

WORKSHOP DESCRIPTIONS:

Interpreting in Mental Health: In the United States, over 51 million adults experience mental health disorders, emphasizing the critical role interpreters play in facilitating effective communication in mental health settings.

Throughout this workshop, participants will gain insights into several key areas:

- Understanding where mental health services are provided and who delivers them, ensuring interpreters are familiar with the landscape of mental health care. - Learning about common mental health disorders, common diagnostic tools and treatment options for mental health disorders, equipping interpreters with terminology and concepts necessary for accurate interpretation.
- Identifying various encounters interpreters may face in mental health settings, from therapy sessions to psychiatric evaluations, to ensure preparedness for diverse scenarios.
- Recognizing and addressing the unique challenges interpreters may encounter in mental health settings, such as managing emotional dynamics and navigating sensitive conversations, and interpreting when standardized tests are administered.
- Understanding how interpreting in mental health settings differs from other contexts, and how this may affect the interpreter's performance and practice.

Interpreting for Spiritual Care: Spiritual Care plays a unique yet essential role in caring for patients, whether the patient practices a particular religion or needs an additional layer of support in the face of a life-changing health event. Even the most experienced interpreters may feel uncertain when interpreting for spiritual care encounters - concerns can range from not being familiar with sacred texts to being able to do a good job when you don't share the patients' beliefs. This presentation will introduce the participants to the work of spiritual care providers, outline specific challenges that interpreters may face when interpreting during spiritual care encounters and discuss strategies for overcoming them.

Managing the Interpreting Encounter: In order for interpreters to interpret accurately and completely to the best of their ability, they have to create appropriate conditions for the interpreting encounter and navigate issues that may prevent them from doing so. To this end, this class will help interpreters develop their own pre-session, consider positioning choices during the encounter and learn interventions to ensure successful interpretation such as intervening to manage the flow of communication (e.g. ask the parties to pause, speak up, speak one at a time, to repeat what they said) and

interventions to manage the triadic relationship (e.g. asking the parties to address each other directly, redirecting side conversations).

Participants will be given time to develop and practice their own pre-sessions. In addition, students will work together to develop scripts for commonly occurring challenging situations/ After completing the class, participants will be able to:

1. Explain the purpose of a pre-session, its main components and develop their own.
2. Explain advantages and disadvantages of different positioning choices during an encounter.
3. Develop techniques for interventions to manage the flow of communication and encourage direct communication between parties.
4. Develop strategies and scripts for dealing with challenging situations
