



CLC WORKSHOP FOR INTERPRETER TRAINING SERIES

Mental Health Interpreting Workshop: El Abuso Emocional No Tiene Edad, *Emotional Abuse Has No Age Limit*

Instructor: Samantha Hoskinson

Tuesday, January 30, 2024 | 11 am - 2 pm | Virtual | \$60

Purchase ticket online: www.ColoradoLanguageConnection.org

Exposure to abuse and other adverse experiences increases a person's lifelong potential for serious health problems; little to no self-esteem; a deep, pervasive sadness; problems bonding with others; and a tendency towards self-destruction. Unfortunately, because emotional abuse is often tolerated or because the abusive parents are very secretive in their abuse, emotionally abused children will assume that how they were treated at home was normal. Therefore, it is important for people, especially those working with such individuals, to be mindful of the fact that so many people come to a healthcare interaction with a history of trauma of abuse.

By understanding a patient's life experiences and working alongside trained healthcare providers, we as interpreters can contribute to an effective care plan that can offer those with Limited English Proficiency a chance to rebuild the connections and trust that were fractured by abuse and betrayal. Please note that the content provided in this workshop is for informational purposes only and does not replace professional advice or counseling.

Key Objectives:

Participants will be expected to engage in discussion and to walk away with:

- Defining emotional abuse and understanding the various forms
- Recognizing signs and patterns of emotional abuse in interpersonal relationships
- Exploring the impact of emotional abuse on individuals
- Discussing the cultural factors that may influence the experience and perception of emotional abuse
- Providing strategies and resources for interpreters to support individuals as well as self-care when working in emotionally challenging situations

Target Audience:

This workshop 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.*