

Self-Care for Court Interpreters

Saturday, April 23rd, 2022 : 9am - 1pm [4hrs CEU] \$30

Compassion without Fatigue: Understanding secondary trauma, fatigue and burnout as part of court interpreting

- ❖ Participants will gain a conceptual framework for:
 - the differences between secondary trauma, compassion fatigue, and burnout
 - ways we develop secondary trauma, compassion fatigue, and burnout – and how to recover
 - the relationship between mindfulness, boundaries, empathy, and resilience

- ❖ Participants will walk away with protective strategies:
 - Mindfulness practices
 - Tools to reinforce intra-personal boundaries
 - Rapid Resets to use when triggered in the moment
 - Practicing empathy as a skill (vs. feeling) to protect your emotional reserves
 - Rituals of Release for personal vitality

- ❖ Cloud drive access to: bibliography with primary sources, suggestions for further study, secondary trauma risk factors and protective factors, symptoms of compassion fatigue, red flags for burnout, benefits of mindfulness

Presented by: Resilient Colorado

About Resilient Colorado:

Resilient Colorado supports individuals, families, schools, nonprofits, businesses, and community partners to meet our most critical mental and behavioral health needs.

At Resilient Colorado, we collaborate to empower people and organizations as they infuse trauma-sensitive practices into all that they do. We utilize the best of science, the wisdom of lived experience, and the creativity of innovation to help build the resilience of staff, students, families, and clients.

Trauma affects all of us, either directly or indirectly, so it is imperative that we work together to build resilience. The good news is that resilience can be both taught and cultivated, and it is profoundly important for sustaining ourselves, our businesses, and our communities at large. For this reason, our mission is to build resilient, trauma-sensitive communities across the state of Colorado.