

Mental Health for Interpreters:

Managing Memory, Attention, and
Stress in the Coming Year



Saturday
January 2, 2021

12:00-3:00pm EST
online via Zoom

presented by
Katie Fitzpatrick
NIC Advanced, BEI III

CW**D**
Professional Development
ASL/ENG

ABOUT THE WORKSHOP

Katie will cover some necessary mental attributes for interpreters and connect the dots (aka synaptic neurons) with some of the biological and neurochemical components that undermine and support those attributes. Just when you are afraid it might get boring, she'll include lots of stories about crying, swearing, and how the Happy Birthday song can teach us how bad we are at understanding each other. Yes, really. Come see how your brain can be laying in the shade of a coconut palm tree on a tropical island this new year instead of making a stress-mess out of you.

ABOUT THE PRESENTER

As a mental health fangirl and recovering perfectionist - Katie knows all about stress, and wants to share her journey with fellow interpreters for inventive (and scientifically proven) ways to combat stress, fatigue and lapses in memory and attention that go hand in hand with them.

Whether she has been interpreting, teaching interpreting, mentoring stressed out students, or being told “there is no crying in grad school” - she has been a lifelong proponent for self care, mental health, and hacking her own brain.



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OBJECTIVES

- Name three neurochemicals that affect mood, stress and mental capacity.
- Identify three everyday habits that decrease mental capacity, split attention, and/or increase stress.
- Identify three changes to reduce stress and improve mental capacity for interpreting.

DETAILS

- **Workshop approved for 0.3 PS CEUs (or 0.3 MH in Michigan).**
- 50% refund if registration is cancelled in writing by December 19, 2020.
- Target audience: Working, certified, and pre-certified interpreters anywhere in the US.
- This workshop will be presented in ASL. For specific ADA accommodations please email cwoodpd@gmail.com by December 19, 2020.
- CWood Professional Development promotes a learning environment free from discrimination and bias, and encourages mutual respect for all participants.
- Registration fee is \$45 regardless of membership or certification.
- Contact Cindy Wood at cwoodpd@gmail.com with questions.

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