National Center on Deafness
Fall 2012 Interpreter Seminar

Interpreter Self Care and Wellness

Presented by
Shawn M. Clark and Julia Morrow, CMT/LMT
Friday, October 12, 2012  2:00-5:00pm

National Center on Deafness
Multi-Purpose Room
Jeanne Chisholm Hall
18111 Nordhoff Street
Northridge, CA 91330-8267

Admission
ITP Students - $7 (photo ID required)
CSUN/NCOD Employees - $15
All Others - $25
CSUN Parking - $6

VISA/MasterCard accepted for seminar admission at the door.

Interpreting/captioning services are available upon request. Requests must be submitted at least seven (7) working days in advance.
All other accommodation requests must be submitted ten (10) working days in advance.
Thank you!

For More Information
Shawn Clark
(818) 677-2054 v/tty
ncod@csun.edu
http://www.csun.edu/ncod

Angela Funke is an approved RID CMP sponsor.

This entire activity has been awarded (0.3) CEUs in the area of Professional Studies by The Registry of Interpreters for the Deaf at the “Little/None” Content Knowledge Level for CMP and ACET participants.

Partial CEUs will not be awarded.
Workshop/Course Description - As trained Sign Language Interpreters, we have chosen an extremely demanding job, physically, mentally, psychologically, emotionally, and spiritually. Often, by our mid-thirties, or soon thereafter, Interpreters begin to exhibit signs, symptoms and warning signs of pre-burnout, exhaustion and sometimes even serious illness. Sometimes Interpreters can show signs of an unbalanced lifestyle which can easily go out of control.

A three-hour workshop is presented which delves into the topic self-care and wellness from all those aspects of functioning. One presenter is a veteran Interpreter with a wealth of personal knowledge of wellness and overcoming cataclysmic health circumstances. The other presenter is an experienced Interpreter who is also a certified massage therapist and trainer.

All five aspects of wellness will be discussed along with true-to-life experiences to illustrate points. A checklist will aid participants in recognizing potential or present problems. Discussion of diet, detoxification, de-stressing, strengthening of immune and lymphatic systems, sleep regulation, tools for regaining stability and affirmations.

Educational Objectives

- Set a personal standard for wellness and well-being in all five aspects of wellness.
- Make a personal plan for wellness and fitness.
- Demonstrate the ability to set tactful limits.
- Recognize early signs of fatigue and burnout.
- Identify dangerous emerging lifestyle patterns.
- Create a plan for harnessing and out-of-control lifestyle.
- Establish a daily routine of stretching and strengthening to address potential physical harm.
- Establish a self-check method to inventory their state of functioning and remedy any difficulties.

Our Presenters

Shawn M. Clark
Shawn Clark is a professional in the field of Deafness since 1982 and received her Bachelor’s and Associate’s degrees in Cleveland, Ohio. Shawn is a certified Interpreter and from 1987 until 2006 was an Independent Contract Interpreter serving a four county area of Southern California. Shawn is an experienced public speaker and workshop presenter, and has developed and implemented multiple projects and trainings as an Accessibility Consultant. Currently, Shawn holds the position of Coordinator of Interpreting Services for the National Center on Deafness at California State University, Northridge.

Julia Morrow, CMT/LMT
Julia Morrow is a certified and licensed massage therapist in private practice since 2004. She is also a sign language interpreter, working since 1986 with deaf clients of all ages from infants to senior citizens. Since 1994 she has been interpreting at CSUN. As part of her massage practice, she teaches stretching, strengthening, and balance moves to both private clients and in group classes to help individuals reduce muscle pain, prevent injury, or recover from surgery.