



ICRID INSIGHTS

Advocating for best practices in interpreting by fostering relationships with the Deaf community and interpreting practitioners; to provide support, the development of equality, professionalism, and excellence within the profession of sign language interpreting throughout Indiana.

From the President's Desk - Colleen Geier, Ed.D., CI/CT, ICRID President

Greetings from Santorini Greece! Like many of you, I am using the summer break for a long planned vacation. I am doing a lot of relaxing on this trip which is something I don't do enough of at home. It's hard for all of us to balance work life and home life, being busy enough but not getting worn out, time for friends, family and ourselves. Seems I need to go far away where there isn't a lot to do in order to give myself permission to just rest!

I encourage each of you to find those things that restore you and to make time for them. It may be reading that book you bought months ago or going to the gym, or planning a night out. We need to make sure we refresh our minds and bodies in order to continue providing good interpreting services.

There is always so much to do, it is good to be sitting here having a cool drink and looking out at this beautiful scenery. I hope that you are also finding time for rest.



Colleen

"Beware the barrenness of a busy life." Socrates

From the Editor:

Dear Reader,

Following the example of ICRID President, Colleen Geier, I am devoting some of the space in this edition to the topic of self care. It clearly seems that self care is a topic that many people hold dear, since a lot of people who might have contributed articles for this edition were probably on vacation or taking some other kind of break. This edition is a bit light on content, so I hope you all are refreshed and ready to go back to real life soon. Some of us are gearing up for the school year again, and others simply reserve summer as a time to enjoy life and appreciate those things that daily life doesn't always allow us to focus on, or devote as much time to as we would like.

So, to paraphrase the Zac Brown band, here's to having a drink in your hand, toes in the water, and butt in the sand.

All the best,

Zach Evans, Editor of INSights
editor@icrid.org

ICRID RAPS - A Monthly Multi-Site Discussion Group

Some of us love getting together to discuss current articles and webinars and we do it all over the state at ICRID RAPS meetings. We would love to see more of you involved and wonder what we can do to expand RAPS? Here are some things that have been suggested, we'd love to know what you think. You can respond to these ideas or suggest other things at raps@icrid.org



- set up more online dates for RAPS
- alternate traditional RAPS with an Ethics discussion - have a topic each time and interpreters can bring their own ethical dilemmas and questions to discuss with the group
- include articles on specific topics - what do you want to learn about?
- change the format completely to some other kind of discussion group
- change the times/days or even locations when the RAPS groups meet

If you have ideas for RAPS or other discussion groups please let us know at RAPS@icrid.org

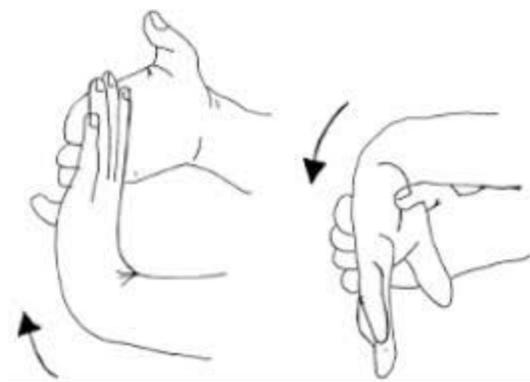
Colleen Geier
ICRID RAPS coordinator

If you don't take care of yourself, nobody else will. By Zach Evans

For a lot of people who consider themselves functioning adults, the title of this article is very true. It is true not only physically, but also mentally. A lot of the ideas that will be discussed here may seem like common sense, but not everyone takes the time to do simple things to make sure that you are functioning at your best. If an interpreter is not functioning at their best, our work can suffer. If our work suffers, our clients suffer. On a personal, professional, and ethical level, self care is crucial.

Physical Self-Care

Interpreting can be a physically taxing job. Repetitive motion injuries such as tendonitis, carpal tunnel syndrome, rotator cuff tears and strains, tennis elbow, etc. are common in our profession. Stretching is often recommended prior to an assignment or starting your work day. Stretching the front and back of your wrists by gently pulling your hand towards your body and then away from it, also stretching individual fingers in a similar manner can help minimize strain. Shoulder circles (holding your arms straight out to either side and moving them in a small circle), pectoral, deltoid, and trapezius stretches can help strengthen and loosen up the muscles surrounding the shoulders.



Nutrition is also part of our self care. Everyone has vastly different eating habits. We all know that one person who you should not talk to unless they have had at least one cup of coffee, and that other person who seems to always be hangry. Food is fuel for your body and your brain. Have a good breakfast/lunch/dinner/snack before an assignment and you won't be distracted by your rumbling stomach while you're working. There is a lot of research out there as to what foods are best for you. Protein is often cited as the best thing for "brain food." Good nutritional practices keep us healthy as well, so we are less likely to miss work.

Mental Self-Care

A lot of research is being done into what practices are best to keep you mentally fit. Meditate! Read nonfiction! Take this class! Do this puzzle! In reality, you need to do what works for you. Mental self care involves rest, be that as a vacation you have had booked for the past month, curling up with a good book, watching tv or a movie, taking a walk, playing with pets, etc. The most important form of rest is, of course, sleep. According to the National Sleep Foundation, we all need about 7 hours of sleep per day. Some older individuals can easily operate on less than that, and a lot of younger individuals need more than that. If you've ever been sleep deprived, you know how much of a fog your head is in after a while. We, as interpreters, sometimes work at all hours of the day or night, so it is up to us to make sure we get the rest we need.



Debriefing is a mental self care practice that can be useful, but also tricky. A lot of information is out there about vicarious trauma, where interpreters can internalize a lot of emotional effects from interpreting for situations that are high stakes, traumatizing for our clients, or otherwise difficult situations. Debriefing requires a trusted colleague and/or friend to take stock of what happened in a situation and how you reacted to it. Do you need to make any adjustments to your mental health practices as a result of an assignment? Do you need to vent about a difficult situation? Holding that in in the name of the CPC and confidentiality is

not healthy. There are ways of professionally and healthily talking about assignments that affected you that don't compromise the rights of our clients.

We owe it to ourselves, our families, our clients, and our profession to be the best we can be. Being our best means something different to each of us, but the effects are the same. Be well, Indiana interpreters. If you don't care for yourself, who will?



Source materials:

<https://www.ryerson.ca/woodcock/pdfs/OHSforSLI.pdf>

<https://digitalcommons.wou.edu/cgi/viewcontent.cgi?article=1006&context=theses>

https://ncihc.memberclicks.net/assets/calls/8-22-08_open_call_minutes.pdf

<https://streetleverage.com/2017/06/self-care-sign-language-interpreters-8-ways-to-ease-trauma/>

<https://sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need>

Dear Interpreter.... A new column for ethical questions!

Being an interpreter is rife with complications, intricacies and conundrums. Every interpreter, at some point in their career, will ask themselves "Did I do the right thing?" We're here to help! If you have a question about a situation that really stumped you, or might be instructive to others in future situations, send it to us! We'll get our best ethical minds on the job and do our best to figure out if what happened is a win/win, a win/lose, or a lose/lose situation, and what possible outcomes could result. All situations or questions will be framed within the [RID/NAD Code of Professional Conduct](#).

Also, it doesn't have to be an ethical situation. If you have a general advice question that is relevant to our profession, send it our way! We'll do our best to help. There are a lot of seasoned professionals who read this publication. If the editing staff is stumped, we'll send it to the hive-mind! Several heads are better than one.

Send any submissions to editor@icrid.org.

A few guidelines for submitting:

1. Please **omit all identifying information**. Confidentiality is a big deal in our profession, and we want to make sure everyone's privacy is protected. Obfuscate any and all details that might give away who was involved.
2. Keep it brief. Extraneous information only clouds the mind and confuses the story. Give us a clear problem that can be analyzed.
3. If there was a conclusion to the situation, include that. Rarely is there only one right or wrong answer in ethical decision making. We can take the decision that was made into account.

Today's questions:

A Deaf client, of whom I have a lot of prior knowledge, showed up unexpectedly at my church. The client began spinning a sob story to some church leaders, which I knew to be untrue. The aim of this tale of woe was for financial assistance towards the client's living expenses. The church leaders are beginning to believe them. What should I do?

So what should be done?

- **Options to consider**
 - Privately suggest to the church leaders that they verify his story.
 - Helpfully offer suggestions to the group of resources in the Deaf community that might be able to help.
 - Take the Deaf client aside and confront him/her about the veracity of the story.
- **Options to avoid**
 - Call the client out in the middle of the interpreted conversation
 - Provide church leaders with your knowledge gained from your past interactions with this client.

You are teaming on stage at a large all-staff meeting for one Deaf client somewhere in the audience. You miss a few names here and there, and look to your team for a feed, but he/she is on their phone apparently scrolling through something.

So what should be done?

- **Options to consider**
 - Privately speak with your team to explain what happened and that you were disappointed in their actions.
 - Counsel your team on your expectations of how teaming should work.
- **Options to avoid**
 - Throw a shoe at your team from the stage.
 - Interrupt the speaker to ask that the names you missed be repeated.

Upcoming Local and Regional Workshops

Indiana:

August 4 - [Let's Talk About Mental Health Interpreting](#)
 August 7 - [Molly Ohara Workshop series](#) - Evansville
 August 11 - [CPR for interpreters](#)
 August 10-12 - [7th Annual Midwest Regional Conference](#)
 August 17 - [The Community Interpreter International](#)
 September 22 - [Mentoring: It takes two to tango](#)

Ohio:

August 14 - [Spanish in the Americas](#)
 August 18 - [Diversity in our world workshop series](#)
 August 25 - [ASL Interpreters Thriving Ethically](#)
 September 13 - [Interpreting Bad News](#)
 October 23 - [Interpreting for Patients with Type 1 Diabetes](#)

Illinois:

August 13 - [Deconstructing Gender for Sign Language Interpreters](#)
 August 25 - [Active Shooter - Suspicious Activity](#)

Kentucky:

No RID approved workshops scheduled

Michigan:

Multiple dates & Locations: [Ethical discussion group](#)
 August 9 - [Introduction to DBW 2018](#)
 August 11 - [Show, don't tell : Depiction](#)
 August 11 - [Understanding Context for Ethical Decision Making](#)
 August 21 - [Video Remote Interpreting](#)
 September 7-8 - [Trix Bruce workshops](#)
 September 15-16 - [The Art of Teaming: Deaf/Hearing interpreter teams](#)
 September 18 - [Navigating Healthcare, Court, & Conference](#)

Minnesota:

August 6 - [Cued Speech Skills Class](#)
 August 21 - [VRS: Overcoming Your Fears](#)
 August 29 - [Back to School 2018: Trading Places](#)

Wisconsin:

August 2-5: [RID Region III Conference 2018](#)



Thanks for reading!