

Time to Relax

<https://youtu.be/ss7EJ-PW2Uk>

Replenishing The Interpreter's Brain

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Trainer

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60 Second
Breathing Exercise

Housekeeping/Ground Rules

Confidentiality of what is said during workshop

Raise your hand via "participants"

or

Use chat room for questions directed at the two co-hosts

You are muted unless we unmute you

We will unmute you if you raise your hand and we have time to call on you.

Patience is appreciated as we have our first PTW via Zoom

Agenda

- Exercises to relax or *refresh* the brain and improve *focus and functioning*
- Basics of brain anatomy and physiology of relaxation and a pleasure response

Introductions

Please share on chat, if you would, what you are hoping to gain from today's workshop.

Summary of Workshop

This experiential workshop will engage participants in brief and simple skill-building exercises to reduce stress, increase mindfulness and renew skills while illustrating simple aspects of the neurophysiology of the brain's changes during stressful experiences and during the exercises.

Goals and Objectives

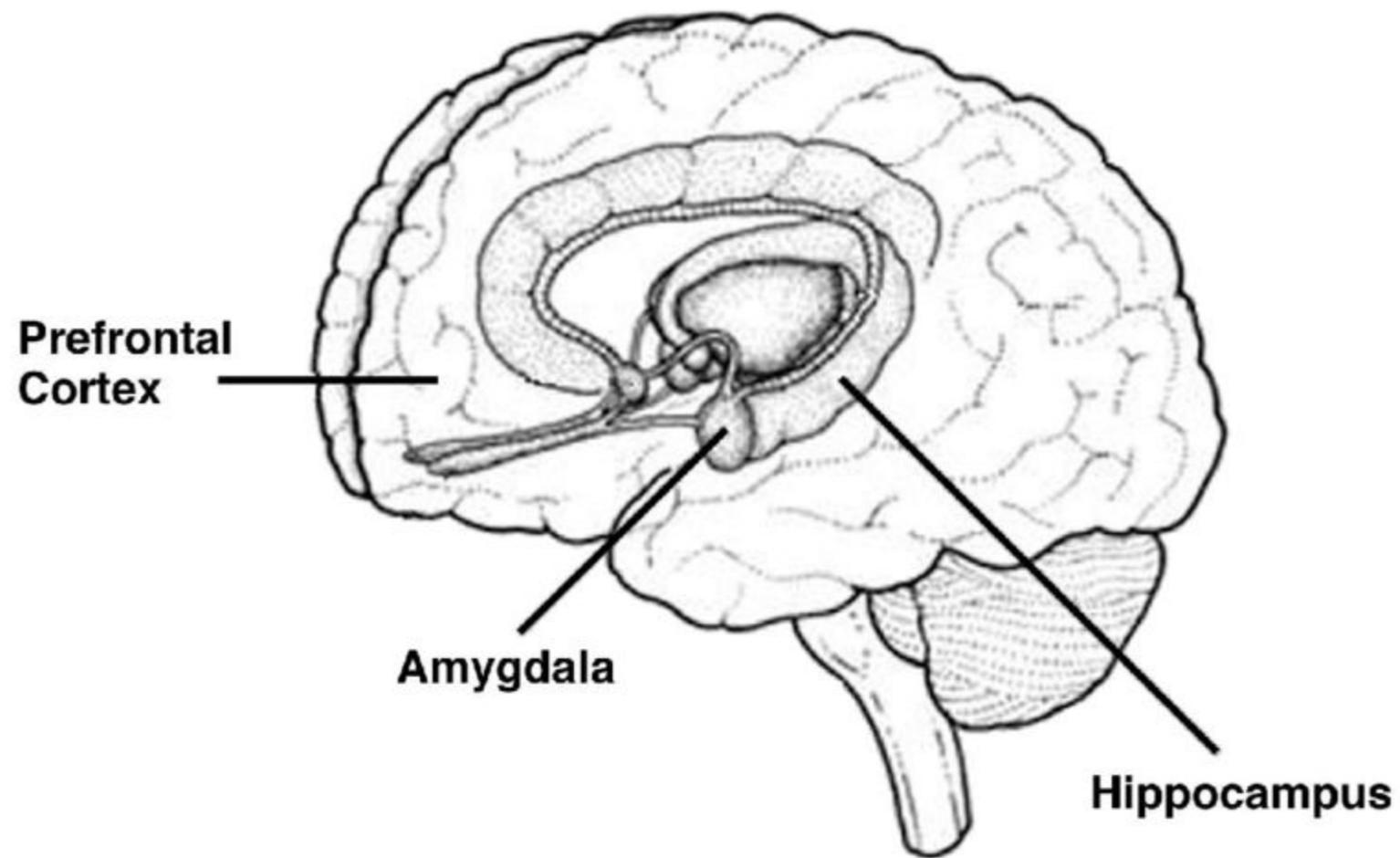
1. Participants will gain transformative self care skills by engaging in mindfulness, therapeutic use of music, movement and other healing practices.
2. Participants will leave with an understanding of some of the changes in the brain during self care exercises.
3. Participants will gain an appreciation for the value of self care as it can improve their performance interpreting and their interpersonal relations.
4. Participants will leave this workshop with the resources helpful to begin their own transformative self care and performance improvement habits.

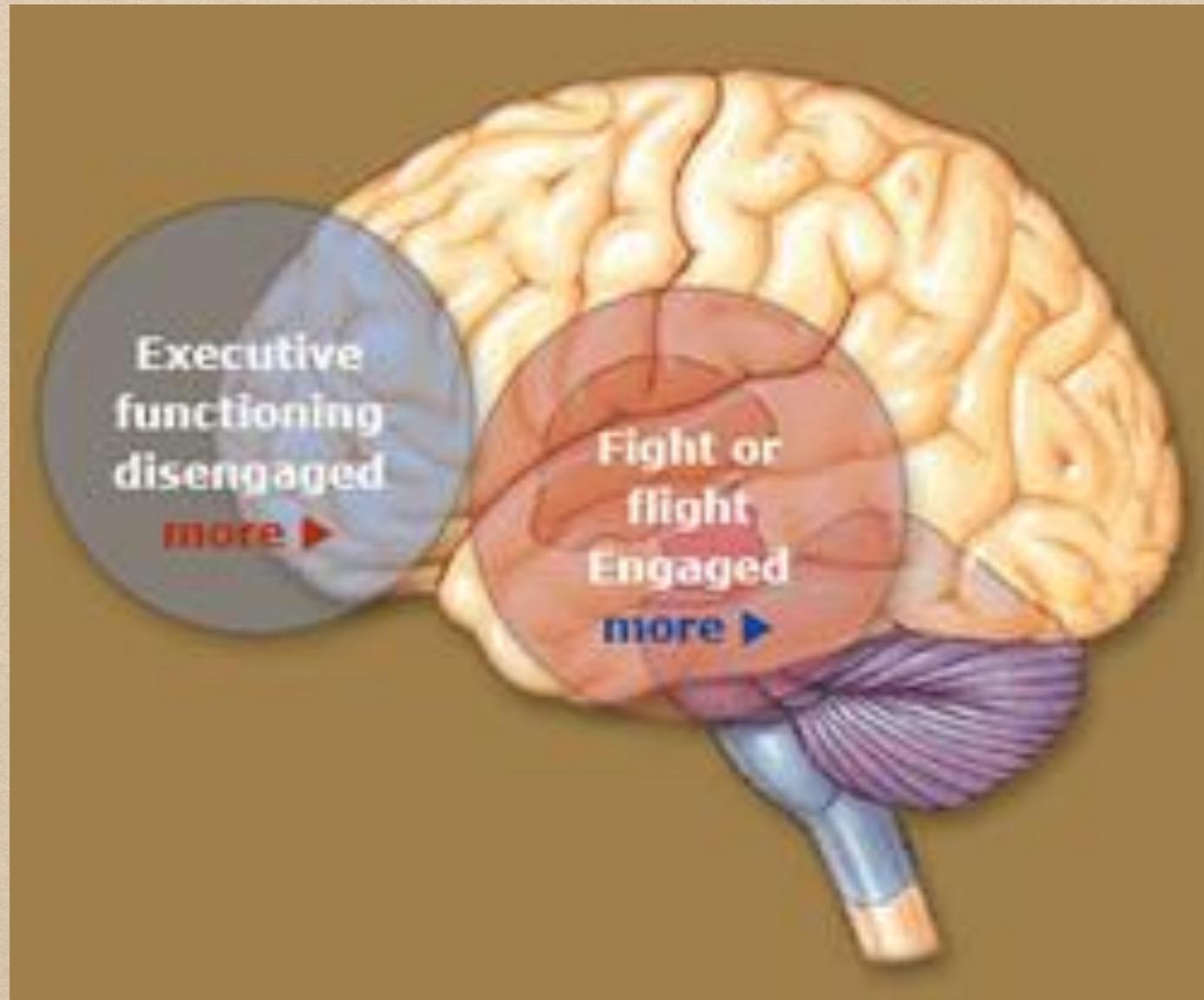


Debrief



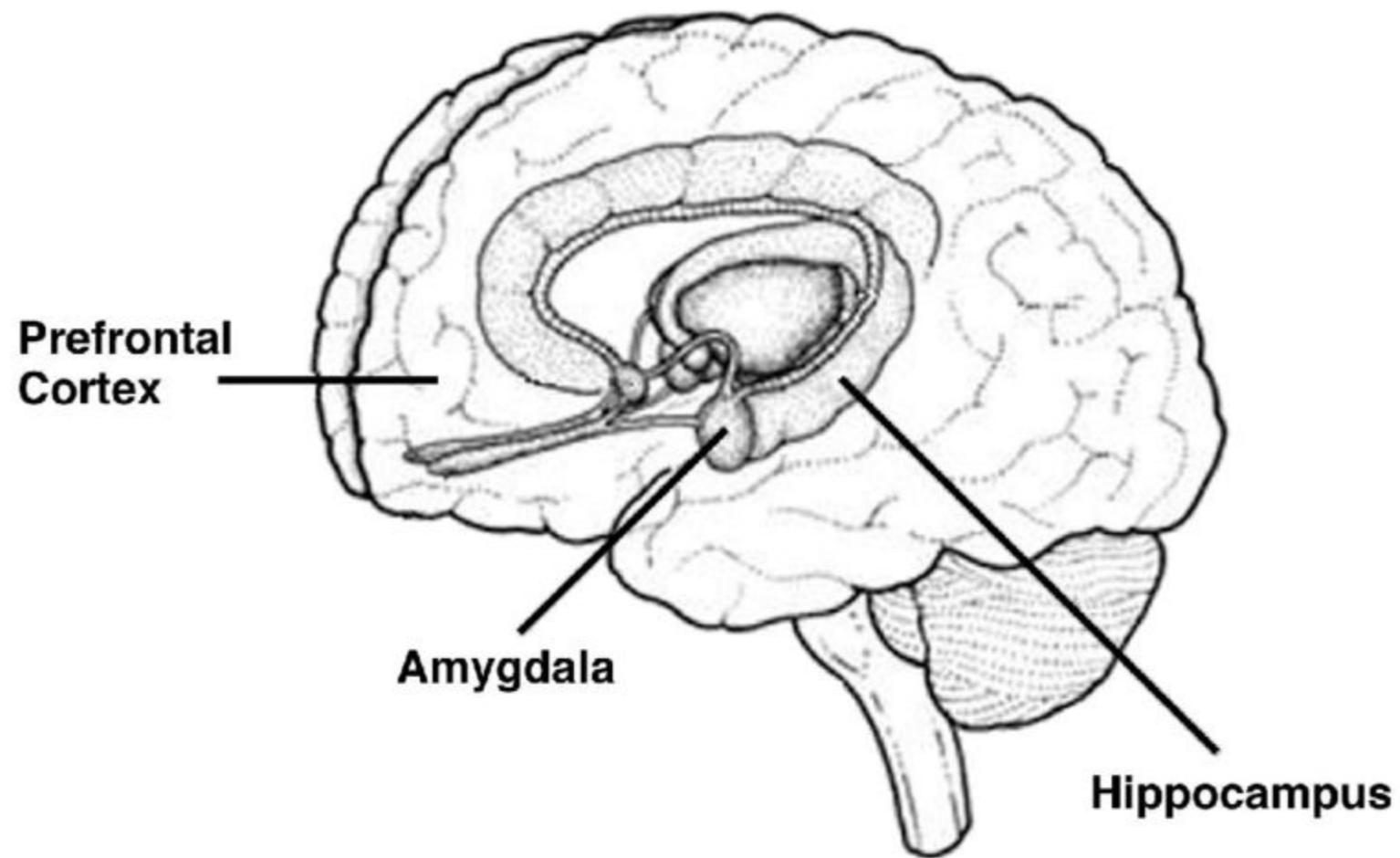
actual) knowledge, the amygdala seems involved with implicit, conditional responses and the vivid recollection of emotional memories (Bechara & Buchanan et al., 2005; Labar & Cabeza, 2006).





Let's call it brain
health- taking care of
the interpreters tool.

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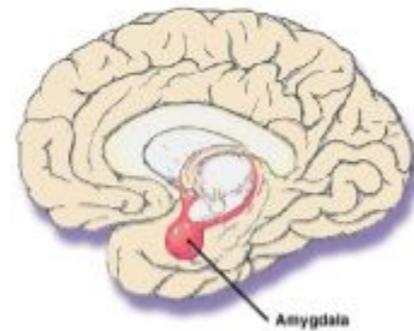
Body Scan

De-brief

60 second breathing

Check-in

HPA Dysfunction (too much stress)



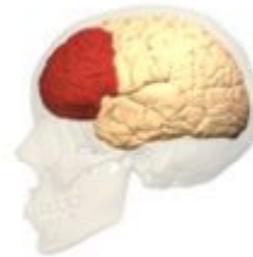
Amygdala
Hyperactivity

Chronic
Stress

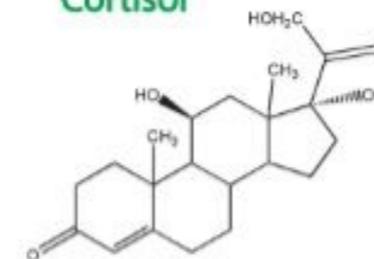


Prefrontal
Cortex
Degradation

Chronically
Elevated
Stress
Hormones



Cortisol



16 second breathing exercise

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Dopamine

Alertness
Memory
Cognition
Working memory

Serotonin

Pleasure
Pain
Relaxation

Dopamine

Alertness

• P

• R

• M

• E

Qigong

check in- how are
people doing

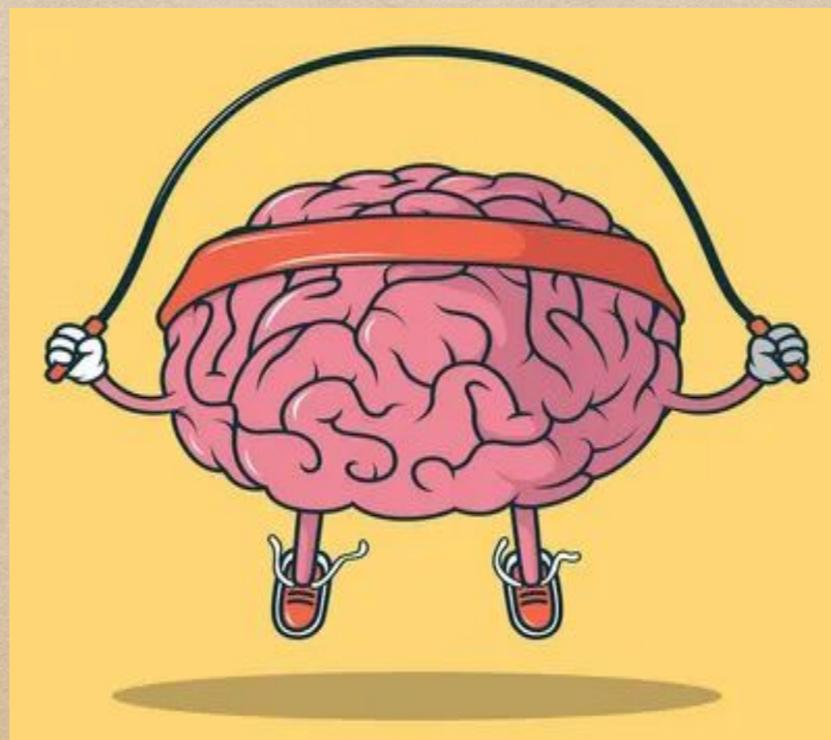
Supporting co-workers

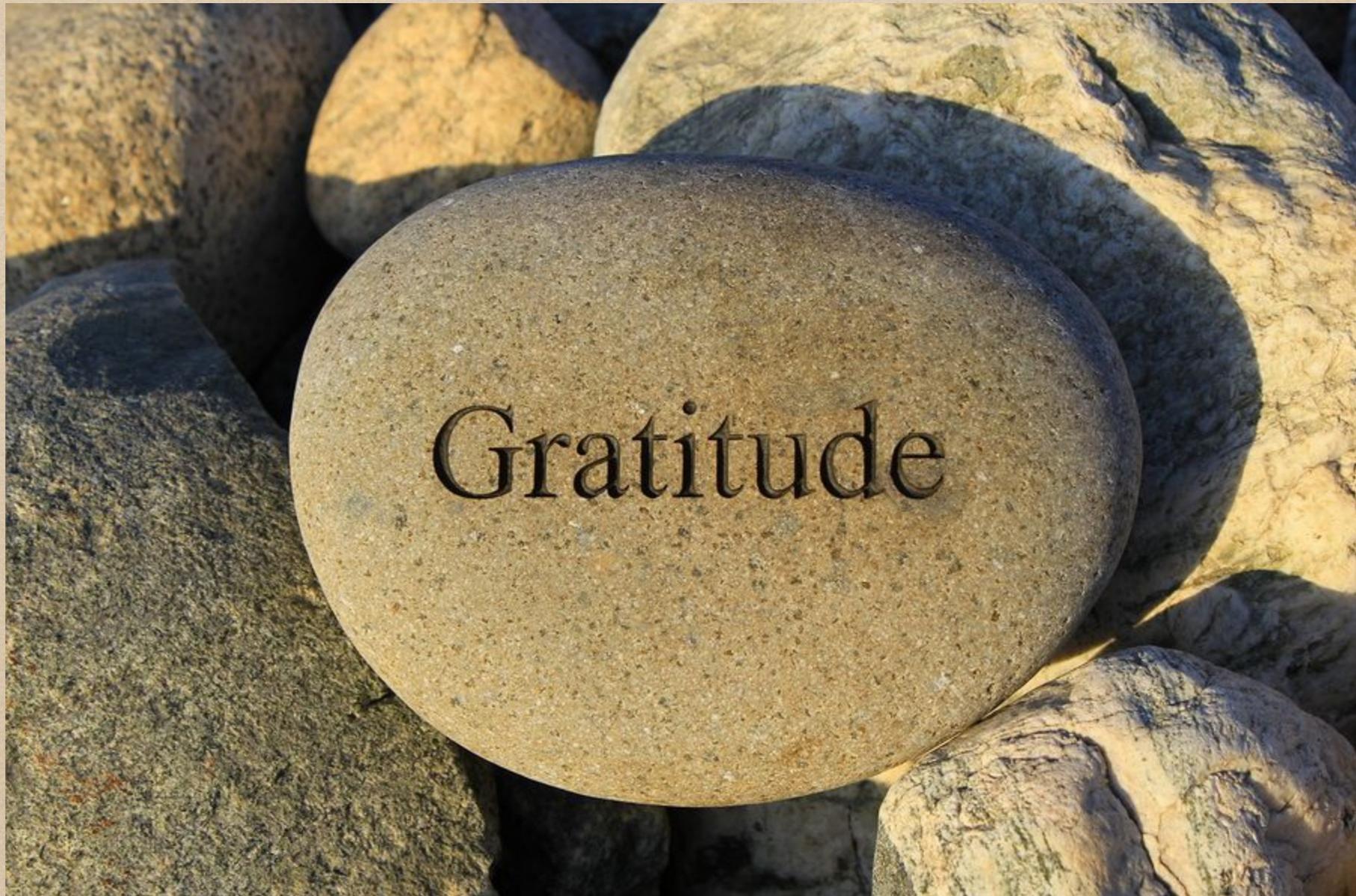


60 second breathing

Get up!

<https://youtu.be/qMglBwfhsN4>





Tonglen Meditation

Handout

Take home messages

Closure

