



CLC WORKSHOP FOR INTERPRETER TRAINING SERIES

Mental Health Interpreting Workshop:

Interpreting for Postpartum Depression; symptoms, treatment, and medication

Instructor: Samantha Hoskinson

Saturday, January 25, 2025 | 11 am - 2 pm | Virtual | \$60

Purchase ticket online: www.ColoradoLanguageConnection.org

Postpartum Depression is a complex mental health condition that is particularly putting at risk immigrant mothers who do not speak the language of the new country. Insight into cultural beliefs about mental ill health is of utmost importance in these situations, as cultural expectations around motherhood and family roles may impact how postpartum depression is perceived and addressed within a community. Interpreters, being part of that community, should be sensitive to the emotional state of the person they are interpreting for, and be prepared to convey potentially difficult or sensitive information while maintaining professionalism. Please note that the content provided in this workshop is for informational purposes only and does not replace professional advice or counseling.

Key Objectives:

Participants will be expected to engage in discussion and to walk away with:

- Understanding of basic medical terms related to Postpartum Depression
- Familiarity of common symptoms and triggers
- Consideration of cultural beliefs, expectations, and attitudes that may influence the progression of treatment
- Exploring different research techniques to provide accurate interpretation and aid in better concentration
- Providing best practices for interpreters to be able to handle sensitive and emotional discussions

Target Audience:

This workshop, focusing on interpreting for Postpartum Depression, is for anyone who is either an experienced interpreter, aspiring interpreter, or interested in becoming an interpreter specifically in mental health. As well as bilingual health care providers, bilingual case workers, and bilingual High School/College graduates interested in pursuing a career in the mental health care field.

Instructor Biography: *Samantha Hoskinson is a qualified bilingual Spanish-English interpreter with more than five years of experience in providing mental health interpreting and support for Spanish-speaking clientele. Her first job was in a mental health hospital in Florida, which opened up to a lot of opportunities to advance her career in mental health. Samantha's passions include informing not only other interpreters but the Spanish-speaking community as well of the importance of mental health, self-care, and proper interpreting skills in these areas, particularly in telehealth. Samantha currently resides in Syria and is actively working on improving her language proficiency in Arabic.*