

## The Characteristics of the Psychologically Healthy Deaf Person

1. Positive Self Concept
2. There is no vagueness about who they are-They see themselves as a person first who happens to be deaf..
3. They do not let the spread effect work in their lives to warp their perception- they know who they are in relation to their hearing loss.
4. They know that they are not hearing people and don't try to act like it.
5. Positive Psychological Acceptance of Deafness
6. Some deaf people are resigned to deafness- "I'm deaf, can't do anything about it so I won't try."
7. Frequently shows up as Reaction Formation or the behavior of acting the opposite of what you feel.
8. Some deaf people truculently accept it- "I'm deaf and the world owes me because of it"
9. Shows up most often in passive aggression or neurotic behaviors
10. Positive acceptance is when you realize that it is irreversible, but you can have a good life. "Deafness will not stifle my growth and development."
11. Ability to Effectively Compensate For Deafness
12. You cannot compensate effectively if you do not have a positive acceptance of deafness.
13. The development of coping skills may have to be taught- many deaf people need to learn them
14. A major goal of counseling should be this
15. Ability to Cope with Negative and Evaluative Attitudes
16. We have to learn how to get a job in spite of the discrimination, prejudice, etc, of the hearing people.
17. It is a tribute to the resilience of the deaf that we can have the psychological strength to deal with those  
d--- hearies
18. Assertiveness
19. Survival skills that make it possible to put up with the crap from the hearing world
20. Again, these are skills that need to be taught
21. They help build psychological strength
22. They include awareness of our civil rights and how to preserve them
23. Ability to put Speech in Perspective
24. Even though they can't talk well, they realize their other abilities
25. It does not mean to disregard the importance of speech, but they can still grow even if they cannot talk.
26. Ability to Keep Hearing in Perspective
27. Same basic idea as above- however, it also includes the ability to make use of a hearing aid if it is helpful and not feel inferior if it does not help.
28. Positive Attitude Toward Sign Language
29. Deaf need to feel pride in the beauty and utility of their language- not feel ashamed of it.
30. Effective Interpersonal Relationship and Social Skills
31. One aspect- the need to feel part of their group, whether at work or not. They need to learn how to co-exist with hearing co-workers.
32. Not all deaf agree that they need to have anything to do with the hearing world, but this is not realistic view.
33. Important to remember that interaction strain works both ways
34. Not to learn how to get out of uncomfortable situations gracefully
35. Another important aspect- the ability to effectively socialize within the deaf community
36. Ability to be Self Reliant
37. Having independence is a mark of the healthy deaf person
38. Many truculent deaf people are that way because they hate being dependent on others
39. Ability to Ask For And Use Assistance Where Appropriate
40. Keep things in perspective- admit when you need help and don't feel guilty for using it- You are OK even if you need help once and a while.

## The Characteristics of the Psychologically Healthy Interpreter

1. Positive Self Concept
2. There is no vagueness about who they are-They see themselves as a person first who happens to be an interpreter.
3. They do not let the spread effect work in their lives to warp their perception- they know who they are in relation to their ability to sign.
4. They know that they are not deaf people and don't try to act like it.
5. Positive Psychological Acceptance of hearing
6. Some interpreters are resigned to being hearing- "I'm hearing, can't do anything about it so I won't try."
7. Frequently shows up as Reaction Formation or the behavior of acting the opposite of what you feel.
8. Some interpreters truculently accept it- "I'm an interpreter and Deaf people owe me"
9. Shows up most often in passive aggression or neurotic behaviors
10. Positive acceptance is when you realize that it is irreversible, but you can have a good life. "Interpreting will not stifle my growth and development."
11. Ability to Effectively Compensate For Interpreting
12. You cannot compensate effectively if you do not have a positive acceptance of being an interpreter.
13. The development of coping skills may have to be taught- many interpreters need to learn them. A major goal of mentoring should be this
14. Ability to Cope with Negative and Evaluative Attitudes
15. We have to learn how to do a job in spite of the discrimination, prejudice, etc, of the hearing and deaf people.
16. It is a tribute to the resilience of interpreters that they have the psychological strength to deal with those d--- hearies and deafies.
17. Assertiveness
18. Survival skills that make it possible to put up with the crap from everyone.
19. Again, these are skills that need to be taught
20. They help build psychological strength
21. They include awareness of our civil rights and how to preserve them
22. Ability to put Speech in Perspective
23. Even though they can talk well, they realize the importance of their other abilities
24. It does not mean to disregard the importance of speech; they can still grow in spite of it.
25. Ability to Keep Deafness in Perspective
26. Same basic idea as above- however, it also includes the ability to make use of adaptive devices for the hearing if they are helpful and not feel inferior if they do not help.
27. Positive Attitude Toward Sign Language
28. Deaf need to feel pride in the beauty and utility of their language- not feel ashamed of it.
29. Effective Interpersonal Relationship and Social Skills
30. One aspect- the need to feel part of their group, whether at work or not. They need to learn how to co-exist with deaf co-workers.
31. Not all interpreters agree that they need to have anything to do with the deaf world, but this is not realistic view.
32. Important to remember that interaction strain works both ways
33. Learn how to get out of uncomfortable situations gracefully
34. Another important aspect- the ability to effectively socialize within the hearing community.
35. Ability to be Self Reliant
36. Having independence is a mark of the healthy interpreter
37. Many truculent interpreters are that way because they hate being dependent on others
38. Ability to Ask For And Use Assistance Where Appropriate
39. Keep things in perspective- admit when you need help and don't feel guilty for using it- You are OK even if you need help once and a while.