

**METHODS AND APPROACHES TO PREPARATION OF INTERPRETERS
FOR COMMENCING SIMULTANEOUS INTERPRETATION FROM
PSYCHOLOGICAL PERSPECTIVES**

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Annotation: This article discusses methods and approaches to preparation of interpreters for commencing Simultaneous interpretation from psychological perspectives, the psychological aspects of preparing translators for the challenging task of simultaneous interpreting, and the importance of focusing on psychological factors as well as language skills and translation techniques.

Key words: simultaneous Interpretation, interpreter training, psychological factors, visualization, psychological perspectives, interpreter.

Introduction:

Simultaneous interpretation is a demanding task that requires not only linguistic proficiency but also cognitive abilities, quick thinking, and psychological readiness. The preparation of interpreters for this challenging task involves various methods and approaches, many of which are rooted in psychological principles. Understanding these psychological perspectives can enhance the effectiveness of interpreter training programs and better prepare interpreters for the demands of simultaneous interpretation.

Literature analysis and methodology:

One psychological perspective that is crucial in preparing interpreters for simultaneous interpretation is cognitive load management. Interpreters must deal with the dual task of listening to the speaker while simultaneously rendering the message in another language. Training programs employ techniques such as chunking, schema building, and rehearsal to help interpreters manage their cognitive load effectively. Another important aspect of preparation is training interpreters to maintain attention and focus during interpretation sessions.

Psychological approaches such as mindfulness training and attentional control techniques can help interpreters stay focused amidst distractions and external pressures. Simultaneous interpretation can be highly stressful, leading to performance anxiety and cognitive fatigue. Training programs often incorporate stress management techniques such as relaxation exercises, visualization, and cognitive-behavioral strategies to help interpreters cope with stress and perform optimally under pressure.

Interpreters may encounter emotionally charged content during interpretation sessions, which can impact their performance.

Results:

Psychological approaches to emotional regulation, such as emotion regulation strategies and empathy training, can help interpreters manage their own emotions and navigate the emotional content of the message without compromising accuracy or neutrality. Encouraging self-awareness and reflective practice is another key aspect of interpreter preparation from a psychological perspective. Interpreters benefit from reflecting on their own cognitive processes, biases, and emotional responses to improve their performance and professional development over time. Providing constructive feedback and opportunities for self-evaluation is essential for interpreter development.

Duscussion:

Psychological principles of feedback delivery, such as specificity, timeliness, and balance between positive and negative feedback, can enhance the effectiveness of feedback mechanisms in interpreter training programs. Finally, preparing interpreters for simultaneous interpretation involves building resilience to overcome setbacks and challenges. Psychological interventions aimed at enhancing resilience, such as cognitive restructuring, goal-setting, and social support networks, can empower interpreters to navigate the demands of their profession with confidence and adaptability.

Conclusion:

In conclusion, the preparation of interpreters for simultaneous interpretation from psychological perspectives involves managing cognitive load, maintaining attention and focus, managing stress and emotions, fostering self-awareness and reflection, providing effective feedback, and building resilience. By incorporating these psychological principles into interpreter training programs, we can better equip interpreters to meet the complex demands of simultaneous interpretation and excel in their profession.

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