

# GARID FACES

State Conference | Interpreter Heal Thyself | Volunteer Spotlight

## Editor's Note

Summer edition of Faces, you say? But it's fall... well if you turn on your favorite news channel you'll notice that it's still 90 degrees outside and the humidity is 200%. My pumpkin spice lattes are not quite the same while wearing open sandals instead of boots. We're so excited for the upcoming GaRID conference next month (all info included here). We hope to see a record turnout for such amazing presenters. As always, if there is anything you'd like to see in the upcoming newsletter please don't hesitate to contact me. I'd love articles for the next edition of FACES.

Your editor,

✦ Adrienne Clegg, CI/CT, SC:L

## Upcoming Events

- **Nov. 11-12, 2017:** Annual State Conference, Atlanta GA
- **Jan. 3 2018:** EI Workshop (details TBD), Atlanta GA

### GaRID 2017 Conference!

## November 11th - 12th

### ASL Only Event!

## 1.4 CEUs

**Pricing**  
**Member - \$160**  
**Non-Member - \$195**

**Le Meridian Hotel**  
 111 Perimeter Center West  
 Atlanta, GA 30346

**Hotel Reservations**  
 (877) 782-0116

**Group Rate**  
 \$119 per night

**Online Registration**  
[www.starwoodmeeting.com/Book/GRID](http://www.starwoodmeeting.com/Book/GRID)

## Weekend Schedule

<p><b>Saturday November 11, 2017</b>                  8AM - 9AM - Registration Open</p> <p>9AM - 10AM - Opening Plenary (.1 CEU's)                  Panel discussion with the three presenters about their weekend workshops</p> <p>10:00AM - 1:00PM</p> <p><b>Workshop A (Sheena McFeely) .3CEUs</b>  <i>Working with Deaf Children K-12</i></p> <p><b>Workshop B (Ramon Norrod) .3CEUs</b>  <i>Deaf Centric Interpreting: What does that mean?</i></p> <p><b>Workshop C (Dr. Denise Thew Hackett) .3CEUs</b>  <i>Options for Effective Communication in Mental Health Setting for Deaf, Hard of Hearing and DeafBlind</i></p> <p>1:00pm - 3:00PM                  Lunch (provided) and Business Meeting</p> <p>3:00PM - 6:00PM                  Session 2 - Workshops A,B, and C repeated (.3CEUs)</p>	<p><b>Sunday November 12, 2017</b>                  8AM - 8:30AM - Registration Open</p> <p>8:30AM - 9:30AM - Opening Plenary Keynote (.1 CEU's)                  John A Serrano, the new Superintendent of the Atlanta Area School for the Deaf</p> <p>9:30AM - 12:30PM</p> <p><b>Workshop A (Sheena McFeely) .3CEUs</b>  <i>Working with Deaf Students in a College Setting</i></p> <p><b>Workshop B (Ramon Norrod) .3CEUs</b>  <i>Deaf Centric Interpreting: Approach to Designated Interpreting</i></p> <p><b>Workshop C (Dr. Denise Thew Hackett) .3CEUs</b>  <i>Self Care for Interpreters in Mental Health Setting</i></p> <p>12:30PM - 2:00PM                  Lunch on your own</p> <p>2:00PM - 5:00PM                  Session 2 - Workshops A,B, and C repeated (.3CEUs)</p>
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Pay online  
[www.garid.org](http://www.garid.org)

**One Day Registration**  
 Member \$90  
 Non Member \$125  
 \*\*No refunds or credits will be offered after 11/3/17\*\*

Mail us a check  
 Georgia RID Conference  
 PO Box 4341  
 Valdosta, GA 31604



# GaRID 2017 Conference Presenters



**Sheena McFeely**

Sheena McFeely was born in Hong Kong to an Irish father and Asian-European mother. Shortly after her parents' discovery of Sheena being Deaf, America called their names. Sheena grew up mainstreamed and was the first in her family to attend college. She graduated from CSUN with a BA in Visual Communications and received her MA in Sign Language Education from Gallaudet University. Sheena is best known for founding ASL Nook, an online hub of ASL teaching webisodes that has received numerous acclaims from viewers, schools, and media. In 2016, Sheena released a video "10 Deaf Children, 1 Powerful Message" which became a viral hit with over 4 million views. Her work has been featured in UpWorthy, KVUE ABC news, Kickstarter, Austin Woman Magazine, The Huffington Post, Mental\_Floss, Deaf People, Ability Magazine, and The Nate Berkus Show.



**Ramon Norrod**

Hello GaRID! Ramon Norrod here and as a former resident of Georgia, I'm so excited to be presenting at the 2017 GARID Conference! I will be presenting two workshops about Deaf-centric Interpreting. I have been using this approach throughout my interpreting career and now have developed a workshop about some practices that I think would be beneficial in this area. I have worked in a variety of settings throughout my tenure including: secondary/post graduate education, mental health, legal, theatrical, entertainment industry and designated interpreting. Many of you who know me know that I do not discuss my work publicly. But, I will say that this workshop has been endorsed by several of my clients who feel that this process would be beneficial to the interpreting community. Hopefully, you agree....see you in November!



**Denise Thew Hackett, Ph.D.**

Denise Thew Hackett, Ph.D., MSCI, CRC is an Assistant Professor and Program Coordinator for the Rehabilitation and Mental Health Counseling graduate program at Western Oregon University. This program offers a Deaf track. She earned her Ph.D. in Counseling Psychology from the University of North Dakota and Masters of Science in Clinical Investigation with Public Health focus from University of Rochester Medical Center. She previously was a clinical researcher and psychotherapist at the Deaf Wellness Center in Rochester, NY. Dr. Thew Hackett is the Principal Investigator for the Oregon Deaf and Hard of Hearing Community Needs Assessment (CNA) project and is a recipient of the President award from the Oregon Association for the Deaf. Dr. Thew Hackett is also the Chief Editor of the JADARA. She has given numerous presentation around the country and internationally on various topics related to mental health and medicine (health) among sign language users.



**John A Serrano**

A graduate of Gallaudet University in Washington, D.C., John A. Serrano started his teaching career at Texas School for the Deaf (TSD) as an Elementary teacher before working in multiple leadership positions. In the past five years, he served as the Director of Academic Affairs, overseeing the instructional programs and support services for 580 students at TSD. As of July 2017, he started his new role as the Superintendent at the Atlanta Area School for the Deaf. He has served on various committees related to Deaf Education and is a current board member of the Conference of Educational Administrators of Schools and Programs for the Deaf (CEASD) and the American School for the Deaf. He currently resides in Alpharetta with his wife, Melly and three young children, Natalia (9), Anthony John (8) and Matthew (1).

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## Interpreter, Heal Thyself

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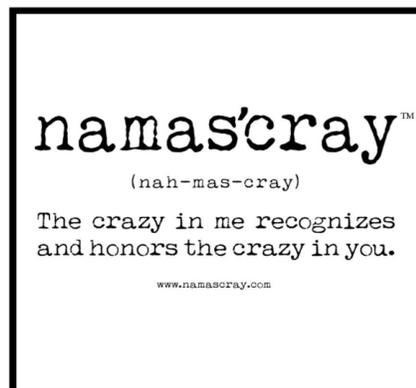
Rick Wright CI/CT

It may surprise you to know that I see a therapist. If you know me, that shouldn't be surprising at all... I'm fairly crazy. I'm so crazy, in fact, that I think retail therapy should be covered under my health insurance. It's not. (But I might have to email Blue Cross Blue Shield with the suggestion.)

Growing up a preacher's kid, we were taught "Jesus first, yourself last, and others in between." This seems lovely from a spiritual perspective, but may be why there is such a high level of burnout among church leaders. Prioritizing others' needs above your own is not sustainable. Eventually we have to take care of ourselves in order to keep giving back to the world. It wasn't until I worked with my first therapist in my 20s that I realized how detrimental this teaching was—yet it was deeply imbedded in my heart. (I mean, really! Even Jesus went out to the desert for some meditation and me-time. Ok, and a little tête-à-tête with Satan—BUT STILL!)

In addition to being a preacher's kid, I was one of six children. My dad was always working so my mom was *tired*, y'all. When I go out to Macy's for some retail therapy and I see parents with more than one child I get tired just walking by them! I don't know how my mom did it. Unfortunately, when you have such a large family of unruly kids and only one demoralized parent to supervise, healthy boundaries can be a casualty of war. It wasn't until I started therapy that I realized that healthy boundaries are our friend. (ILY, healthy boundaries! BFFs 4Ever!)

So some of you may be reading this thinking, "WTHheck does this have to do with me as a professional interpreter?" Well, I'm glad you asked. I'm not going to name any names, but some of y'all are crazy, too. We've been colleagues long enough that I feel I can say that to you from a place of love. I'm sorry if it surprises you. Here is a helpful graphic for this awkward moment:



I really mean that – I’m not judging. (P.K. here—casting the first stone is verboten. It’s so verboten that I’m saying it *in German*.) Even so, it’s not cool to inflict our crazy on the world around us—especially when we’re on the job. One of my best friend’s mother is a no-nonsense Italian woman who would say: “Ahhh, get over it. You got pain. I got pain. We all got pain.” It’s what you do about your particular pain that is important.

In her article, “Self-Care & Sign Language Interpreters,” author Breana Cross Hall outlines eight excellent tools for us to ease vicarious trauma. The link to her article is below—you should read it and see if any of the eight tools resonate. Some do for me—though I still haven’t mustered the courage to try shaking off stress like a dog shaking off water. (At my age I’d probably end up in traction.) I will leave the tools for coping with trauma to Ms. Cross Hall to explain since she is not only a certified interpreter but also a Certified Life Coach. I’m just an opinionated nerd with a penchant for inappropriate humor.

But it seems to me that it isn’t always the vicarious trauma or serious drama. Sometimes it’s just the day-to-day grind. Average daily life can be a real drag (and not in the fun RuPaul kind of way). For those of us who weren’t raised with good self-care skills and healthy boundaries, everyday stressors can snowball into a mental health catastrophe. We become irritable to the people around us, develop insomnia, overeat or under-eat (apparently the latter is actually a thing—I’m only familiar with the former), and our job performance deteriorates causing our clients to suffer. Go to [webmd.com](http://webmd.com) and look up the effects of stress on the body. It’s scary. (I really want to say “That’s some serious s\*\*\*, y’all!” but ulcers, diarrhea and irritable bowel are symptoms of stress... I’ve been told my inappropriate humor would be insensitive to the gastrointestinal-ly challenged.)

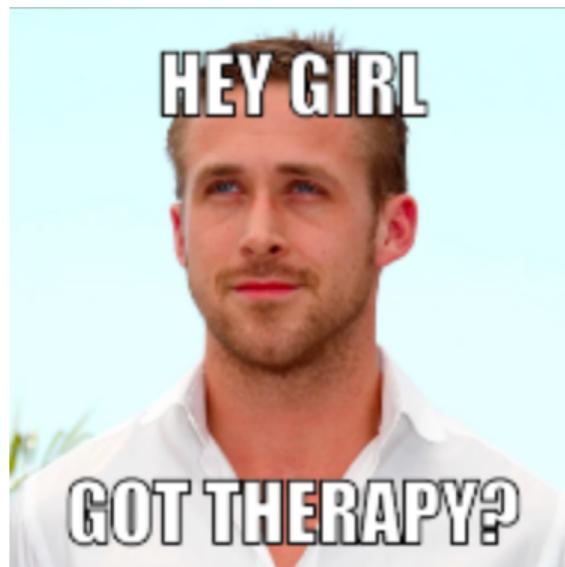
And, if it isn’t the day-to-day grind, the real hard truth is that sometimes *it’s our own baggage causing problems*. Sometimes we are our own worst enemies. We are a small community of Deaf people and interpreters, and we all know individuals who struggle to overcome themselves. My dear friend, colleague and mentor Ruth Dubin is one of the most diplomatic people I’ve ever known—I aspire to be her when I grow up—and she once said about one of these types of folks, “Oh, bless her. She takes herself with her everywhere she goes.”

I love that because it’s brilliantly stated and totally true. We often don’t even realize we’re sabotaging ourselves and inflicting our crazy on our clients and customers. A good therapist can help you recognize when you’re getting in your own way. One of the most valuable things one of my early mentors taught me is that, when I’m interpreting, it’s not supposed to be about me. I’m there as a professional to do incredibly important work. If I want respect from my clients and customers, then I have to understand my role as the interpreter and then perform it well. Professionalism commands respect. Crazy demands drama.

In the references below I've included a great article on how to find the right therapist for you. It's a fun read, I promise. One of the things that author says is, "You don't want a therapist who is convenient—you want a therapist who is good. Good and convenient do not often go hand in hand." After you think you've found the right person, go to your first session with a list of specific goals. I recently faced an unexpected major life change—a change that has been wonderful and welcome, but also chaotic at times. I decided to go to short-term therapy (hadn't been in several years) to talk about all the transition. I sat down and assertively explained my goals, and even mentioned that this was not my first time at the headshrinker rodeo. My therapist was thrilled that I already had specific goals in mind—and that I had enough self-awareness to know when I needed some "prophylactic" counseling.

So, I guess my point (if I have one) is to be mindful about these issues. Vicarious trauma. Day-to-day life. Personal baggage. And I didn't even mention self-esteem issues. (That's a whole other article, my dears.) The point is that being an interpreter requires a "heart for service" (as our Certified Life Coach Ms. Cross Hall says in her article). Practice self-care so we can keep our service-oriented hearts healthy. At the very least, recognize our own crazy and try not to inflict it on the world around us. Just like at the airport, don't leave your baggage unattended.

And if you just can't accept all this from little old me, the actress Eva Mendes is widely cited as having said, "I love therapy. There's nothing like talking to someone who has no emotional tie to your life." Ms. Mendes was smart enough to hook Ryan Gosling, so clearly we should respect her advice.



References:

[www.webmd.com](http://www.webmd.com)

Hall, Breana Cross. "Self-Care & Sign Language Interpreters: 8 Ways to Ease Trauma." Street Leverage. Found online at: <http://www.streetleverage.com/2017/06/self-care-sign-language-interpreters-8-ways-ease-trauma/>

The Google

Cleantis, Tracey. "How to Find the Best Therapist for You." *Psychology Today*. Found online at: <https://www.psychologytoday.com/blog/freudian-sip/201102/how-find-the-best-therapist-you>



Rick Wright, CI/CT has served in various roles on the board of GaRID, and was honored to serve as the keynote speaker at GaRID's 2012 annual state conference. Rick is currently the Regional Director of the Interpretek Atlanta office (formerly Sign Language Interpreting Specialists, or SLIS). Rick hopes to remain employed by Interpretek in spite of the fact that he just told all y'all that you're crazy and need therapy.

## Volunteer Spotlight



Sarah Lynn Guillory

Sarah Lynn Guillory, MSML, NIC, EdK-12 has lived in California, Wisconsin, Maine, Florida, New Mexico and Georgia. She holds degrees in Education, Business Marketing, Management and Leadership. She has been working as a professional for 11 years. She volunteers with the American Red Cross and All Hands On. In her spare time, Sarah Lynn enjoys time with her family, adventuring to festivals, exploring new foods, sipping tea, and learning new things.

As a GaRID CMP Co-Chair she will be handling requests for CEU sponsorship and processing CEUs for members.

Gina Catalano has been assisting Sarah with the paperwork involved.

Sarah has been hard at work obtaining approval from RID and redesigning the GaRID website so that the entire process of applying for, paying for and verifying CEU's, including filling out post-evaluations for workshops, can now be completed online. To apply for CEU's, go to the GaRID website, [Garid.org](http://Garid.org) and click on the "CMP - RID CEU processing" tab. GaRID provides this service for a reduced fee for GaRID members. Sarah and Gina appreciate member feedback regarding your experiences using this new online system.

Thank you, Sarah, for stepping up to make this improvement possible.