

# Nurturing the Interpreter Within

## Cultivating Mental Wellness for ASL Professionals



**Presented by Katie Murch**

Monday, July 10, 2023  
6:00pm-8:00pm ET via Zoom

0.2 PS RID CEUs (or M/MH in MI)  
Registration: FREE for interpreters in MI  
[www.cwoodpd.com](http://www.cwoodpd.com)



## DESCRIPTION

Are you an ASL interpreter dedicated to facilitating meaningful communication between Deaf individuals and the hearing world? Join us for an empowering presentation that sheds light on a crucial aspect of your work – the impact of mental health challenges faced by the Deaf community on your well-being.

You, as an ASL professional, endure unique experiences and struggles daily. Our presentation will delve into the emotional journey of ASL interpreters and provide valuable insights into nurturing your mental health. We'll explore the deep empathy you possess, the boundaries you strive to establish, and the resilience you demonstrate.

By addressing your pain points head-on, we aim to equip you with the knowledge and strategies needed to maintain a healthy state of mind. We'll delve into the following key areas:

- **Emotional Impact:** Understand how constant exposure to intense emotions, cultural trauma, or vicarious trauma can affect your emotional well-being and learn practical techniques to cope with the emotional demands of your role.
- **Thriving in a Stressful Environment:** Learn valuable tips for managing heavy workloads, reducing stress, and avoiding burnout, while prioritizing your mental well-being.

Join us for this presentation and take a step towards nurturing your own mental well-being while continuing to make a profound difference in the lives of Deaf individuals. Together, let's empower ASL interpreters and create a community that uplifts and supports one another.

## OBJECTIVES

Participants will be able to:

- Recognize the emotional impact ASL interpreters may experience when working with Deaf individuals experiencing mental health challenges and implement two techniques to minimize vicarious trauma.
- Demonstrate the importance of empathy in interpretation by outlining two strategies for establishing healthy boundaries.
- Draft two self-care strategies and stress management techniques to prevent burnout and foster long-term mental wellness.



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continuing education  
activities.



## ABOUT THE PRESENTER

Katie Murch is a consultant, coach, and speaker specializing in personal and professional development. With an MBA from Texas A&M University-Corpus Christi and executive experiences, Katie offers expert guidance and resources to help individuals and businesses unlock their full potential.

Through her popular blog at [katiemurch.com](http://katiemurch.com) and engaging and dynamic coaching style, Katie empowers individuals to overcome obstacles and achieve success in their personal and professional lives. Whether working one-on-one with clients or facilitating a strategic development session for an organization, Katie is committed to making a positive impact on the lives of those she encounters.



## DETAILS

- **Workshop approved for 0.2 PS RID CEUs (or M/MH in Michigan)**
- **Registration: FREE for interpreters in Michigan.**
- This workshop will be presented in ASL.
- 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 0.2 CEUs at the Extensive Knowledge Level.
- 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.

## POLICIES

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

**REGISTER NOW**