



# CLC WORKSHOP FOR INTERPRETER TRAINING SERIES

## **Mental Health Interpreting Workshop: “¿Te habla tu cuerpo?”, “Is your body speaking to you?”**

**Neutral workshop with emphasis on Spanish interpretation on interpreting for PTSD (Post Traumatic Stress Disorder); symptoms, terminology, skills/strategies**

**Tuesday, November 21, 2023 | 11 am - 2 pm MT | Virtual | \$60**

Interpreters may feel increased emotional stress due to difficulties in handling traumatic content from individuals with PTSD. Learning about PTSD, an understanding of it and how it affects people, allows for greater empathy and compassion towards individuals who have experienced trauma. Throughout this workshop, interpreters will better understand the crucial role they play in providing access to health care for those with PTSD. Together we will discuss different skills we can use to ensure our needs as interpreters, as well as those of the individuals, are being met with sensitivity and understanding. Interpreters will walk away from this workshop feeling empowered in such an emotionally difficult subject.

### **Key Objectives:**

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

- Clear understanding of PTSD, including its causes, symptoms, and impact on individuals
- Emphasize cultural sensitivity when working with individuals who experienced trauma, using skills such as active listening and a trauma-informed approach
- How to identify potential triggers for individuals with PTSD and how to create a safe environment during interpreting sessions
- The importance of maintaining confidentiality and respecting the privacy of individuals with PTSD
- Self-care techniques to manage emotional well-being such as professional boundaries and resources and support

### **Target Audience:**

This workshop, focusing on mental health interpreting, 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.*