



SafePlace

Ending Sexual & Domestic Violence

Beyond Burnout: Secondary Trauma in Interpreting





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SafePlace is ending
sexual and domestic violence
through safety, healing, prevention, and social change.

24-hour Hotline
512.267.SAFE (7233)
For the Deaf/HH, please use Relay/VRS
www.SafePlace.org



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Workshop Structure

- 1 break, 10 minutes
- Psychoeducational
- Dialogue/Activity
- Handout/Evaluation



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Who Am I?



- Deaf Services Outreach/Educator
- Former Counselor at SafePlace
- MA in Counseling from Gallaudet University
- Nationally Certified Counselor
- Deaf Multiracial Woman



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Anecdote:

“A Day as a SafePlace Deaf Counselor”





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My personal observation when working with ASL interpreters



Poll #1

- How long have you been in the interpreting field?





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Poll #2

- Have you worked as an interpreter in:
 - Hospitals
 - Doctor Appointments
 - Sexual Assault Forensic Examination
 - Domestic Violence scenario
 - Court
 - CPS/APS investigation

Statistics in Texas

- 357,474 (18-64 years old) Deaf/Hearing Loss in Texas
- 350 RID certified American Sign Language Interpreters



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Statistics related to Violence

- 1 in 4 Deaf Women and 1 in 6 Deaf Men experienced violence
- Scenarios: *DV/SA on scene, hospital, doctor office, court, and/or CPS/APS*



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Secondary Trauma Symptoms





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Secondary Trauma

"the stress resulting from helping or wanting to help a traumatized or suffering person"

-Figley, 1995





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Secondary Trauma: *How does it work?*





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SECONDARY TRAUMA

Tenet 2.0



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At-Risk Populations

- All professionals who work in trauma-setting
 - Doctors, counselors, teachers, parents, judges, and interpreters



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Secondary Trauma Symptoms

- intrusive thoughts
- chronic fatigue
- sadness
- anger
- poor concentration
- second guessing
- detachment
- emotional exhaustion
- fearfulness
- shame
- physical illness
- absenteeism



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Questions for you:

- What if the interpreter has a history or know someone who experienced violence?
- How can this interpreter ethically process the scenario after the job?
- What if the interpreter feels triggered during the session?



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Anecdote: “Janice’s Story”





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Let's Talk about It:

- Gather in small groups (2-6 people)
- Have a dialogue about Janice's story
- You will be provided a guideline with several questions



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Debrief:

Share what was discussed in the groups





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BREAK- 10 minutes





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Literature about Secondary Trauma in Interpreting

- Limited resources for interpreters related to secondary trauma (Critchfield, 2014)
- Interpreters are human being, vulnerable to empathy and feel traumatized on different levels (Critchfield, 2014; McCay & Miller, 2001)



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Methodology: Quantitative Research

- 4 questions
- Used Survey Monkey link:
<https://www.surveymonkey.com/s/JLFQGH2>
- 44 participants

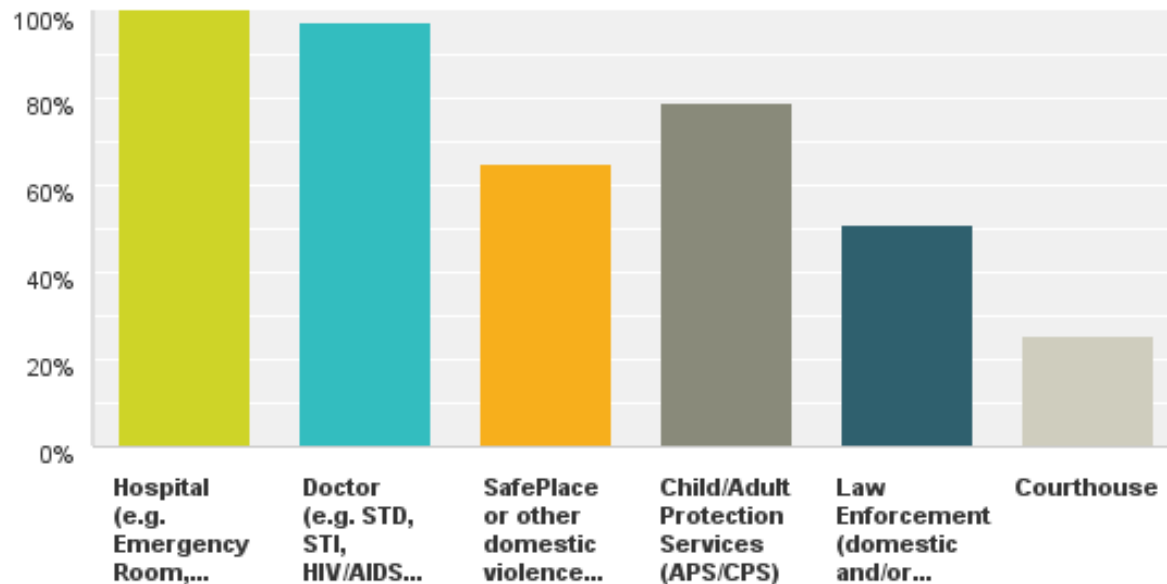


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Q2 What interpreting scenario(s) have you experience with (pick all that apply):

Answered: 43 Skipped: 1



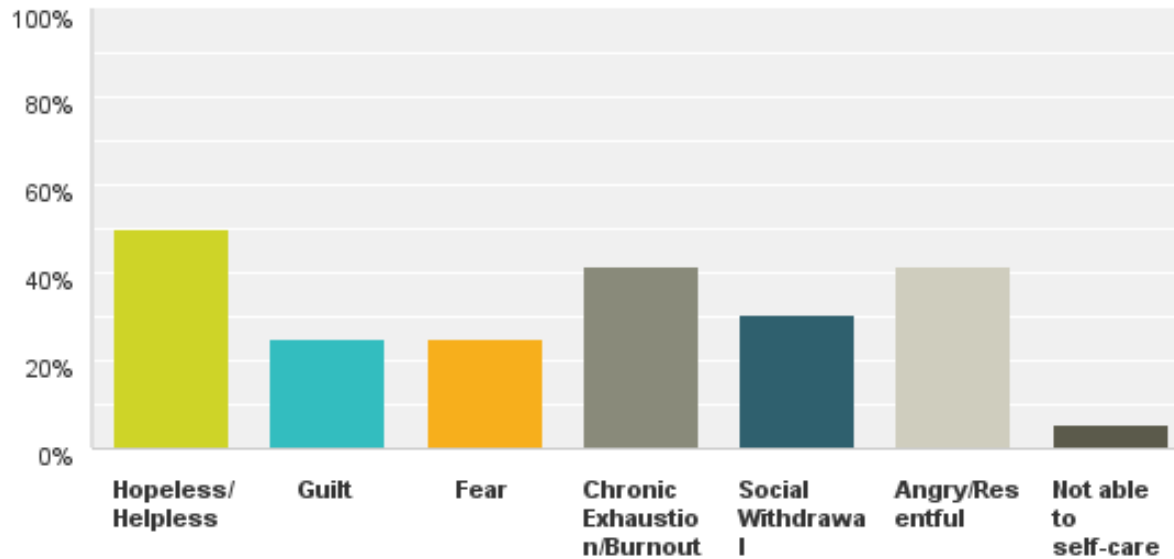


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Q4 Which symptoms did you experience with interpreting (Please select all that apply):

Answered: 36 Skipped: 8





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Results:

- #39: 6-10 years experience with hospital and education setting reported feeling sadness/depression
- #3: 6-10 years experience with hospital and doctors office reported feeling powerless and having intrusive thoughts



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- #1: 6-10 years experience with different scenarios reported feeling angry and resentful
- #14: 6-10 years experience with hospital, doctor's office, and APS reported feeling general fatigue
- #10: more than 10 years experience with hospital and doctor office reported feeling fear and chronic exhaustion/burnout



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Explain the Results

- Interpreters with 0-5 years experience expressed feeling guilt and hopelessness
- Interpreters with 6-10 years experience expressed feeling angry, depression, and powerless
- Interpreters with more than 10 years experience expressed symptoms related to chronic exhaustion/burn out



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So, what does that mean?

- Secondary trauma symptoms increases over time
- Interpreters are at-risk for secondary trauma symptoms that may lead to having depression, anxiety, and/or chronic illness



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Any questions
related to the research?





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Potential Barriers to Prevent or Intervene Secondary Trauma Symptoms



RID Code of Ethics

- Confidentiality
- Professionalism
- Conduct



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1.0 Confidentiality

- *1.1 Share assignment-related only on a confidential and “as-needed” basis*





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2.0 Professionalism

- Guiding Principal: Interpreters accept assignment using discretion with regard to skill, communication mode, setting, and consumer needs.



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3.0 Conduct

- 3.2 Decline assignments or withdraw from interpreting profession when not competent due to physical, mental, or emotional factors.



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Agency/Organization Policy

- Varies throughout the agencies
- Contract with hospitals, doctor offices, DV/SA agencies, and departments (e.g. police, CPS/APS)



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What about you?

- What's the policy at your interpreting agency?
- How do you work with your partner?
- Does your agency promote peer supervision?



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Activity: World Café

- Split into groups of 5-10 people
- Each will be given a list of questions





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Debrief:

How can you empower yourself as
an interpreter?





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Self-Assessment: Self-Care Assessment Worksheet



Adding Tools into Your Tool Box

- These suggestions and techniques will provide intervention or even prevention of secondary trauma when interpreting in trauma-setting



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Grounding Techniques

- Timing: 2 to 20 minutes
- Take off your shoes
- Visualize your quiet space
 - Think about senses
 - (e.g. sound, smell, taste, sight, feel)

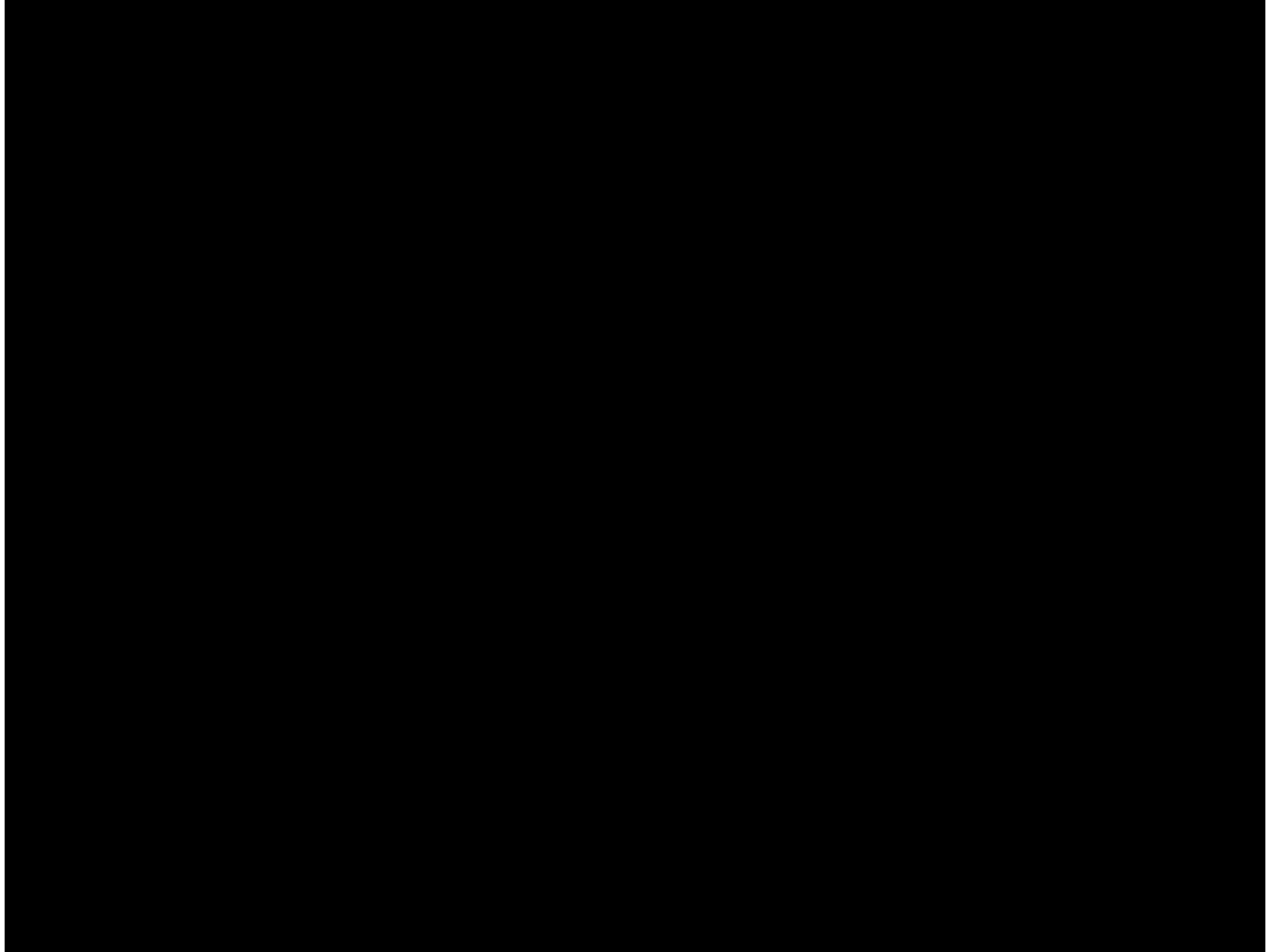


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Breathing Techniques

- It's a type of grounding techniques
- 4-7-8 Techniques
- Find a quiet space in your mind
(Visualization Technique)
- Self-Talk





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Self-Care

- Take a walk
- Write in your journal
- Gardening
- Leave your work at the workplace
- Bathing
- Take a break (30 minutes or a week)



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More Suggestions

- Request having a partner
- Online “support group”
- Discussing/debriefing with seasonal interpreters



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OR!

- Register SafePlace & Texas Disability Rights' online training
 - “Ethics to Excellence”
 - Course begins on June 19th
 - Limited to first 50 registers!



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Don't forget

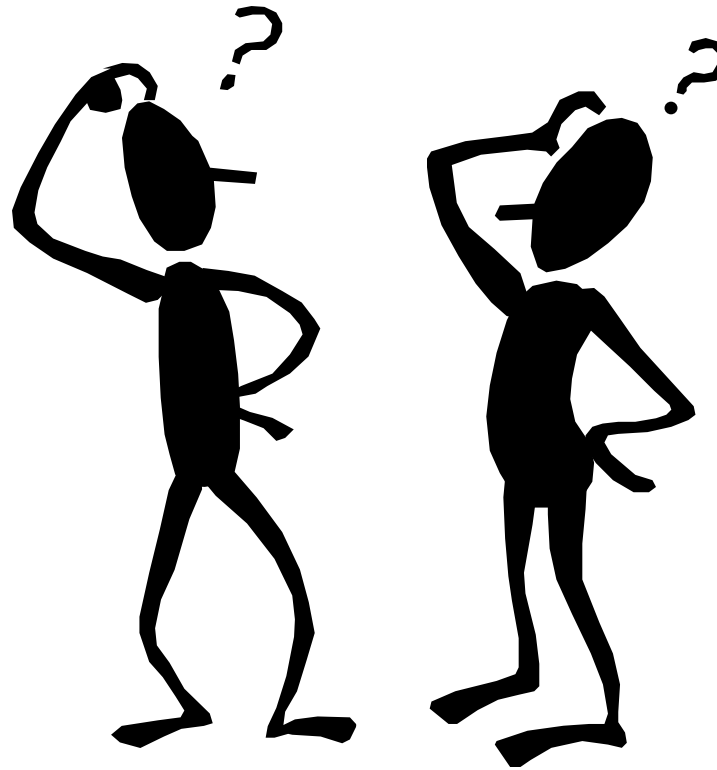
- Complete the evaluation! 😊
- Contact if you have any further questions/concerns
- My contact information:
 - Mbarron@safeplace.org or (512)410-6490



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Questions?





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Malibu Barron, MA, NCC
SafePlace Outreach & Educator
Mbarron@safeplace.org