

Keeping Your Head Above Water: Stress Management

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The Interpreter



Vocabulary

- Compassion Satisfaction
 - **Positive aspects of working as a helper**
- Compassion Fatigue
 - **Negative aspects of working as a helper**
- Burnout
 - **Inefficacy and feeling overwhelmed**
- Work-related traumatic stress
 - **Primary traumatic stress direct target of event**
 - **Secondary traumatic exposure to event due to a relationship with the primary person**

Vocabulary

- **Hostile Dependency** - A dependent person, unable to do things on their own, may have trouble developing a confident, independent self. Continued dependency may be expressed as hostility toward the very people whose help they need, such as parents.
- **Vicarious Trauma** - A stress reaction experienced by those who are exposed to disclosures of traumatic images and materials by clients, in which they experience enduring changes in the manner in which they view self, others and the world.

How to Create Stress

A Recipe for Fried Interpreter

- Take an Awkward Situation
- Add a Measure of Responsibility
- Stir in Lack of Control
- Cook Forever

Stress



Possible Solutions

- Eradicate all Hearing People
- Eradicate all Deaf People
- Eradicate all Interpreters
- Set Personal Limits and Develop Personal Strengths



Positive Responses

Mental

- Education
- Manage Time Wisely
- Hobbies
- Read/Study
- Internet



Positive Responses

Emotional

- Self Talk
- Meditation
- Affirmations
- Hypnosis
- Psychotherapy/ counseling
- Visualization



Positive Responses

Physical

- Exercise
- Deep Breathing
- Sufficient sleep
- Good nutrition
- Leave
- Relaxation


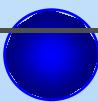





We Have the Responsibility To:

- Be the best interpreter we can
- Support each other
- Deal with our own issues
- Know where we end and the situation begins

Rational Behavior Therapy (RBT) Worksheet

- A _____
- B1 _____
- B2 _____
- B3 _____
- C1 _____
- C2 _____
- C3 _____

- A _____
- B1 _____ 
- B2 _____  
- B3 _____
- C1 _____ 
- C2 _____
- C3 _____ 

Rational Behavior Therapy (RBT) Worksheet

- A Run into water

- B1 I will drown

- B2 The ocean is dangerous


- B3

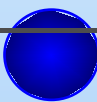
- C1 Scared

- C2 Frightened

- C3

- A_____

- B1_____ 

- B2_____  

- B3_____

- C1_____ 

- C2_____

- C3_____ 

Rational Behavior Therapy (RBT) Worksheet

- A Run into water
- B1 I will drown
- B2 The ocean is dangerous
- B3
- C1 Scared
- C2 Frightened
- C3

- A Run into water
- B1 I will not die
- B2 The ocean is fun
- B3
- C1 Excited
- C2 Fun
- C3

Rational Thoughts

- A Alive
- F Feelings
- R Reality
- O Others
- G Goals



Thank you for coming!

You Are NOT Just an Interpreter
You are THE Interpreter

