

INTERPRETING/ TRANSLATING FOR WAR TRAUMA SURVIVORS: SPECIALISED TECHNIQUES, ETHICS, AND PREVENTION OF VICARIOUS TRAUMA

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Date(s) and schedule:
October 29 and 30, 2026 | 4 hours on each training day
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12:00-16:00 UK / 14:00-18:00 BEY
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Duration of the training:
 Days: 02 | 08 hours
- 
Platform: Zoom
- 
Main languages: English
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Target Audience: Students, Alumni, Professionals
Maximum number of participants: 25
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Fee: 200 USD



Dr. Alexandra Chen

Dr. Alexandra Chen, is a Harvard-trained child development and mental health specialist, researcher, clinician, and humanitarian leader with more than a decade of experience across the Middle East, Africa, and other conflict-

affected settings.

Her expertise spans **trauma, child and adolescent mental health, early childhood development, psychosocial support, parenting, resilience, and mental health in humanitarian contexts**. She has led and contributed to major research, intervention, and training initiatives with international organizations, NGOs, governments, and frontline professionals, working with children and families affected by conflict, displacement, poverty, and trauma in more than 40 countries. A clinician and certified trauma therapist, Dr. Chen has provided trauma therapy to war-affected children and families, including survivors of sexual violence, torture, and trafficking, while also training humanitarian professionals in trauma-informed care, psychological first aid, crisis response, child development, and secondary trauma.

Founder and Managing Director of the **Early Light Foundation** and Founder and Executive Director of **Early Light Lab**, she combines cutting-edge research, clinical expertise, and deep field experience to advance compassionate, evidence-informed approaches to mental health and child well-being.



Dr. Tasnim Al-Naimi

Dr. Tasnim Al-Naimi is a researcher, community interpreter, curriculum designer, and interpreter trainer specializing in **trauma-informed interpreting and mental health language services**. She holds a Ph.D.

in Translation Studies from Kent State University, USA, and an M.A. in Arabic/English Translation and Interpreting Studies from the University of Salford, UK.

With extensive experience as an educator, researcher, translator, and Arabic-English community and mental health interpreter, Dr. Al-Naimi brings together **academic expertise and real-world professional experience**. Her work focuses on trauma-informed care, interpreter well-being, culturally responsive communication, and innovative approaches to interpreter education and training.

She currently works as a Research Coordinator and Interpreter Trainer, developing training initiatives for interpreters working in trauma-informed mental health settings. Her research has been published internationally, and she has presented at conferences and professional events in the United States, the United Kingdom, and beyond.



Registration **by October 22**,
please **click here**:

TRAINING OUTLINE:	
Day One:	Day Two:
1. Introduction to War Trauma.	1. Vicarious Trauma a. What Is Vicarious Trauma? b. Stress & Vicarious Trauma c. Why Interpreters/Translators are at Risk?
2. Neuroscience of Trauma.	2. Vicarious Trauma a. Definitions: Signs of Vicarious Trauma vs. Burnout b. Prevention: Disciplines of Self-Care
3. Trauma-Specialised Interpretation/Translation.	
4. Ethics and Professionalism in Trauma-Specialised Interpretation/Translation.	

LEARNING OUTCOMES:

At the end of this training, participants will be able to:

1. Describe the impact of war trauma on individuals and communities.
2. Articulate and practice basic trauma-specialised interpretation/translation techniques.
3. Apply interpreting/translating ethics and standards of practice when interpreting/translating for survivors.
4. Understand what vicarious trauma is and how it differs from burnout.
5. Understand why interpreters/translators are especially vulnerable due to emotionally immersive, first-person work.
6. Learn how to identify early warning signs of VT (emotional, cognitive, behavioral, and physical).
7. Articulate the role of awareness, balance, and healthy coping strategies in effective self-care.
8. Gain practical coping tools, including: boundary-setting techniques, grounding exercises, workflow management strategies to avoid overload.