



CLC WORKSHOP FOR INTERPRETER TRAINING SERIES

CLC Complimentary Workshop for Interpreters Vicarious Trauma for Interpreters; Resilience and Self-Care Techniques Instructor: Samantha Hoskinson

Friday, February 23, 2024 | 12 - 2pm | virtual | FREE

**To sign up: contact Agi Davis ErhaPuspitaDavis@AuroraMHR.org
The webinar link will be sent via email on the day before the event**

Vicarious Trauma for Interpreters encourages participants to prioritize their well-being and contribute to the ongoing dialogue within the interpreting community. This workshop is aimed at sustaining the mental and emotional health of interpreters by increasing awareness, creating a network of support, and empowering interpreters by providing them with the tools they need to overcome the difficulties that comes with facilitating cross-cultural communication. This topic is of critical importance because every interpreter will encounter stress and almost every one of them has experienced trauma while interpreting. Yet, even the difference between stress and vicarious trauma is not clear to most interpreters.

Key Objectives:

- Compare and contrast stress and vicarious trauma for interpreters
- Practice relaxation techniques for before, during, and after a session
- Create a personalized step-by-step self-care plan to integrate into daily life and work
- Identifying personal and professional strengths to enhance resilience
- Fostering a sense of community among interpreters to share experiences and resources

Target Audience:

This workshop, focusing on Vicarious Trauma for interpreters, is for anyone who is either an experienced interpreter, aspiring interpreter, or interested in becoming an interpreter specifically in mental health. As well as bilingual health care providers, bilingual case workers, and bilingual High School/College graduates interested in pursuing a career in the health care field who would like to utilize their Spanish language abilities.

Instructor Biography: *Samantha Hoskinson is a qualified bilingual Spanish-English interpreter with more than five years of experience in providing mental health interpreting and support for Spanish-speaking clientele. Her first job was in a mental health hospital in Florida, which opened up to a lot of opportunities to advance her career in mental health. Samantha's passions include informing not only other interpreters but the Spanish-speaking community as well of the importance of mental health, self-care, and proper interpreting skills in these areas, particularly in telehealth. Samantha currently resides in Syria and is actively working on improving her language proficiency in Arabic.*