



# TRANSFORM YOUR THOUGHTS

A Self-Care Workshop on  
Redirecting Negativity to Positivity

Presented by Kim B. Kurz, Ph.D.

Thursday, April 18, 2024  
6:00pm-8:00pm ET  
Online via Zoom

0.2 GS RID CEUs (M/MH in MI)  
FREE for Michigan Interpreters  
RSVP at [cwoodpd.com](http://cwoodpd.com)



This workshop is made possible by a grant from Substance Abuse and Mental Health Services Administration (SAMHSA) and is sponsored by DEAF C.A.N.! in cooperation with CWoodPD.



## DESCRIPTION

*Transform Your Thoughts* is an empowering self-care workshop designed to help you navigate the journey from negative thinking to a more positive mindset. In this interactive and transformative session, you will gain practical tools and techniques to redirect your thoughts, fostering a greater sense of well-being and resilience. This workshop is open to anyone seeking practical strategies for self-care and personal growth. Whether you're dealing with stress, anxiety, or simply looking to enhance your well-being, this workshop offers valuable insights and actionable steps.

Don't miss this opportunity to invest in your well-being and embark on a journey towards a more positive and fulfilling life. Join us and take the first step towards transforming your mindset for lasting positive change.

## DETAILS

- **Workshop approved for 0.2 GS RID CEUs (M/MH in MI).**
- This workshop is based in the Eastern Time Zone.
- Target Audience: The Deaf community and interpreters who work in community, medical, and mental health settings.
- IRID is an approved RID CMP Sponsor for continuing education activities. This General Studies program is offered for 0.2 CEUs at the Some/Extensive Content Knowledge Level.

## OBJECTIVES

Participants will be able to:

- Recognize three thought patterns that can lead to maintaining more long term, positive mindset and improved well-being.
- Analyze their own thinking and identify two or three tools to enhance personal growth.
- Outline three techniques for transforming negative thoughts into positive thoughts.



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continuing education  
activities.



## POLICIES

- This event will be conducted in ASL with no English interpretation. For other ADA accommodations, contact Cindy at [cwoodpd@gmail.com](mailto:cwoodpd@gmail.com) at least 14 days prior to the event.
- This is a free event that requires participants to RSVP. Participants should contact Cindy Wood at [cwoodpd@gmail.com](mailto:cwoodpd@gmail.com) with any cancellations as soon as they are able.
- CWood Professional Development promotes a learning environment free from discrimination and bias, and encourages mutual respect for all participants.

## ABOUT THE PRESENTER

Dr. Kim Kurz is a professor in the Department of American Sign Language and Interpreting Education (ASLIE) at the Rochester Institute of Technology's National Technical Institute for the Deaf (RIT/NTID).

Kim is currently an Interim Director of NTID Sign Language Assessment & Resource Center. Kim was ASLIE chairperson from 2010 to 2020 and oversees NTID's Program Assessment Outcomes and Evaluations in NTID's Academic Affairs division.



Her career at RIT/NTID has always had a strong focus on mentoring students and faculty related to their research projects, including teaching a research methods course to interpreting students who are in their senior year. Kim's dissertation topic focused on how deaf children learn through direct instruction compared with mediated instruction via sign language interpreter and has done numerous types of research in the field of educational interpreting.

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