

INTERPRETER TRAINERS LBG



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Sustaining Interpreter Well-being

Ethical Dilemmas and Professional Boundaries

Interpreters are bound by strict ethical codes, yet they often face challenging situations that test these boundaries. Deciding how to remain impartial while facilitating sensitive communications or managing dual relationships requires careful judgment and can be emotionally taxing.

Identity Strain

Interpreters frequently navigate complex social dynamics, *balancing their role as a neutral conduit with their own personal identity*. This can lead to feelings of identity confusion or strain, especially in situations where personal beliefs may conflict with the message being interpreted

Auditory and Visual Fatigue

Interpreters often experience significant fatigue from *constantly processing and translating linguistic information through both auditory and visual channels*. This continuous high-level cognitive load can lead to mental exhaustion, reduced concentration, and increased error rates

Here are four reflective prompts for you to consider

Prompt 1: Auditory & Visual Fatigue

How do you personally recognize the signs of mental fatigue—such as *reduced focus* or *increased irritability*—during a long interpreting assignment? What are some immediate, in-the-moment strategies you use to mitigate these effects?

Prompt 2: Identity Strain

Have you ever been in a situation where *your personal beliefs or emotions felt at odds with the message you* were interpreting? How did you navigate that internal conflict to maintain your professional neutrality?

Prompt 3: Ethical Dilemmas

Think of a time when you faced a challenging ethical decision in your work. Without sharing identifying details, what was the dilemma, and what resources or principles did you rely on to make your decision?

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Prompt 4: Professional Boundaries

How do you establish and maintain healthy professional boundaries with your clients, particularly in long-term or highly personal assignments? What are the key indicators that a boundary might be eroding?

DO YOU HAVE A THEME YOU ARE PASSIONATE ABOUT TO SHARE WITH THE TERP
COMMUNITY, OR HAVE BEEN AFFECTED BY THE WORK... CONTACT US
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