

A large, dark blue shark fin is the central focus, cutting through the water. The background is a bright blue sky with scattered white clouds. The water below the horizon is a lighter blue, with some white foam visible near the base of the fin. The overall scene is dynamic and suggests a powerful presence in the ocean.

# **Swimming with the Sharks**

## **Mental Health Interpreting**

# Mental Health Interpreting

- The most difficult kind of interpreting, mentally and emotionally.
- Our goal is to put ourselves out of a job

# Mental Health Disorders of Interpreters

- Laryngophobia (300.29) - the irrational fear of sign to voice interpreting
- Ethical Paranoia (307.89) - the unreasonable fear that someone is spreading rumors that you have broken the RID Code of Professional Conduct
- Carpal Tunnel Hypochondriasis (300.81) - the belief that every wrist pain is CTS despite medical evidence to the contrary

# Agenda

- Welcome & Introductions
- Mental Health Process and Models
  - **Role of the Interpreter**
- Ethical Conduct, Code of Professional Conduct
  - **Confidentiality & Treatment Team Concept**
- Break

# Agenda

- Specialized Vocabulary
  - **Mental Health Techniques**
- Role Play, Modeling
- Evaluation/Conclusion

# Mental Health Process and Models

- Therapeutic Models
  - **Psychoanalytic**
  - **Cognitive**
  - **Behavioral**
  - **Family Therapy**
  - **Psychosocial**

# Psychoanalytic Approaches

- Goal: Resolution of Long-Standing Conflict
- Clinician Role: Therapist
- Interpreter Role: ????
- Client Role: Patient

# Cognitive Approaches

- Goal: Change in thought patterns
- Clinician Role: Teacher/Counselor
- Interpreter Role: Interpreter
- Client Role: Learner



# Behavioral Approaches

- Goal: Learning new, more effective behaviors
- Clinician Role: Observer/Reinforcer
- Interpreter Role: Communication Facilitator
- Client Role: Subject

# Systems Approaches

- Goal: Changing system homeostasis
- Clinician Role: System analyzer/participant
- Interpreter Role: Co-professional
- Client Role: Participant

# Psychosocial Approaches

- Goal: Restoring Social Functioning
- Clinician Role: Member
- Interpreter Role: Member
- Client Role: Member

# DSM-5

- Neurodevelopmental Disorders
  - **Intellectual Disabilities**
  - **Communication Disorders**
    - Language Disorder
  - **Autism Spectrum Disorder**
  - **Attention-Deficit/Hyperactivity Disorder**
  - **Specific Learning Disorder**
  - **Motor Disorders**
  - **Other Neurodevelopmental Disorders**
- Schizophrenia Spectrum and Other Psychotic Disorders
  - **Catatonia**
- Bipolar and Related Disorders
- Depressive Disorders

# DSM-5

- Anxiety Disorders
- Obsessive-Compulsive and Related Disorders
- Trauma- and Stressor-Related Disorders
- Dissociative Disorders
- Somatic Symptom and Related Disorders
- Feeding and Eating Disorders
- Elimination Disorders
- Sleep-Wake Disorders
  - **Breathing-Related Sleep Disorders**
  - **Parasomnias**
- Sexual Dysfunctions
- Gender Dysphoria
- Disruptive, Impulse-Control, and Conduct Disorders

# DSM-5

- Substance-Related and Addictive Disorders
  - **Substance-Related Disorders**
  - **Alcohol-Related Disorders**
  - **Caffeine-Related Disorders**
  - **Cannabis-Related Disorders**
  - **Hallucinogen-Related Disorders**
  - **Inhalant-Related Disorders**
  - **Opioid-Related Disorders**
  - **Sedative-, Hypnotic-, or Anxiolytic-Related Disorders**
  - **Stimulant-Related Disorders**
  - **Tobacco-Related Disorders**
  - **Other (or Unknown) Substance-Related Disorders**
  - **Non-Substance-Related Disorders - Gambling Disorder**

# DSM-5

- Neurocognitive Disorders
- Major and Mild Neurocognitive Disorders
- Personality Disorders
- Cluster A Personality Disorders
- Cluster B Personality Disorders
- Cluster C Personality Disorders
- Other Personality Disorders
- Paraphilic Disorders
- Other Mental Disorders

# Code of Professional Conduct

- 1.0 CONFIDENTIALITY
- Tenet: Interpreters adhere to standards of confidential communication.
  - **Guiding Principle: Interpreters hold a position of trust in their role as linguistic and cultural facilitators of communication. Confidentiality is highly valued by consumers and is essential to protecting all involved.**



# Code of Professional Conduct

- 2.0 PROFESSIONALISM
- Tenet: Interpreters possess the professional skills and knowledge required for the specific interpreting situation.
  - **Guiding Principle:** Interpreters are expected to stay abreast of evolving language use and trends in the profession of interpreting as well as in the American Deaf community.
  - Interpreters accept assignments using discretion with regard to skill, communication mode, setting, and consumer needs. Interpreters possess knowledge of American Deaf culture and deafness-related resources.

# Code of Professional Conduct

- 3.0 CONDUCT
- Tenet: Interpreters conduct themselves in a manner appropriate to the specific interpreting situation.
  - **Guiding Principle: Interpreters are expected to present themselves appropriately in demeanor and appearance. They avoid situations that result in conflicting roles or perceived or actual conflicts of interest.**

# Code of Professional Conduct

- 4.0 RESPECT FOR CONSUMERS
- Tenet: Interpreters demonstrate respect for consumers.
  - **Guiding Principle: Interpreters are expected to honor consumer preferences in selection of interpreters and interpreting dynamics, while recognizing the realities of qualifications, availability, and situation.**

# Code of Professional Conduct

- 5.0 RESPECT FOR COLLEAGUES
- Tenet: Interpreters demonstrate respect for colleagues, interns and students of the profession.
  - **Guiding Principle:** Interpreters are expected to collaborate with colleagues to foster the delivery of effective interpreting services. They also understand that the manner in which they relate to colleagues reflects upon the profession in general.

# Code of Professional Conduct

- 6.0 BUSINESS PRACTICES
- Tenet: Interpreters maintain ethical business practices.
  - **Guiding Principle:** Interpreters are expected to conduct their business in a professional manner whether in private practice or in the employ of an agency or other entity. Professional interpreters are entitled to a living wage based on their qualifications and expertise. Interpreters are also entitled to working conditions conducive to effective service delivery.

# Code of Professional Conduct

- 7.0 PROFESSIONAL DEVELOPMENT
- Tenet: Interpreters engage in professional development.
  - **Guiding Principle: Interpreters are expected to foster and maintain interpreting competence and the stature of the profession through ongoing development of knowledge and skills.**

# Form vs. Content

- 20% Content
- 80% Form
- In Mental Health, form is critical

# Form

- Grammar
  - consistency, age and context appropriate
  - "word salad"
  - "weird"
- Sign Formation
  - "slips of the fingers"
  - clanging
  - paraphasia
- Responding to Internal Stimuli



# Form

- Discourse
  - **circumstantial or tangential**
  - **perseveration**
  - **Illogicality**
- Affect
- Speed of Signing
  - **flight of ideas**
  - **pressured or psychomotor retardation**

# Content

- Psychosis
  - **delusions & hallucinations**
- Orientation
- Suicidal or Homicidal Ideation
- Client history/precipitating factors

# Choices of Perspective – First Person



First  
person

Third person

Narrative

Descriptive



Third person



First  
person

Third person

Narrative

Descriptive



# Narrative



First  
person

Third person

Narrative

Descriptive



# Descriptive



First  
person

Third person

Narrative

Descriptive



# Choices of Timing

- Simultaneous
- Lagged
- Consecutive



# Register

Meaning  
per Sign

Number  
of Users

Number  
of Signs

Frozen

Formal

Consultative

Casual

Intimate

