

LOUISIANA REGISTRY OF INTERPRETERS FOR THE DEAF

2021 VIRTUAL SPRING CONFERENCE

“SELF-CARE”

| APRIL 24, 2021 | | |
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| 10:00AM-12:00PM (CST) Self-Care for Stressful Times (0.20 PS CEUS) | 12:00PM-1:00PM (CST) LUNCH | 1:00PM-3:00PM (CST) Healthy Boundaries for Interpreters (0.20 PS CEUS) |

Register at www.lrid.org or mail your payment with your name, address, phone number, email and RID number to LRID, P.O. Box 77018, Baton Rouge, LA, 70879



*****INTERPRETERS WILL BE PROVIDED*****

If you need any other accommodations, LRID must be informed by April 1, 2021.

Please email lrid.secretary@gmail.com to notify of accommodations.

LRID is an Approved RID CMP Sponsor for continuing education activities. This professional studies program is offered for 0.40 CEUS at the Little Content Knowledge Level.

The LRID shall not discriminate in matters of membership or conference attendance on the basis of age, color, creed, disability, ethnicity, hearing status, national origin, race, religion, sex, sexual orientation, gender identity, or gender expression.

Target audiences for the workshops are from students, novice to experienced interpreters and Deaf Community.

PRICES:

BOTH WORKSHOPS (Early-Bird)

Member: \$35

Non-Member:\$55

Student: \$30

BOTH WORKSHOPS (After 3/20/21)

Member: \$70

Non-Member: \$80

Student: \$65

ONE WORKSHOP ONLY (Early-Bird)

Member: \$20

Non-Member: \$30

Student: \$15

ONE WORKSHOP (After 3/20/21)

Member: \$35

Non-Member:\$45

Student: \$30

**** Early-bird deadline is March 20, 2021 ****

Cancellation policy:

Cancellations before 3/6/21 will be granted a full refund. Cancellations from 3/7/21-4/3/21 will be given 50% of the paid registration cost back. After 4/3/21 no refunds will be given for cancellations.

DESCRIPTIONS AND EDUCATIONAL OBJECTIVES:

Healthy Boundaries for Interpreters (0.20 PS CEUS)

Presenter: Brea Cross-Caldwell

Description:

What makes setting and maintaining boundaries hard?

What triggers us to cross our own boundaries? Or become rigid and inflexible with them? How does this affect our work as interpreters?

Saying “yes” to our own boundaries requires us to say “no” to someone else. This is the heart of healthy boundaries that many of us struggle with.

Join us to discuss this tricky topic and develop tools to make holding clear, kind, healthy boundaries much easier.

Educational Objectives:

- Define what healthy boundaries are
- Identify the triggers that make it hard to hold healthy boundaries
- Practice tuning into your guidance system to identify your healthy boundaries
- Practice communicating your boundaries to others

Self-Care for Stressful Times (0.20 PS CEUS)

Presenter: Brea Cross-Caldwell

Description:

Interpreting in times of stress is not business as usual. Worry and uncertainty make for more charged interpreting situations and personal lives, and can trigger reactions that aren't always aligned with our values.

This workshop will teach tools from the Learning Zone Model, mindful awareness, and neuroscience to better work with our brains during times of stress.

We'll create a triage-care practice to provide daily maintenance through stressful times while building empathy, emotional regulation, and resilience.

Educational Objectives:

- Participants will:
 - Apply the Learning Zone Model to their current work experience
 - Practice identifying their and others Panic Zone responses
 - Create a plan for practicing triage care checkpoints throughout the day

PRESENTER'S BIOGRAPHY:



Brea Cross-Caldwell

Brea Cross-Caldwell (she/her) holds her CI/CT from RID, B.S. in Interpretation from Western Oregon University and is a Mental Health Coach.

She's the founder of Burnout Proof Academy and has led thousands of interpreters in preventing burnout and re-igniting the passion in their lives and work through developing habits of self-care.

Her home is Portland, Oregon, where she loves to write, read, and play near water with her husband and kids. You can find her online at brighterfocus.com.