Code Switching in PCIT
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- What is Code?
- “Any kind of system that two or more people employ for communication” (Wardhaugh, 2006 as cited in Younas et. al., 2014).
  - Morse Code
  - Math
  - Music
  - Traffic Signs & Signals
  - Computer Programming (e.g. Python, Java, C++)
  - Written, Spoken, & Signed Language (e.g. ASL)
  - Affect & Non-Verbal Gestures

- What is Code Switching?
- **Formal and Informal Communication CS:**
  - English formal greeting “good morning” vs casual “what’s up”
  - Talking to your boss vs. your BFF
  - Spanish use of formal “usted” vs. informal “tu”

- **Cross-Cultural Code Switching:** norms, practices, & manners of a culture (e.g. handshaking vs. bowing – fork vs. chopsticks) (Molinsky, 2007).
  - *When in Rome, act like the Romans (St. Ambrose)*

- **Linguistic Code Switching (CS):** using two or more languages to communicate while retaining the syntax (sentence structure) & grammar (i.e. conjugation & word usage) of each language.
  - Example:
    - I sent out a birthday RSVP email to all my friends

- Other Types of Code Switches:
  - $2 + y = 5$
  - Passwords with various character/code types: upper & lower case letter, number, symbol

- Types of Linguistic Code Switching
  - **Intra Sentential:** inside the same sentence
    - She went to the tienda.
  - **Intre Sentential:** different sentences
    - Voy a comprar papitas. It costs 99 cents.

- When do we Code Switch?
  - Conversational context/pragmatics guide CS (Wei, 2003)

- What is Code Mixing?
  - It is another term linguistic researchers use to refer to Code Switching.
  - They are often used interchangeably by linguists.
  - What is Spanglish? ¿Que es Espanglés?

- **Spanglish/Espanglés** is a mixing of the English & Spanish language in a way that violates the syntax & grammar of either or both languages.

- Examples of Spanglish & Espanglés?
  - **Use of Non-Words, Hybrid Words, & Slangs/Vernaculars**
    - “Roofo”
    - “Linkear”
    - “Lonche”
    - “Conflei”
    - “Biles”
    - “El Paree”
Adjective & Noun Reversals (Barrett, 2006)
- Correct English: A new car (adjective ➔ noun)
- Correct Spanish: Un carro nuevo (noun ➔ adjective)
- Spanglish that violates both rules: A car nuevo

Incorrect Suffix Usage (Barrett, 2006)
- Eat-iendo
- Boil-ando

Anglo Slang – Mock Spanish (Barrett, 2006)
- Addition of Spanish suffix “o” to nouns
  - The bathroom-o
  - The chair-o
- Addition of Spanish definite article “el” or “la”
  - El bathroom
  - La school

Use of False Cognates (Montelongo, Hernandez, Herter, & Cuello, 2011)
- Cognate: are words that have the same origin (e.g. Latin) so they look and sound similar across languages
  - True Cognate: Curious = Curioso (Latin: Curiosus)
  - False Cognate: To hang out ≠ Janguiar
  - False Cognate: To park ≠ Parquear

- Some Love it and Embrace it Fully
- Some Code Switch between situations only (e.g. code switch with friends/family, but not in professional role).
- Some believe in pure use of languages (e.g. all English or all Spanish, but NO mixing).
- Some associate code switching with degree of acculturation & English/Spanish language fluency.
  - code switching = English & Spanish fluency
- Some believe it influences other’s perception of their intelligence.
  - code switching = Intelligence

What Does the Research Say about CS?
- Code-switching is common in multilingual contexts and can be used effectively to enhance communication (Singo, 2014).
- Effective communication in healthcare provision is crucial (Singo, 2014)
  - To establish a caring relationship & build trust
  - To gather clinical information
  - To make accurate diagnoses
  - To counsel appropriately
  - To give therapeutic instructions
  - (e.g. parent coaching – Shinn, 2015)

Research: Receptive & Expressive Language
- Ribot & Hoff (2014) conducted a study of 115, 2½ -year-old Spanish-English bilingual children in the U.S.
- Children were more likely to code-switch in response to Spanish than English.
- Children’s Expressive vocabulary scores were higher in English than in Spanish.
- English and Spanish Receptive language scores were not different
- CS reflects expressive language dominance
- Receptive skills ➔ understand both languages
- Expressive skills ➔ answer best in one language over another
- Can Code Switching be a Problem?
- According to Singo (2014):
From a sociolinguistic perspective, all code-switching is good and promotes linguistic enrichment & communication effectiveness between speakers.

Research on CS demonstrates that it is an effective communicative resource in the classroom, in Sunday school, in church, on Facebook and in everyday conversation (Chitiga, 1994; 1996; Sun–Yung, 2010; Chen, 2013; Waifong, 2011; Viriri & Viriri, 2013).

**Additive & Subtractive Bilingualism**

- Cummins (2015)
  - **Additive Bilingualism:** the first language continues to be developed and the first culture to be valued while the second language is added.
  - **Subtractive Bilingualism:** the second language is added at the expense of the first language and culture, which diminish as a consequence.
  - Cummins states that students in additive bilingual environments succeed to a greater extent than those whose first language and culture are devalued.
  - *Code Switching is... Additive Bilingualism*

**Formal & Informal Communication CS in PCIT**

- Deciding... to Switch or *Not* to Switch?
- *Keep your eyes on the prize: PCIT = Parent Coaching for Relationship Enhancement and Behavioral Compliance!!*

- **Ask yourself:**
  - What are the caregiver’s views on CS & Spanglish/Esanglés?
  - Does CS promote coaching flow?
    - Can you code switch effectively?
    - Can the parent follow & lead using code switches?
    - Does the child understand & respond to code switches?
  - Does CS help enhance the relationship?
  - Does CS facilitate improved behavioral compliance?

**Basic Approaches for Using CS & Spanglish**

- Use your “Linguistic Manners”
  - Assess family’s views/attitude toward code alternation
  - Listen & watch for CS in parent-child communication
  - Mirror the family (e.g. speak as they speak)

**When in Doubt:**

- Ask the caregiver before you code switch, use Spanglish or Esanglés
- Ask if you can CS to “tutear” / informal Spanish verb conjugation

- Discussion and Questions.
References


