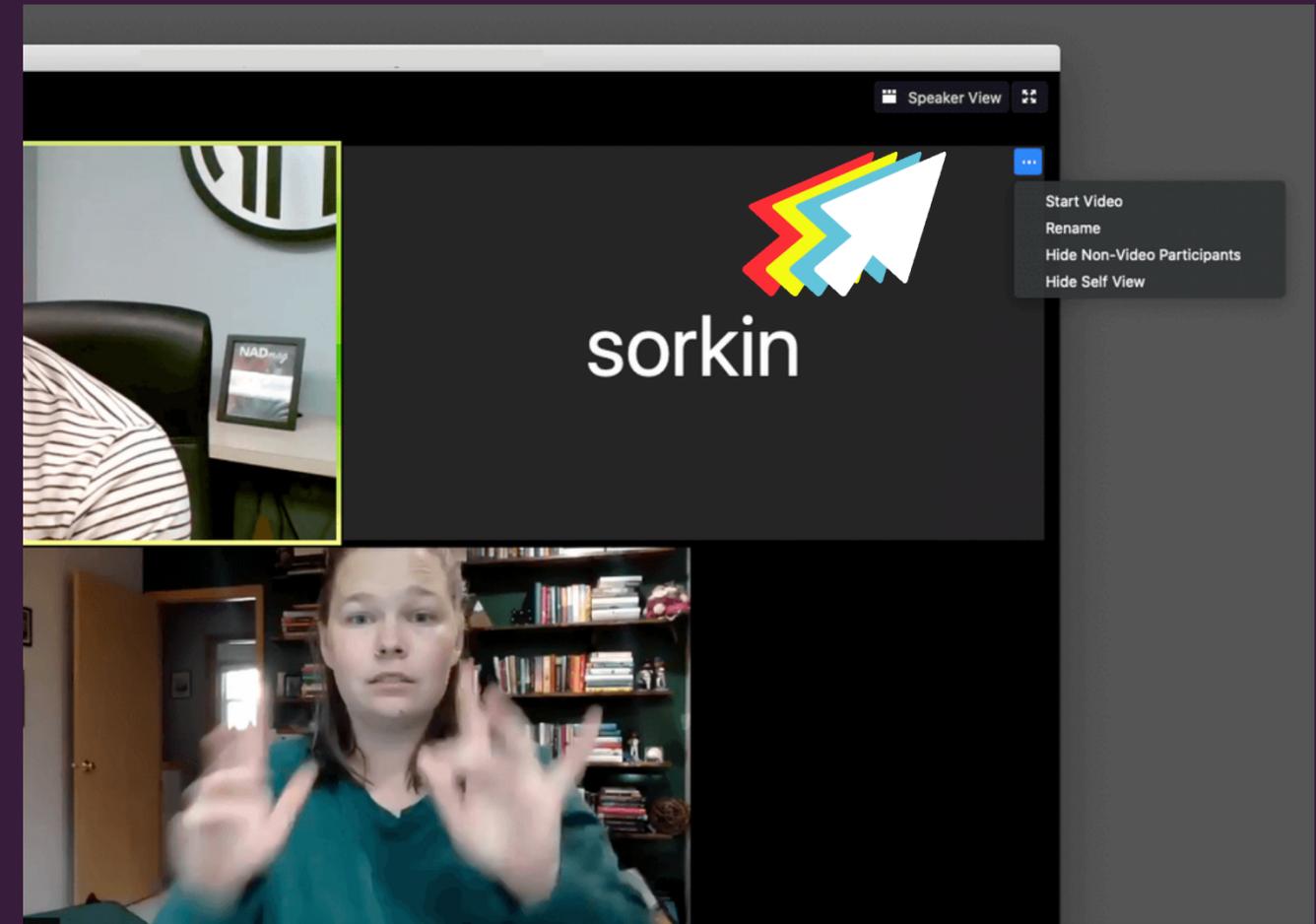


Please join with your videos off and click on hide non-video participants. You should see the PPT, Erin & Sarah.

Participation in breakout rooms with your video on is **required** in order to receive CEUs. Partial CEUs will not be awarded.

Tech issues? Send a direct message to Steph in chat.

Please re-introduce yourself in the chat:
Name, pronouns, city, and your favorite animal



IMPORTANT

FEBRUARY 6, 2021

ThinkSelf & Day One of Cornerstone Present

SESSION TWO:
TRAUMA INFORMED
INTERPRETING



OBJECTIVES

Survivor
centered &
trauma
informed
interpreting
strategies

Share ideas for
managing
emotional
reactions &
boundaries

Make connections
and learn from
one another
through peer
discussion

Self care: it's not
just shower
oranges (but it's
also just shower
oranges)



You come first. Attend to your body signals, emotions, and breathing. Take a break, step away, or withdraw from the workshop if you need to.

POLL

We will post the video recording and a PDF version of this presentation on thinkself.org/tiinterpreting. The circular images on some slides are hyperlinked to the external resource cited in the slide.



CORNERSTONE
REBUILDING LIVES. RESTORING HOPE.



DAY ONE®
THE CALL TO SAFETY

The Big Lesson

Give voice: do not add, change or omit anything in the communications between the victim/survivor and the service provider.

Honor the message- do not explain it, but instead make sure it is clearly understood.

Respect your role boundaries. You may want to “help” the victim/survivor- resist that temptation.

You are trained to interpret.

SURVIVOR CENTERED & TRAUMA INFORMED

- Interpret and allow the service provider to do their job
- Do not clean up, add, change, or omit
- Do not explain
- Resist the urge to help or guide decision making
- Be aware of power dynamics and how you may trigger unease or anger



CORNERSTONE
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THE CALL TO SAFETY

#ODAAT



YEAH, THIS ISN'T ABOUT
YOU ANYMORE

IT'S NOT ABOUT US

SPECIALIZED TECHNIQUES & STRATEGIES



Building Trust



Professionalism & Positioning



Maintaining Accuracy



Cultural Meditation

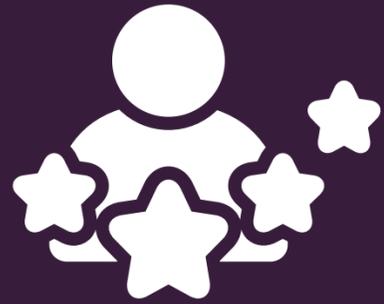
WORKING REMOTELY



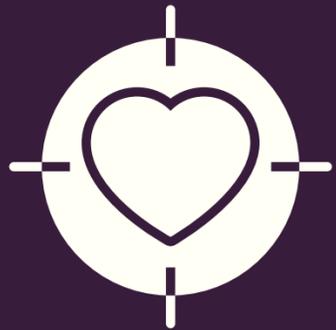
WORKING REMOTELY

- COVID has changed the norms- in a good way?
- Easier to ask for support via video for some situations
- Be aware of your space- not just the set up but how you are holding traumatic information in the space and how to let it go

DEAF / HEARING INTERPRETING TEAM



Formative experiences, areas of expertise, combination of skills



Accuracy & accountability



Inneundos, code-switching, facial expressions, language matching

THE DIFFERENCE BETWEEN A CDI & ADVOCATE

CDI

Focuses on access to information & communication and the transmission of messages. They may clarify and explain concepts relating to DV/SA to help the victim/survivor understand.

ADVOCATE

Support the victim/survivor in making decisions, providing them with resources and clarifying options. They focus on the concepts that are applicable to the decision making process.

BREAKOUT ROOMS

What are the best strategies to get clarification, in order to provide the most accurate, detailed interpretation possible, while not inadvertently re-traumatizing the consumer or affecting the message? Think about your facial expressions, sign choices and approaches in different types of settings (expressing their story to an advocate, police interview, etc).



Top 10 Panda Videos Of The Year | iPanda



Watch later



Share

Top 10 Panda Videos Of The Year



3 minute break!

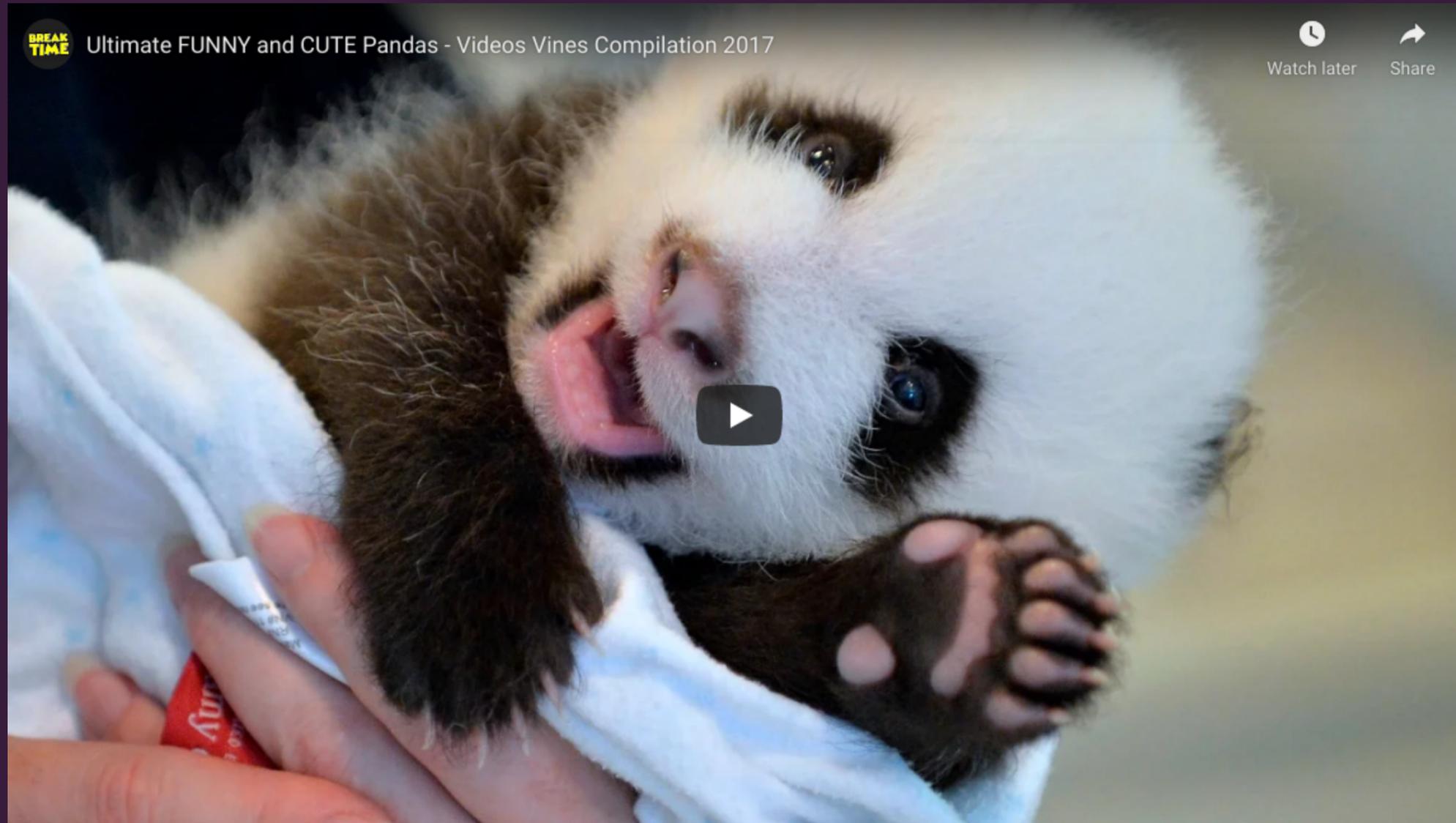
EACH GROUP:
SHARE ONE
STRATEGY



EACH GROUP:
SHARE ONE
STRATEGY

GOOD WORK!





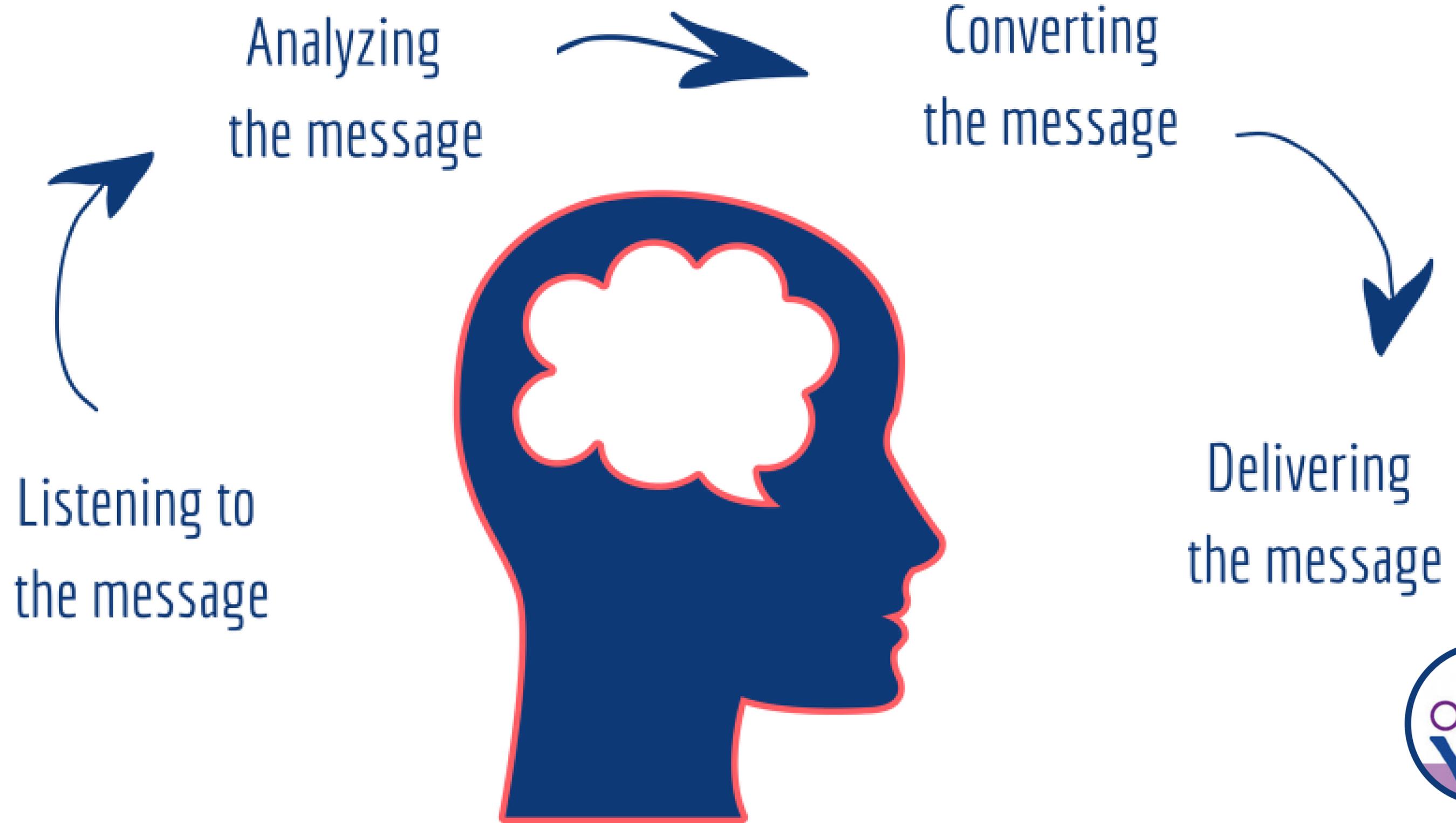
10 MINUTE BREAK

VICARIOUS TRAUMA & RESILIENCE

The better you are at your job, the easier it is for a service provider to forget that you, too, are a human being. But you must never forget your own humanity. You deserve respect and understanding for the important work you do and compassionate care after stressful or traumatic days—even if that care may have to come from you.



Same information 4 times over, multiple ways (including visually)



VICARIOUS TRAUMA SYMPTOMS

- Intrusive or distressing thoughts
- Anxiety
- Depression
- Insomnia
- Recurring health problems like infections
- Fear for your own safety (e.g. fear of parking lots or dark places)
- Fear for the safety of your loved ones.



COMPASSION FATIGUE SIGNS & SYMPTOMS

- Tired and overwhelmed
- Like a failure, as though you are not doing your job well
- Helpless—as if nothing you do will help
- Frustrated, irritable
- Cynical
- Disconnected from others
- Numb, indifferent
- Depressed
- Feeling a need to use alcohol or drugs to cope



THE BIG FOUR FOR BUILDING RESILIENCE



Sleep



Nutrition



Exercise



Mindfulness



STRATEGIES FOR SELF CARE



Before the encounter



During the encounter



After the encounter



BEFORE THE ENCOUNTER: PREPARING

- Research the provider and types of services offered
- Learn as much as you can about the situation
- Review signs and terminology
- Coordinate nonintrusive signals for pause or breaks with the provider
 - *Is this possible? What would it look like?*





BEFORE THE ENCOUNTER: SETTING BOUNDARIES

- Carry an object that helps ground you
- Practice visualization of a safe place
- Prepare a ritual that helps you to mark a beginning and end to the encounter:
 - Mantra
 - Song you play in the car
 - Article of clothing/jewelery you remove





DURING THE ENCOUNTER: STAYING FULLY PRESENT

- Grounding: use your senses to become fully present again (5-4-3-2-1 technique)
- Breathe from the diaphragm, rather than the throat or upper chest
- Visualization: avoid visualizing the crime/act; if you must do so to enable or enhance interpretation, try visualizing stick figures or cartoon images





AFTER THE ENCOUNTER: DEBRIEF & SELF-CARE

- Debrief with provider if appropriate
- Practice boundary rituals
- Deep breathing
- Refer to self-care plan, toolkit
- Connect with social & professional support system



BUILD A TOOLBOX – GETTING STARTED

Create a shortlist of go-to tools – no more than 10 including what effect they have on you; think about smell, touch, taste, etc.:

- To calm – breathing, oils, baths, music
- To release anger – hip stretches, exercise, shower
- To become grounded – hot tea, ritual, bonfire, shower orange



BUILD A TOOLBOX – THE BOX ITSELF



Put together an actual toolkit you can carry with you at all times or place multiple kits in different areas – car, work, bathroom, bed





LOL! ● headspace



MEDITATE
with me



Headspace Guide to Meditation | Netflix Official Site

Headspace takes a friendly, animated look at the benefits of meditation while offering techniques and guided meditations to jump-start your practice.

 netflix

4 MIN BREAK/PREP FOR BREAKOUT

- 1 - Self care
- 2 - Recognizing trauma
- 3 - Educational interpreting concerns
- 4 - Building trust/maintaining boundaries
- 5 - Sharing resources/advocating
- 6 - Triggering our consumers
- 7 - Legal situations

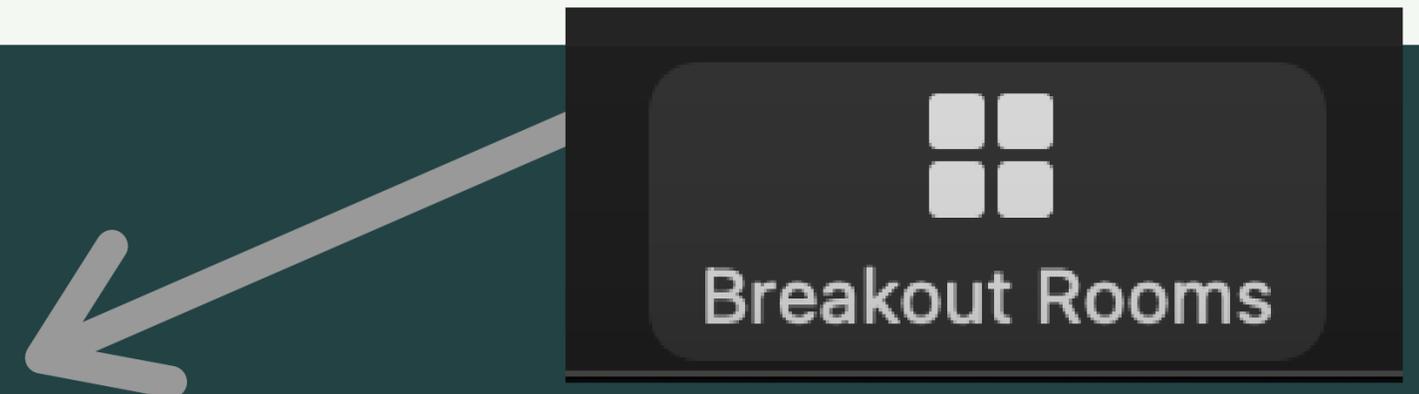


BREAKOUT ROOMS

- 1 – Self care
- 2 – Recognizing trauma
- 3 – Educational interpreting concerns
- 4 – Building trust/maintaining boundaries
- 5 – Sharing resources/advocating
- 6 – Triggering our consumers
- 7 – Legal situations

Self-selecting a breakout room:

Click the Breakout Rooms option in your meeting controls. This will display the list of open breakout rooms created by the host. Click Join next to the Breakout Room you wish to participate in, then confirm by clicking Join again.



EVALUATION & CEUS

Workshop evaluation: **bit.ly/tsmeval**

Link to CEUs at end of evaluation

*link will be posted again at the end of
presentation and emailed to you*

FINAL POLL

What cute animal was featured today?

Q&A

SOURCES

By Tuesday, we will resend the CEU link and update the web page with:

- Webinar recording & PDF
- Resource list
- Recommended related trainings such as:
 - CATIE Center Intro to Domestic Violence and Sexual Violence Interpreting
 - Sex Education with Bethany Gehman

Thank
You!



Workshop evaluation: bit.ly/tsmeval
Link to CEUs at end of evaluation