

Arabic Glossary: Effective Treatment of Refugee Adults with Post-Traumatic Stress Disorder

This is a glossary of 41 Arabic-language terms pertaining to effective treatment for PTSD. The glossary was developed by a team of three interpreters from the Iraqi, Syrian, and Sudanese refugee and immigrant communities in the United States with guidance from a psychologist, applied linguist / professional interpreter, and primary care physician, as well as input from three monolingual community informants. *The glossary is intended to help clinicians, interpreters, and members of these Arabic-speaking refugee communities talk about PTSD treatment.*¹ Contents include:

- Suggested translations
- Community Notes with community- and culturally-informed guidance on communication
- Terms that are not recommended or that may require the clinician or interpreter to use caution.

We encourage clinicians and interpreters to have a brief pre-session to clarify mental health terminology and concepts prior to meeting with any patient who is new to PTSD treatment. We also offer the following general guidance:

- Avoid jargon and technical terms
- Terms in daily use in English (e.g., “psychologist”) may describe professional roles or concepts that require additional explanation
- Mental health treatment remains stigmatized; normalizing mental health conditions as a form of chronic illness for which treatment improves well-being can improve communication and may improve treatment adherence and outcomes
- Patients may be more comfortable speaking openly about mental health after they have developed a caring interpersonal relationship with their provider
- Women may be more comfortable speaking openly with gender-concordant clinicians and interpreters.
- Calibration may be needed to accommodate Arabic’s considerable regional variation.

How to find terms in the glossary: The glossary is organized into five sections: *Symptoms & Assessment*, *Trauma*, *Mental Health Professionals*, *Treatment*, and *Psychotherapies*. Each section is ordered alphabetically. The Table of Contents shows a complete list of terms with page numbers.

Table of Contents – Term (Page Number)			
Anxiety (2)	Exposure (15)	Psychiatrist (10)	Symptoms (7)
Avoid (2)	Flashback (4)	Psychologist (11)	Therapist (11)
CBT (14)	Function (5)	PTSD (9)	Therapy (13)
Cognitive Therapy (15)	Hypervigilant (5)	Re-experience (6)	Trauma (10)
Cope (2)	Intervention (12)	Referral (11)	Traumatic event (10)
CPT (15)	Long-term impact (5)	Self-medicate (7)	Trauma-informed treatment (14)
Depression (3)	Negative thoughts (5)	Serotonin (13)	Treatment plan (14)
Diagnosis (3)	NET (16)	Side effect (13)	Trigger (8)
Distress (3)	Numb (6)	Specialist (11)	Uncontrollable thoughts (8)
Drink alcohol (4)	Process (11)	Strengths (7)	Use drugs (9)
EMDR (16)			

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¹ For a brief summary of effective PTSD treatments for refugees, see https://bit.ly/PCORI_PTSD

Word & Definition	Example	Translation & Notes
<i>Symptoms & Assessment</i>		
<p>Anxiety</p> <p>Problematic feelings of being "on edge", worried, or "jumpy." Some physical symptoms might be an increased heart rate, headaches or upset stomach. Thoughts are usually accompanied by feelings of worry, fear, anger, irritation, aggravation, and/or dread.</p> <p>A little anxiety is normal (e.g., before an important test). But anxiety that interferes with daily life (e.g., that prevents someone from going to school on the day of their test) or causes considerable distress is often a sign of an anxiety disorder.</p>	<p>"Anxiety is common after a traumatic event."</p> <p>"Your inability to sleep or go to school due to fears and worries sound like <i>anxiety</i>."</p>	<p>1. قلق</p> <p>2. توتر</p> <p>3. اضطراب</p> <p>4. تخوف</p> <p>5. عايش على اعصابي</p> <p>1. Anxiety</p> <p>2. Tension</p> <p>3. Disturbance - also means disorder</p> <p>4. Being frightened of</p> <p>5. "Living on my nerves" (figure of speech)</p> <p>Community Note The Arabic words for "anxiety" and "distress" can be used interchangeably. Clinicians may find that explaining what they mean by "anxiety" is helpful for community members who are new to this diagnosis.</p>
<p>Avoid</p> <p>To keep away from something. In the context of PTSD, it refers to not wanting to talk or think about the traumatic event. It also refers to staying away from situations that remind one of a traumatic event.</p>	<p>"Let's <i>avoid</i> that dog. The barking scares me."</p> <p>"Since the house fire, do you <i>avoid</i> restaurants and other places that smell like smoke?"</p>	<p>1. يتجنب</p> <p>2. يتفادى</p> <p>3. يبتعد عن</p>
<p>Cope</p> <p>To manage or deal with and attempt to overcome problems. Effective PTSD treatment improves coping.</p>	<p>"I don't know how to <i>cope</i> with these feelings. I feel angry all the time and it's hard on my family."</p> <p>"How are you <i>coping</i> with your stress?"</p>	<p>1. يتعامل مع</p> <p>2. يتماشى مع</p> <p>3. يتعايش مع</p> <p>4. يتأقلم مع</p> <p>1. Deal with</p> <p>2. Go with</p> <p>3. Live with</p>

Word & Definition	Example	Translation & Notes
		<p>4. Acclimate</p> <p>Community Note In English, these terms may not be synonyms for “cope.” However, they are appropriate options in Arabic.</p>
<p>Depression</p> <p>When one experiences sadness and decreased enjoyment of activities that used to be pleasant (e.g., hobbies and socializing), and these feelings interfere with functioning and last longer than 2 weeks. Depression can include feelings of worthlessness, hopelessness, guilt, or anger. Often depression include changes in appetite and sleep (increase or decrease).</p> <p>Note that sometimes laypeople will use the term “to feel depressed” as a synonym for sadness without really meaning they have depression.</p>	<p>“<i>Depression</i> symptoms include losing interest in activities you used to enjoy and feeling hopeless.”</p> <p>“Your difficulty sleeping, eating and feeling good about yourself all sound like symptoms of <i>depression</i>.”</p>	<p>.1 اكتئاب</p> <p>.2 كآبة</p>
<p>Diagnosis</p> <p>A medical term to describe a collection of symptoms, in this case to describe psychological symptoms and behaviors that cause distress or the inability to function normally</p>	<p>“Now that you have a <i>diagnosis</i> of PTSD, we can start creating a treatment plan to help you heal.”</p>	<p>.1 تشخيص</p> <p>.2 طلع معك</p> <ol style="list-style-type: none"> 1. Diagnosis (Modern Standard Arabic) 2. Diagnosis (informal, Syria) – use to describe a specific diagnosis, e.g., “I was <i>diagnosed</i> with diabetes.” <p>Community Notes Clinicians may also consider using more straightforward language, e.g., “We have <i>found out</i> that you have diabetes.”</p>
<p>Distress</p>	<p>“It sounds like you have been feeling <i>distressed</i>”</p>	<p>.1 الشعور بالضيق</p>

Word & Definition	Example	Translation & Notes
Feeling upset and uncomfortable; having very unpleasant feelings	since your move to the US, with all of the changes and disruptions."	<p>2. الشعور بالهم</p> <p>3. في محنة</p> <p>4. في كرب</p> <p>5. الشعور بالتوتر</p> <ol style="list-style-type: none"> 1. Emotional discomfort, feeling uncomfortable emotions 2. A feeling of concern, being concerned 3. Feeling like you are experiencing an ordeal 4. Anguish 5. "Feeling tense" (Sudan) <p>Community Notes This is no exact equivalent in Arabic, which instead describes different kinds of emotional discomfort.</p>
<p>Drink alcohol (to drink; to use alcohol)</p> <p>To use intoxicating beverages, such as beer, wine, or liquor.</p>	<p>"She <i>drank</i> vodka every day to help forget about the war."</p> <p>"How much do you <i>drink</i>?"</p>	<p>1. يشرب الكحول</p> <p>2. يشرب</p> <p>3. يشرب العرق</p> <p>4. يسكر</p> <ol style="list-style-type: none"> 1. Drink alcohol 2. Drink (informal) 3. Drink arak – arak is an unsweetened distilled spirit, can be used as a general term for any spirit 4. Get drunk – used to convey the idea of drinking alcohol, even if someone is not necessarily getting drunk
<p>Flashback</p> <p>In the context of PTSD, this is a sudden, involuntary memory in which one suddenly feels like a traumatic event is happening again</p>	<p>"Do certain sounds, smells, or sights—like military uniforms—trigger <i>flashbacks</i> to when you were imprisoned?"</p>	<p>1. استرجاع للماضي الاليم بشكل لا ارادي</p> <p>2. استرجاع احداث الحادثة</p> <p>3. إعادة اللحظة</p> <ol style="list-style-type: none"> 1. Involuntarily recalling the painful past

Word & Definition	Example	Translation & Notes
		2. Recalling the event 3. Recalling the moment (informal, Syria) Community Notes As used in the context of PTSD, there is no exact equivalent in Arabic. More descriptive language may be necessary.
Function (verb) To have the ability to carry out one's daily responsibilities, have close relationships, and take care of oneself	"Sometimes emotions can affect how well you <i>function</i> , like your ability to work or care for your family." "PTSD treatment can help you <i>function</i> better at home and at work."	1. يعمل 2. يؤدي مهامه 1. Work 2. Carry out duties
Hypervigilant Always feeling on guard, always looking out for danger, extremely cautious, and never able to relax	"After his car accident, he became <i>hypervigilant</i> when driving. He never felt relaxed or safe in the car, and he was always worried it would happen again." "Do you feel <i>hypervigilant</i> when you're in crowded places, feeling like you are waiting for something bad to happen?"	1. يقظ بشكلٍ مُفرط 2. متيقظ للغاية 3. مفرط الحذر Community Notes As in English, these terms can be used to describe both healthy and maladaptive hypervigilance.
Long-term impact How something is going to affect an individual over months to years	"Upsetting events can have a <i>long-term impact</i> on people. We can recommend treatment to reduce this impact."	1. تأثير طويل الأمد 2. تأثير على المدى البعيد
Negative thoughts Troubling, disturbing, or upsetting thoughts focused on negative things, e.g., believing one will never be safe, or (inappropriately) blaming oneself for a bad thing that	"When he thought about the war, he couldn't stop having <i>negative thoughts</i> about himself. His family said he was a wonderful father, brother and son,	1. أفكار سلبية 2. أفكار مُقلقة 1. Negative thoughts 2. Worrisome thoughts

Word & Definition	Example	Translation & Notes
<p>happened. These are often self-critical thoughts or negative beliefs about the world.</p>	<p>but he had trouble believing them.” "Have you had more <i>negative thoughts</i> and beliefs since the accident?"</p>	
<p>Numb The lack of emotions, even when one would expect to have emotions. Feeling detached from one’s emotions. Unable to feel emotions.</p>	<p>“She felt <i>numb</i> while her mother was in the hospital. At home, she couldn’t feel sadness or joy. She didn’t feel anything at all.” “What you described sounds like you are <i>numb</i>, and can’t seem to feel anything, positive or negative.”</p>	<p>1. فقدان العواطف 2. الشعور بالتبؤد 3. فقدان المشاعر 4. انعدام الإحساس 5. بارد 6. ميت من الداخل 7. لا يشعر بالفرح او الحزن</p> <p>1. Emotionless 2. Blunt emotions 3. Lost emotions 4. Lost feelings 5. “Cold,” blunt (figure of speech, Sudan) 6. “Dead from the inside,” emotionless (figure of speech, Syria) 7. Not being able to feel happy or sad</p> <p>Not Recommended Use caution with options 1-5, which could be interpreted as meaning heartless or callous.</p>
<p>Re-experience To feel like one is experiencing something over again, even though it is not really happening. In the context of PTSD, this may include thoughts, emotions, physical sensations, or a sense that the traumatic event is recurring.</p>	<p>“I sometimes <i>re-experience</i> the moment of the accident unexpectedly. Like once I was standing in line at a store and a loud noise made me suddenly feel like I was in the car crash again.”</p>	<p>1. عودة الشعور بالحدث الصادم من جديد 2. استرجاع الحدث 3. استرجاع تفاصيل الحادثة 4. يعيش اللحظة من جديد في مخيلته</p> <p>1. Going back to the traumatizing event 2. Recalling the event</p>

Word & Definition	Example	Translation & Notes
<p>Types of re-experiencing include:</p> <ul style="list-style-type: none"> ○ Flashbacks – reliving the trauma over and over ○ Nightmares – frightening dreams with images or themes similar to the traumatic event ○ Frightening thoughts related to the traumatic event 	<p>“You seem to <i>re-experience</i> the night when your father had a heart attack whenever you go to a hospital.”</p>	<p>3. Recalling the details of the event or incident</p> <p>4. Reliving the event in the mind</p> <p>Community Notes As used in the context of PTSD, there is no exact equivalent in Arabic. More descriptive language may be necessary.</p>
<p>Self-medicate</p> <p>The act of taking drugs, herbs, or home remedies on one’s own without the advice of a medical doctor. In the mental health context, it means to use drugs or alcohol or other addictive behavior, such as overeating or gambling, in an unhelpful way, as an attempt to reduce negative thoughts or feelings.</p>	<p>“She is really struggling with the loss of her son and I think she is self-medicating by drinking so much.”</p> <p>“Some people self-medicate with drugs or alcohol, but this leads to more problems for them, and does not make their PTSD go away. Instead, we recommend treatments such as therapy from a specialist or medication prescribed by a doctor.”</p>	<p>1. يتعاطى المخدرات لتقليل المشاعر السلبية</p> <p>2. يتعاطى الكحول لتقليل المشاعر السلبية</p> <p>3. يشرب لينسى</p> <p>1. Consume drugs to reduce negative emotions</p> <p>2. Consume alcohol to reduce negative emotions</p> <p>3. Drink alcohol to forget (informal)</p> <p>Community Notes There is no exact equivalent for this term, which could be misunderstood as “using over-the-counter medication” or “using home remedies” rather than “using addictive substances or drugs.” Use with caution and consider more descriptive language, as shown above.</p>
<p>Strengths</p> <p>A collection of observations about an individual that allow her or him to show resilience, adaptability, perseverance, or other positive traits that assist in overcoming obstacles and adverse situations</p>	<p>“When we look at these great <i>strengths</i> you have, we can build on the things you already do so well.”</p> <p>“Your positive outlook and friendly personality are wonderful <i>strengths</i>.”</p>	<p>نقاط القوة</p>
<p>Symptoms</p>	<p>“Nightmares about the traumatic event are a</p>	<p>1. أعراض</p> <p>2. شكوى / يشكو من</p>

Word & Definition	Example	Translation & Notes
Feelings, sensations, thoughts, or behaviors caused by a disease or condition	common <i>symptom</i> of PTSD.”	
<p>Trigger (noun)</p> <p>Trigger (verb)</p> <p>Noun: A reminder of a traumatic event that causes one to react as if the event were happening currently. Examples can include the anniversary of the traumatic event or a loud noise similar to noise heard during the traumatic event.</p> <p>Verb: To bring up traumatic or upsetting memories or symptoms of PTSD by reminding someone of the trauma. This is sometimes not in the person’s awareness, such as an anniversary of a trauma.</p>	<p>“The sound of the train was a <i>trigger</i> for her, causing her to re-experience the train accident in her mind.”</p> <p>“Are there specific situations that <i>trigger</i> your flashbacks, like specific noises, sights, or smells?”</p>	<p>1. شيء يذكّر بالحادث</p> <p>Community Notes</p> <p>“Trigger,” as used in the context of a conversation about PTSD, does not have an exact equivalent in Arabic. We suggest a short phrase (“something reminding one of the events”) for the noun form.</p> <p>2. آثار</p> <p>3. أشعل الفتيل</p> <p>4. أطلق العنان</p> <p>5. ادى الى</p> <p>2. Evoke</p> <p>3. “Lit the wick” (figure of speech, can have negative connotations)</p> <p>4. “Unbridle” (figure of speech)</p> <p>5. Resulted in</p> <p>Community Notes</p> <p>These options are not exact equivalents for “trigger” (verb), but they are similar.</p>
<p>Uncontrollable thoughts and images</p> <p>(intrusive thoughts and images; unwanted thoughts and images)</p> <p>Uncontrollably thinking about or imagining the traumatic event when one wants to be thinking about something else. This includes nightmares and thoughts, images, or imagined sounds that occur unexpectedly or when one is trying to focus on other things.</p>	<p>“When she was baking a cake for her daughter’s birthday, she had frequent <i>uncontrollable thoughts and images</i> about the car accident. She kept seeing the accident over and over in her mind.”</p> <p>“Are you having <i>uncontrollable or unwanted thoughts or images</i> when you try to fall asleep?”</p>	<p>1. أفكار خارجة عن السيطرة</p> <p>2. ذكريات خارجة عن السيطرة</p> <p>3. عدم التحكم بالأفكار السيئة</p> <p>4. شبح الافكار يطاردني</p> <p>1. Uncontrollable thoughts</p> <p>2. Uncontrollable memories</p> <p>3. No control over bad thoughts</p> <p>4. “I’m haunted by the ghost of thoughts” (figure of speech, Syria)</p>

Word & Definition	Example	Translation & Notes
<p>Use drugs</p> <p>To use prescription drugs (e.g., opiate pain medication) in a harmful way (other than intended) or to use other addictive substances, e.g., heroin or cocaine.</p>	<p>“Some people <i>use drugs</i> as a way to cope with their PTSD symptoms.”</p>	<p>1. يتعاطى المخدرات 2. يتعاطى 3. يستخدم المخدرات</p> <p>1. Consumes drugs 2. Consumes - out of respect, the word “drugs” is not used 3. Uses drugs</p> <p>Not Recommended “Uses capsules” (informal, Iraq; Arabic below) only describes taking addictive drugs by mouth.</p> <p>يكسبل</p>
<i>Trauma</i>		
<p>Posttraumatic Stress Disorder (PTSD)</p> <p>Excessively troubling thoughts and feelings that continue more than one month after witnessing or experiencing a traumatic event, or learning about such an event happening to a loved one.</p> <p>Symptoms include nightmares, flashbacks, uncontrolled thoughts about the traumatic event, wanting to avoid reminders of the trauma, and feeling like you can’t relax. These symptoms are common immediately after a traumatic event. When they continue for more than one month, they may be a indicate posttraumatic stress disorder or PTSD. PTSD can be caused by events such as being attacked, experiencing an assault, witnessing violence, and many other upsetting and life-threatening experiences.</p>	<p>“One in three people can develop posttraumatic stress disorder, or <i>PTSD</i>, after traumatic events. You are not alone.”</p> <p>“The symptoms you described are typical of <i>posttraumatic stress disorder</i>, or PTSD. I recommend you see a specialist who can help you.”</p>	<p>1. اضطراب ما بعد الصدمة 2. اضطراب الكرب التالي للرضح</p> <p>1. Post shock disorder – used to describe emotional distress arising from trauma; in Sudan, “shock”also means “hit by a car” 2. Post trauma disorder (technical)</p> <p>Community Notes This condition and concept may not be familiar to the lay public. Use caution with technical terms.</p> <p>We recommend that clinicians have a conversation with the interpreter before talking to a patient about PTSD for the first time. Clinicians will need to think carefully about how they will explain what is meant by PTSD, and interpreters may also need time to prepare.</p>

Word & Definition	Example	Translation & Notes
<p>Trauma</p> <p>A negative emotional reaction to a traumatic event, e.g., a natural disaster, assault, war, or serious injury.</p> <p>Note that some people also use “trauma” as shorthand for the traumatic event itself.</p>	<p>“The hurricane caused <i>trauma</i> to many of the families in our city.”</p>	<p>1. صدمة 2. رضح 3. صدمة نفسية</p> <p>1. Shock - emotional shock or distress; in Sudan, “shock” also means “hit by a car” 2. Trauma (technical) 3. Emotional shock</p> <p>Community Notes Use caution with technical terms.</p>
<p>Traumatic event</p> <p>An event that is terrifying or highly distressing. It may be life-threatening or violent. Examples of traumatic events include experiencing, witnessing, or having a loved one experience a natural disaster, assault, war, forced displacement, or serious injury.</p> <p>Some people also use “trauma” as shorthand for the traumatic event itself.</p>	<p>“Watching her son fall from the bridge and break his leg was a <i>traumatic event</i>. She was so glad he survived with just a broken leg.”</p> <p>“<i>Traumatic events</i> can cause long-lasting problems in how we think and feel. We have effective treatments to help reduce the negative impact these events have on your life.”</p>	<p>1. صدمة 2. رضح 3. صدمة نفسية 4. حادثة سببت صدمة نفسية</p> <p>1. Shock - Shock - emotional shock or distress; in Sudan, “shock” also means “hit by a car” 2. Trauma (technical) 3. Emotional shock 4. An incident causing a traumatic shock</p> <p>Community Notes As in English, synonyms for “trauma” are sometimes used as shorthand for “traumatic event.” Use caution with technical terms.</p>
<i>Mental Health Professionals</i>		
<p>Psychiatrist</p> <p>A medical doctor that specializes in problems with stress, emotions, behavior, and thoughts who is able to prescribe medication for management of symptoms</p>	<p>“We will make an appointment for you to see Dr. Martin, a <i>psychiatrist</i>, who can determine the right medication for you.”</p>	<p>1. طبيب نفسي 2. مختص امراض نفسية</p> <p>1. Psychiatric doctor 2. Psychiatric illnesses specialist</p> <p>Community Notes We recommend the term “psychiatric doctor” so that patients understand that a psychiatrist is a type of physician.</p>

Word & Definition	Example	Translation & Notes
<p>Psychologist</p> <p>A professional with a doctoral degree in psychology who provides therapy to people to help reduce their problematic thoughts, emotions, or behaviors. In the context of trauma, a psychologist provides therapy with the goal of helping that person work through the trauma and experience less symptoms.</p>	<p>“We have a <i>psychologist</i> who can meet with you regularly to help you learn new ways to sleep better and feel better.”</p>	<p>عالم نفس</p> <p>Community Notes Among the Arabic-speaking lay public, people may not distinguish between <i>psychiatrists</i> and <i>psychologists</i>. Instead, they might use the same Arabic term for both, e.g., “psychiatric doctor.”</p> <p>Use caution The Arabic word for “psychologist” (shown above) is more commonly used to describe an experimental scientist who works in a university setting. Further, some Arabic speakers may see this as a person with psychic powers. Therefore, this word needs explanation and clarification.</p> <p>Clinicians may find that describing and explaining the role of a clinical psychologist results in better communication with patients who are new to mental health care.</p>
<p>Therapist (counselor)</p> <p>A healthcare professional who provides therapy to address behavioral or emotional problems, such as PTSD. This may be a licensed clinical social worker, a counselor, or a psychologist.</p>	<p>“I think seeing a <i>therapist</i> or <i>counselor</i> would really help. Therapy can be a very helpful way to overcome these feelings.”</p>	<p>1. مُعالج 2. مُعالج نفسي</p> <p>1. Therapist – used for any kind of therapist, e.g., speech therapy 2. Mental health therapist</p> <p>Community Notes Because “therapist” is a non-specific term, additional description may be helpful, e.g., “the <i>therapist</i> will help treat your depression”</p>
<p>Specialist</p> <p>A trained healthcare professional who is an expert in diagnosing and helping people with specific health conditions. In a mental health context, this refers to a therapist, licensed clinical social worker,</p>	<p>“She is a <i>specialist</i> in helping people with PTSD feel better.”</p> <p>“There are <i>specialists</i> who can help you to feel better and move forward in your life.”</p>	<p>1. اخصائي 2. اختصاصي</p> <p>Not Recommended The following is not recommended, because it describes specialists in fields other than health care:</p> <p>مختص</p>

Word & Definition	Example	Translation & Notes
<p>counselor, psychologist, or psychiatrist, who all may treat PTSD.</p>		
<i>Treatment</i>		
<p>Intervention (treatment) Specialized care given to a person to a person to treat or bring about a change in people. In the mental health context, this can include psychological therapies and medications designed to improve a person's emotions and/or behavior.</p>	<p>"My brother had effective <i>intervention</i> from a specialist, and is feeling better after his time in the war." "I can recommend an effective <i>intervention</i> to help you with your PTSD symptoms."</p>	<p style="text-align: right;">علاج</p> <p>Community Notes This term is used to describe any type of treatment, including psychotherapy, medication, fasting, meditating, traditional healing, or religious consultation.</p> <p>Not Recommended The alternative term for intervention (shown below) is not used often and could also mean "meddling"</p> <p style="text-align: right;">علاج تدخلي/تداخلي</p>
<p>Process (verb) To perform a series of steps in order to change something. In PTSD therapy, <i>to process</i> a traumatic event means working collaboratively with a therapist in a careful way to reduce the emotional reaction to thoughts, memories, or reminders of the trauma. Processing is a component of therapy that reduces the distress, fear, and negative beliefs related to the traumatic event. This results in a reduction in the power the event has to interfere with current functioning.</p>	<p>"I know that talking about what happened is difficult. But together we can <i>process</i> those experiences so that the memories don't keep causing so much stress and anxiety." "The therapist helped me <i>process</i> the experience of the explosion and now the memories do not upset me like they used to do." "The specialist can help you process these traumatic experiences and help you to feel better."</p>	<p style="text-align: right;">1. يعمل على 2. يعالج</p> <p>1. Work on 2. Process, treat</p> <p>Community Notes This term may be misunderstood. Clinicians should use caution and instead use more straightforward language e.g., "The specialist can help you <i>heal</i> from these traumatic experiences."</p>
<p>Referral (noun) Refer (verb) When a healthcare provider gives a patient the contact information and</p>	<p>"I am giving you a <i>referral</i> to talk with a therapist about your PTSD. This specialist will meet with you once a week to talk about your symptoms and</p>	<p style="text-align: right;">1. تحويل 2. إحالة 3. يحوّل</p> <p>1. Referral (noun)</p>

Word & Definition	Example	Translation & Notes
<p>recommendation to seek healthcare services from another provider, often a specialist. This sometimes includes the healthcare provider sharing information with the new provider.</p>	<p>help you decrease the amount of stress you feel.”</p> <p>“We are <i>referring</i> you to a medical doctor who specializes in PTSD and stress. She may prescribe medication to help you with your symptoms.”</p>	<p>2. Referral (noun)</p> <p>3. Refer (verb)</p> <p>Community Notes Members of the community may not be familiar with the need for referrals under some US health insurance plans.</p>
<p>Serotonin A chemical in your brain that affects how you feel.</p>	<p>“This medication helps by affecting <i>serotonin</i> in the brain.”</p>	<p>سيراتونين</p> <p>Community Notes This is a technical term that may not be meaningful to non-clinicians.</p>
<p>Side effect Unwanted, unpleasant reactions to a medication</p>	<p>“That medicine has some <i>side effects</i>, such as upset stomach, but that goes away after a few days.”</p>	<p>1. اعراض جانبية</p> <p>2. آثار جانبية</p> <p>3. تأثيرات جانبية</p>
<p>Therapy (psychotherapy) The American Psychological Association describes therapy as “a collaborative treatment based on the relationship between an individual and a psychologist. Grounded in dialogue, it provides a supportive environment that allows you to talk openly with someone who’s objective, neutral and nonjudgmental. You and your psychologist will work together to identify and change the thought and behavior patterns that are keeping you from feeling your best.”</p> <p>Therapies for PTSD often include remembering or re-telling the story of the traumatic event. This is done in a safe,</p>	<p>“<i>Therapy</i> for trauma has been shown to help reduce symptoms and improve functioning. It can be difficult at first, but it will help you start to heal.”</p> <p>“I think talking to someone who is trained to offer <i>therapy</i> would help you feel better and feel more patient with your children.”</p>	<p>1. علاج نفسي</p> <p>1. Psychotherapy</p> <p>Not recommended General terms that refer to any kind of therapy or treatment, e.g., physical therapy or medication, are not recommended.</p> <p>2. علاج</p> <p>3. معالجة</p>

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<p>supportive setting by someone who is trained to help the person with PTSD cope with their emotions. Over time, therapies for PTSD reduce the emotional impact of the traumatic event.</p>		
<p>Trauma-informed treatment Treatments that are specifically designed to treat the effects of traumatic events. Research has shown these treatments to be effective when used for this purpose.</p>	<p>“<i>Trauma-informed treatment</i> will be the best approach to help you heal. It is designed for people who have been through upsetting events like you have and has helped many people.”</p>	<p>1. علاج مصمم للصدمة النفسية 2. علاج مخصص للصدمة النفسية 3. علاج مُلم بالصدمة النفسية</p> <p>1. Trauma-designed treatment 2. Trauma-specialized treatment 3. Trauma-informed treatment</p> <p>Community Notes This type of therapy may not be familiar. Use caution and consider adding additional description. We recommend that clinicians have a conversation with the interpreter before talking to a patient about this concept for the first time.</p>
<p>Treatment plan A plan created by a healthcare professional to address a health condition. In the context of PTSD, a plan includes the chosen approach to treatment (e.g., Cognitive-Behavioral Therapy, EMDR, medication), how that approach will be carried out, and the duration of treatment.</p>	<p>“This <i>treatment plan</i> is made specifically with you, and aims to give you the type of supports that will help you the most.”</p>	<p>الخطة العلاجية</p>
<p><i>Psychotherapies</i></p>		
<p>Cognitive Behavioral Therapy (CBT) An effective therapy for PTSD in which a therapist helps the patient to engage in productive and pleasant activities, learn</p>	<p>“The therapist may recommend <i>CBT</i>.”</p>	<p>1. معالجة إدراكية سلوكية 2. علاج إدراكي سلوكي</p> <p>Community Notes This type of therapy may not be familiar. Use caution and consider</p>

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<p>coping strategies, and reduce symptoms by addressing negative thoughts and beliefs.</p>		<p>additional description. We recommend that clinicians have a conversation with the interpreter before talking to a patient about this treatment for the first time.</p>
<p>Cognitive Processing Therapy (CPT)</p> <p>An effective therapy for PTSD in which a therapist supports the patient in writing an impact statement and detailed account of the trauma story while the therapist helps correct maladaptive thoughts and beliefs.</p>	<p>“The therapist may recommend <i>CPT</i>.”</p>	<p>علاج معالجي ادراكي</p> <p>Community Notes</p> <p>This type of therapy may not be familiar. Use caution and consider additional description. We recommend that clinicians have a conversation with the interpreter before talking to a patient about this treatment for the first time.</p>
<p>Cognitive Therapy</p> <p>An effective therapy for PTSD in which a therapist focuses on the interaction between thoughts, feelings, and behaviors and changing those that interfere with functioning, including the construction of a verbal or written autobiographic narrative.</p>	<p>“The therapist may recommend <i>cognitive therapy</i>.”</p>	<p>علاج إدراكي</p> <p>Community Notes</p> <p>This type of therapy may not be familiar. Use caution and consider additional description. We recommend that clinicians have a conversation with the interpreter before talking to a patient about this treatment for the first time.</p>
<p>Exposure</p> <p>A therapeutic technique that helps a person to process a traumatic experience by working collaboratively with a therapist in a careful way, reducing the emotional reaction to thoughts or reminders of the trauma. The goals are to return a sense of control, self-confidence, and predictability to the patient, and help them to be more relaxed and less fearful. This is an evidence-supported treatment for PTSD.</p>	<p>“One effective component of many PTSD treatments is <i>exposure</i>. This is a carefully controlled way to help people process their traumatic experiences so those experiences no longer control their lives.”</p>	<p>تقنية التعرّض</p> <p>Community Notes</p> <p>The suggested translation is “exposure technique” (literal). This type of therapy may not be familiar. Use caution and consider adding additional description. We recommend that clinicians have a conversation with the interpreter before talking to a patient about this treatment for the first time.</p> <p>Not recommended</p> <p>Use of the term “exposure” alone would be vague as it also refers to</p>

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		<p>other meanings (e.g., exposure to bad weather).</p> <p>التعرّض</p>
<p>Eye Movement Desensitization and Reprocessing (EMDR)</p> <p>An effective therapy for PTSD in which a therapist instructs the patient to recall a traumatic memory and then guides the patient through a series of bilateral eye or hand movements as the memory is recalled.</p>	<p>“<i>Eye movement desensitization and Reprocessing, or EMDR</i>, uses special eye or hand movements retrain your brain to stop letting memories of the trauma interfere with your daily life.”</p>	<p>اضعاف الصدمة النفسية وإعادة المعالجة عبر استخدام حركة العين</p> <p>Community Notes The suggested translation is “trauma desensitization and reprocessing through eye movement” (literal). This type of therapy may not be familiar. Use caution and consider additional description. We recommend that clinicians have a conversation with the interpreter before talking to a patient about this treatment for the first time.</p>
<p>Narrative Exposure Therapy (NET)</p> <p>An effective therapy for PTSD in which a therapist helps the patient create a narrative story of the traumatic event in a coherent and therapeutic way.</p>	<p>“The therapist may recommend <i>NET</i>.”</p>	<p>العلاج بالتعرّض السردي</p> <p>Community Notes This phrase includes the Modern Standard Arabic term for “narrative,” which is not typically used in daily conversation. Further, this type of therapy may not be familiar. Use caution and consider additional description. We recommend that clinicians have a conversation with the interpreter before talking to a patient about this treatment for the first time.</p>