



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.

The Exploration of Trauma in Mental Health Settings: Recognizing and Navigating Vicarious Trauma

Saturday, August 19, 2023
10:00-2:30pm ET
Online via Zoom

0.4 PS RID CEUs (M/MH in MI)
FREE for Michigan interpreters

Presented by Ryssa Fleischer & Claire Hunt

DESCRIPTION

Have you ever been in a tough mental health interpreting session for a deaf or hard of hearing client? If so, we strongly suggest you equip yourself with the necessary training and knowledge needed to advocate for your clients in the midst of these challenging circumstances, which take a toll on all involved.

This workshop is intended to provide interpreters with tools for managing, recovering from, and responding to vicarious trauma as it comes up in their work environment and with Deaf, Hard of Hearing, and DeafBlind clients. Exposure to the traumatic stories and experiences of others, such as witnessing fear, pain, and terror in a client, can leave an emotional residue on the interpreter that is typically referred to as vicarious trauma. In order to cope, manage, and function with this emotional residue, it is important that interpreters receive training in areas of self-care upon being exposed to various forms of vicarious trauma throughout their professional lives. Furthermore, a critical agenda item for this workshop will focus on interpreters becoming advocates for their clients, including those who have survived trauma and/or been traumatized.

This workshop will support interpreters in advocating for their clients as they journey through the mental health system, while honoring and upholding their client's autonomy.

OBJECTIVES

Participants will be able to:

- Recognize three signs of how trauma appears in deaf and hard of hearing clients, and develop three strategies for practicing empathy with their clients in challenging mental health settings.
- Define vicarious trauma from the interpreter's perspective and design three tools for implementing self-care after experiencing vicarious trauma.
- Formulate two ways to practice advocating for their clients in mental health settings while maintaining ethical boundaries and autonomy.
- Outline three resources that support their navigation of the mental health system, ensuring that their clients get the best possible level of care.



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DETAILS

- Workshop approved for 0.4 PS RID CEUs (or M/MH in Michigan)
- This workshop will be presented in ASL.
- This workshop is based in the Eastern Time Zone.
- Target Audience: This workshop is intended for interpreters who work with Deaf clients, and Deaf and hearing professionals in the Mental Health arena.
- IRID is an Approved RID CMP Sponsor for continuing education activities. This Professional Studies program is offered for 0.4 CEUs at the Extensive Knowledge Level.

POLICIES

- This workshop will be offered at no charge. If you need to cancel please contact Cindy at cwoodpd@gmail.com as soon as possible.
- Please contact Cindy at cwoodpd@gmail.com at least 14 days in advance of the event with any ADA accommodation requests.
- CWoD Professional Development promotes a learning environment free from discrimination and bias, and encourages mutual respect for all participants.

ABOUT THE PRESENTER

Ryssa Fleischer, AMFT, is an associate marriage and family therapist with a focus on trauma. As a clinician, her mission is to work towards filling the gaps in deaf mental health, where sources of emotional and psychological support are scarce and sorely needed. Ryssa holds a Master's of Science in Counseling with a concentration in Marriage and Family Therapy from California State University, Northridge, and a BA in Psychology from Gallaudet University.



Currently, She works as a clinical mental health therapist for My Deaf Therapy. She provides tele-therapy to a wide range of clients and experiences. Learn more about My Deaf Therapy at mydeaftherapy.com! She has also worked in a wide range of settings, including for a domestic violence and sexual violence agency, Peace Over Violence in Los Angeles, CA.

Ryssa is a fifth-generation Deaf person and fluent in American Sign Language. She goes by the pronouns: she/her/hers. When not working with her clients, you can find her hiking, playing tennis, spending time with her loved ones, and working on interior styling projects.

ABOUT THE PRESENTER

Claire Hunt is a third-year doctoral student working toward her PhD in Clinical Psychology at Gallaudet University. She has experience studying the roles of language neglect, communication abuse, and mental health literacy, as they influence the risk for trauma, specifically prevalence of sexual victimization and intimate partner violence, in deaf and hard-of-hearing communities. Prior to beginning her graduate school studies, Claire obtained her B.S. degree in Psychology from the University of Maryland, College Park.



As an undergraduate research assistant with Dr. Kenneth Rubin's Laboratory for the Study of Child and Family Relationships, she investigated child social and emotional development, as well as the notion of "normal" and "abnormal" social behaviors and relationships within given cultural contexts. This work piqued Claire's interest in psychological research, which she believes builds an important foundation for evidence-based practice in the therapeutic setting. After graduating from the University of Maryland in 2019, Claire went on to complete a 2-year intramural research training fellowship at the National Institutes of Health in Bethesda, MD.

During her postbac career, she was inspired by the clinical setting, which granted her the opportunity to develop therapeutic relationships with all walks of life, including individuals across both in- and out-patient populations. Claire's time spent at NIH laid the groundwork for her current passions for working with underserved trauma populations, specifically as they reside in deaf and hard-of-hearing (DHH) communities. While working on her doctoral degree, Claire continues to share her findings with the community by serving as a part-time writer for My Deaf Therapy. Her weekly blog posts are focused on topics that aim to inform, educate, and de-stigmatize mental health as it relates to every one of us, while also provoking important discussion.

Claire's future plans include finishing her program to earn her licensure as a psychologist. She hopes to open a private practice that exclusively serves and provides therapy services to the DHH community.

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