consequences of ritual nonperformance would not materialize.

Translation version: Victor Mayer(1996)认为，如果说一个患有强迫症的人置于恐惧中，并阻止实施强迫行为的冲动，自然而然，他就会明白阻止仪式所担忧的后果并不会成为现实。About this case, “be persuaded to” and “were prevented from” are passive voice, and translator omits “被”, which seems more natural in Chinese. And there is a clear relationship between sub-clause and main clause, which is that “if” clause is a representative of condition, and the main clause of the result. Hence, in Chinese, to make the sentence more fluent and clear-cut, an addition of adverbs is about to be elaborately concerned as in this sentence, “自然而然”.

4.1.2. Translation of Complex Sentence

Medical essays are characterized by long and complex sentences, as they mostly consist of the following parts subordinate clauses, of which attributive and adverbial clauses are the main types. When translating such long sentences, the translator must pay attention to their structure and logic. Partitioning and restructuring are two useful skills for the translators in the translation process, the translator needs to make the sentence sound more authentic and smooth.

Case: In sum, ILT(inhibitory learning theory) contends that exposure therapy should increase the strength, durability, and generalization of learning so that non-threatening associations override or inhibit accessibility and retrieval of threat-based associations.

Translation version: 总的来说，抑制性学习理论认为，暴露疗法应当在强度、耐久性、学习中的泛化进行强化，因此，这种安全性关联的思维习惯会阻断或者替代基于威胁的记忆检索，患者很难进行回溯。

In this case, there are three mentioned points above. This sentence begins with a sub-clause of “that”, which contains a long sentence. Habitually, Chinese pattern can be organized as two parts as translated. Such a pattern is an implication of clearance and order in Chinese. And

“so that” leads an adverbial clause, showing the consequence that ILT can be of a significant benefit in treating OCD. Importantly, “accessibility” is an uphill in understanding. Literally, accessibility refers to something that can be easily touched or get into, but here, “accessibility” implies that patients can not easily retrieve associations, and in light of it, translator needs to propose its intention that non-threatening associations occur when patients are participating in this therapy. Matter-of-factly, “accessibility” is divided in translation as single part to be translated, an emphasis or side condition of causality that “non-threatening associations override or inhibit the retrieval of threat-based associations, so much so that patients can not easily proceed to retrieve.

5. Conclusion

Translators have benefited greatly from translating Cognitive-Behavioral Therapy for OCD and its Sub-types. The translator has benefited tremendously. From an intellectual point of view, the translator has always had an interest in this field. In the process of translation, he gained a lot of knowledge and a deeper understanding of this field and comprehend the treatment of mental disorders in patients. In reviewing the entire translation, the translator realised that a good translation must be guided by proper translation theory and translators use flexible strategies and techniques. Understanding the meaning of the text and the source text is the priority in producing a translation, which makes it faithful to the original. That way, the translator will be more faithful to the source text, which in turn motivates the translator and improves his or her translation skills.

References

- [1] Hershfield, J: The OCD workbook for teens (New Harbinger Publications, Inc, Oakland 2011).
- [2] Nord, C: Translating as A Purposeful Activity-Functionalist Approaches Explained (Shanghai Foreign Language Education Press, Shanghai 2001).
- [3] Lu Xuan, Zhen Yue, Cao Xuan, et al: A new generation of cognitive behavioral therapy techniques for obsessive-compulsive disorder, *Journal of Clinical Psychiatry*, Vol.28, (2018)No.3, p.209-211.
- [4] Zhang Wenqi, Xiang hui, Luo yu, et al: the relationship between obsessive-compulsive disorder and impulse control, *Journal of International Psychiatry*, Vol.49, (2022)No.4, p.591-593+601.
- [5] Lin Wei, Zhao Youbin: medical translation: Differentiation and analysis of words and sentences, *Chinese Translators Journal*, Vol.40, (2019)No.3, p.181-184.
- [6] Deng Gaosheng, Lv Shisheng: English translation of non-subject sentence in medical Chinese, *Chinese Science and Technology Translators Journal*, Vol.33, (2020)No.4, p.4-7.