

The Silencing Response:

Recognizing and Recovering from Compassion Fatigue

November 4, 2014 from 3 – 6 pm

at Communique Interpreting, 330 College Ave, Santa Rosa, CA

By invitation only, this is a closed session and is limited to 8 participants. Please contact Karen@CommuniqueInterpreting.com to RSVP by 10/17. With full participation, 0.3 CEUs will be awarded; no partial units will be offered. Session is being offered for \$25/person, refunds available if cancelled by 10/21/14.

This workshop will introduce professional interpreters to the concept of Compassion Fatigue (CF) and explore the range of impacts of unaddressed compassion fatigue on professionalism, effectiveness, resilience and personal well-being. Largely experiential and participatory, this workshop is an opportunity for participants to begin to address and shift the CF in their own lives and work.

This session will include but is not limited to the following objectives:

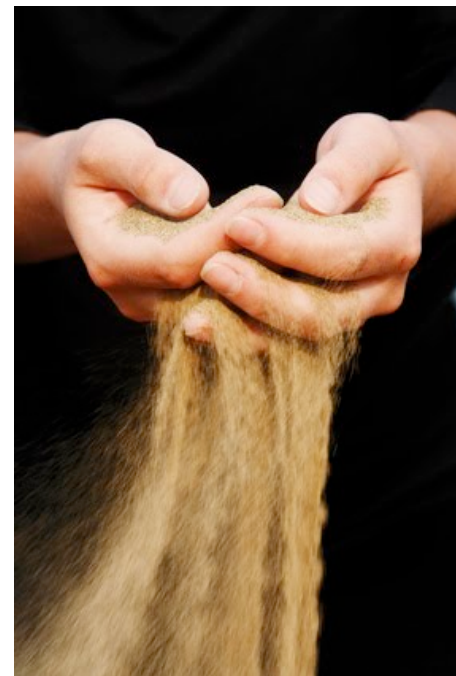
- Will explore what Compassion Fatigue is and how it differs from Vicarious Trauma and Burnout
- Develop strategies for on-the-job CF challenges
- Recognize protective factors of Compassion Fatigue
- Identify viewpoints that could impact interpreter role expression and professionalism

Presenters: **Arlyn Anderson, MA, CI & CT**

Arlyn brings a lifetime of curiosity to her work as a mental health interpreter and consultant, compassion fatigue educator and certified personal coach. Arlyn is a graduate of Ohlone College in Fremont, California and began her interpreting career in the Bay Area. She has contributed her passion, expertise, humor and heart to projects benefiting the interpreting community, including RID Standard Practice Papers on Mental Health Interpreting and Video Remote Interpreting, and the NCIEC Mental Health Interpreting Domains and Competencies. Arlyn is the author of the Whole Interpreter's Guide to Mental Health Interpreting. She received her MA in Human Development, from St. Mary's University, in Minneapolis, where she concentrated her studies on the intersection of mental health therapy, interpreting and interpreter wellness. She is adjunct faculty at St. Catherine University and Community faculty at Metropolitan State University in St. Paul, Minnesota. Arlyn is the owner of Whole Interpreter Enterprises and ID Matters.

Jane Ostrander, Ph.D.

Dr. Jane Ostrander is Principal Investigator for the National Science Foundation Advanced Technological Education (NSF ATE) project Destination: Problem-Based Learning (PBL) (DUE#1161352), and Director of the Experiential Learning Center at Truckee Meadows Community College, Reno, NV. Ostrander serves on the Community College Liaison Panel for the ATE EvaluATE Center and is a Mentor for the Mentor-Connect for Leadership Development and Outreach Project. Her research interests include problem-based learning, faculty professional development, online knowledge sharing in communities of practice supporting faculty innovation, and social psychological interventions for student success. Prior to her project work Ostrander taught computer literacy, web site production, project management, and business.



CEUs offered through:

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Communique is an Approved RID CMP Sponsor for Continuing Education Activities. This Professional Studies program is offered for 0.3 CEUs at the Some Content Knowledge Level.