

## Karen Glossary – Effective Treatment of Refugee Adults with Post-Traumatic Stress Disorder

This is a glossary of 41 Sgaw Karen-language terms pertaining to effective treatment for PTSD. The glossary was developed by a team of three interpreters from Sgaw Karen-speaking refugee 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, Sgaw Karen-speaking community informants. *The glossary is intended to help clinicians, interpreters, and members of this community talk about PTSD treatment.*<sup>1</sup>

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 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., “therapist”) may describe treatment concepts and professional roles 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 Sgaw Karen’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*. Within each section, words are ordered alphabetically. The Table of Contents shows a complete list of terms with page numbers.

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<sup>1</sup> For a brief summary of effective PTSD treatments for refugees, see [https://bit.ly/PCORI\\_PTSD](https://bit.ly/PCORI_PTSD)

Word & Definition	Example	Translation & Notes
<i>Symptoms &amp; Assessment</i>		
<p><b>Anxiety</b></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). However, 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>(၁) တၢ်သ့ၣ်ကီၢ်သးဂီၤ - “troubled heart”</p> <p>(၂) သးတၢ်ကီၢ် - unstable emotion</p> <p>(၃) တၢ်ကီၢ်တၢ်ဂီၤ - worry</p>
<p><b>Avoid</b></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>(၁) ပဒုၣ်ဟးဆွဲး - keep / move away from</p> <p>(၂) ဃာ်ဒုးချာ - turn away from</p> <p>(၃) သးတၢ်အိၣ်မၤဃုာ်</p> <p>(၄) ဃာ်ကဟ်တံၣ်သး - not want to bother, meaning to stay away</p> <p><b>Community Notes</b> Different options are suggested to accommodate Sgaw Karen’s considerable regional variation.</p>

Word & Definition	Example	Translation & Notes
<p><b>Cope</b></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 cope with these feelings. I feel angry all the time and it’s hard on my family.”</p> <p>“How are you coping with your stress?”</p>	<p>(၁) ကွန်ဆာန်မဲင်ဒီးမာဘန်လိင်ဖီးဒု - to face / deal with something to make it ok</p> <p>(၂) မာဂုမာမုန်ထီဂ်သးသ့. - face and make it ok (regional)</p>
<p><b>Depression</b></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>(၁) တာ်သူဂ်အူးတာ်သးဟးဂီး. - unhappy, heart-broken</p> <p>(၂) တာ်သူဂ်လီဘုံးသးလီဘ့ဂါ. - very tired and weighed down (regional)</p> <p><b>Community Notes</b></p> <p>The first option may not be meaningful to all community members. The second option is used in some regions.</p>
<p><b>Diagnosis</b></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</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>(၁) ဃုထံဂ်နုာ်လီတံာ်လီဆဲးတာ်ဂုာ်အိဂ် ဖျါသး လာနပူ - find out accurately the cause of a situation within you</p> <p>(၂) ဃုထံဂ်နုာ်တာ်ဆါအိဂ်ဖျါဖျါလီတံာ်လီဆဲး - find out accurately about the disease</p> <p>(၃) ဃုထံဂ်နုာ်တာ်ဆါအိဂ်ဖျါဖျါလီတံာ်လီဆဲး - very clearly find out about the disease or pain within you</p>

Word & Definition	Example	Translation & Notes
inability to function normally		<p><b>Community Notes</b> Some community members may find the term “disease” stigmatizing. If they are familiar with alternatives, such as “situation” or “condition,” these may be preferred.</p>
<p><b>Distress</b></p> <p>Feeling upset and uncomfortable; having very unpleasant feelings</p>	<p>"It sounds like you have been feeling <i>distressed</i> since your move to the US, with all of the changes and disruptions."</p>	<p>(၁) တာ်သုဂ်ကီ်သးဟးဂီ - “my liver is hot and my heart is broken/uneasy” (literal), feeling upset or uneasy</p> <p>(၂) သုဂ်ဘုဂ်တံတံ, သးဘုဂ်တံတံ - suffering, discomfort</p> <p>(၃) တာ်လီုပျံလီုဖး(တာ်သးပျံ) - feeling agitated, jumpy and highly distressed with the implication that something terrible and frightening happened</p> <p>(၂) သုဂ်ကီ်သးဂီ - feeling not good</p> <p><b>Community Notes</b> Different options are suggested to accommodate Sgaw Karen’s considerable regional variation.</p>
<p><b>Drink alcohol (to drink; to use alcohol)</b></p> <p>To use intoxicating beverages, such as beer, wine, or liquor</p>	<p>“She drank vodka every day to help forget about the war.”</p> <p>“How much do you drink?”</p>	<p>(၁) အိသးခိကံခိ - drink alcohol / liquor</p> <p>(၂) အိသးအိမု - drink alcohol / rice (regional)</p> <p><b>Community Notes</b> Neither option indicates that drinking is problematic. The second option is used in some regions to describe celebrations that include food and alcoholic drinks.</p>
<p><b>Flashback</b></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>(၁) ကလာ်ဘုဂ်တာ်သုဂ်နီဂ်ကုသတုဂ်ကလာ်, တာ်လဲခီဖျီလာ တုဂ်ဘုဂ်, ဒီးထံဂ်ဘုဂ်ဝဲခိကံထီဂ်ခဲအံအသိ - suddenly feeling the memory of past trauma and seeing it happen right now</p> <p>(၂) ပလာ်ဘုဂ်, သုဂ်နီဂ်ဘုဂ်သတုဂ်ကလာ်တာ်လဲ, ခီဖျီလာတုဂ်ဘုဂ်ဝဲမးသးကံထီဂ်ခဲအံ - suddenly remembering the past trauma coming back again</p> <p>(၃) ဒုးသုဂ်နီဂ်ထီဂ်ကုသလာတာ်တဟ်သုဂ်ဟ်သး အပူတုဂ်မးဘုဂ်ခိလာအပူကွံဂ်, ခိသိးကံထီဂ်သး ခဲအံ - suddenly remembering the past trauma coming back again</p> <p><b>Community Notes</b> There is no equivalent term, and these may be challenging phrases for someone who is not already</p>

Word & Definition	Example	Translation & Notes
		familiar with this concept. Additional explanation may be helpful.
<p><b>Function</b></p> <p>To have the ability to carry out one’s daily responsibilities, have close relationships, and take care of oneself</p>	<p>“Sometimes emotions can affect how well you <i>function</i>, like your ability to work or care for your family.”</p> <p>“PTSD treatment can help you <i>function</i> better at home and at work.”</p>	<p>(၁) ကွန်ထွဲလီကုသးဂုဂု - to look after oneself properly</p> <p>(၂) ကွန်ထွဲလီကုသး၊ သုဝဲဂုဂုတုတု - can look after oneself properly</p> <p><b>Community Notes</b> These are not exact equivalents but capture the general idea.</p>
<p><b>Hypervigilant</b></p> <p>Always feeling on guard, always looking out for danger, extremely cautious, and never able to relax</p>	<p>“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.”</p> <p>“Do you feel <i>hypervigilant</i> when you’re in crowded places, feeling like you are waiting for something bad to happen?”</p>	<p>(၁) အိန်ဒီးတပ်လီသးဒိန်ဒိန်မုန်မုန်ထီထီ - always having the feeling of being greatly on guard or cautious</p> <p>(၂) အိန်ဒီးတပ်လီပဒီသးအါအါ - highly cautious (regional)</p> <p>(၃) အိန်ဒီးတပ်လီသးအါအါ - highly cautious (regional)</p> <p><b>Community Notes</b> The first option is extremely polite and may be preferred by some community members. The other options may sound overly direct but may be preferred by others.</p>
<p><b>Long-term impact</b></p> <p>How something is going to affect an individual over months to years</p>	<p>“Upsetting events can have a <i>long-term impact</i> on people. We can recommend treatment to reduce this impact.”</p>	<p>(၁) တမ်မာဘုန်ဒီလာအယံတုာဲ - some hurting effect for a long period</p> <p>(၂) တမ်မာဘုန်ဒီလာအဆာကတီယံယံ - some hurting effect for a very long time</p> <p>(၃) တမ်မာဘုန်ဒီလာကဲထီိုင်သးယံတုာဲအယံ. - some hurting effect for a very long time</p> <p><b>Community Notes</b></p>

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<p><b>Negative thoughts</b></p> <p>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 happened. These are often self-critical thoughts or negative beliefs about the world.</p>	<p>“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, but he had trouble believing them.”</p> <p>"Have you had more <i>negative thoughts</i> and beliefs since the accident?"</p>	<p>There is no exact equivalent. The suggested phrases can be used when discussing <i>negative</i> long-term impacts of a bad event. Different language would be needed if the long-term effects of something are positive.</p> <p>(၁) တာဆိကမိဉ်အိဉ်ထီဉ်သးလာထံဉ်တာထဲအတဂု - thoughts that only see the bad or negative view</p> <p>(၂) တာဆိကမိဉ်လာတဂုတဘဉ် – not good thoughts (regional)</p> <p><b>Community Notes</b></p> <p>The first option is recommended. <b>Use caution</b> with the second option. It may be easier for some patients to understand, but it may also be understood as “immoral thoughts.”</p>
<p><b>Numb</b></p> <p>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.”</p> <p>“What you described sounds like you are <i>numb</i>, and can’t seem to feel anything, positive or negative.”</p>	<p>(၁) သးဒီးနိဉ်ခိဉ်တဖိးလိဉ်သး(သးလီကတု) - no feelings or emotions</p> <p>(၂) နသးဒီးနုနီဉ်ကစာ် တဘဉ်လိဉ်သး. – “your body and mind are not in working together” (idiomatic, regional)</p> <p><b>Not Recommended</b></p> <p>Saying “not feeling anything” in Sgaw Karen refers to physical numbness so is not recommended.</p>
<p><b>Re-experience</b></p> <p>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,</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</p>	<p>(၁) တာလဲးခီဖျီအအာအသီလာအပူကွံဉ်တဖဉ်ဒိတုာ် ဘဉ်ဝဲခဲအံးအသိး - feeling like the past traumatic experience is happening again</p> <p>(၂) တာလဲးခီဖျီအအာအသီလာအပူကွံဉ်တဖဉ်ဒိတုာ် ဘဉ်ဝဲခဲအံးအသိး - experiencing the past trauma as if it is happening right now (regional)</p> <p>(၃) ဒိသိးတုာ်ဘဉ်ကုာ်ဝဲတာလဲးခီဖျီ အအာအသီလာ အပူကွံဉ် - happening right now, an experience of past trauma (regional)</p>

Word & Definition	Example	Translation & Notes
<p>physical sensations, or a sense that the traumatic event is recurring. Types of re-experiencing include:</p> <ul style="list-style-type: none"> <li>● Flashbacks – reliving the trauma over and over</li> <li>● Nightmares – frightening dreams with images or themes similar to the traumatic event</li> <li>● Frightening thoughts related to the traumatic event</li> </ul>	<p>me suddenly feel like I was in the car crash again.”</p> <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><b>Community Notes</b></p> <p>There is no equivalent term, so patients may appreciate additional explanation. The latter two phrases include regional variations.</p>
<p><b>Self-medicate</b></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, 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>(၁) တၢ်သူကသံၣ်ကသီၣ်သီးကမၤစ့ၤလီၤကွံၣ် နတၢ်သူၣ် တမုၢ်သးတမုၢ်. - improperly using medicine to numb your emotional pain</p> <p>(၂) အနီၣ်ကစၢ်ဒၣ်ဝဲကူစါယါၤကျါလီၤက့ၤ အသး. - improper self-treatment with a substance / medication</p> <p>(၃) ဟံးန့ၢ်ကသံၣ်ဒီးကူစါယါၤကျါလီၤက့ၤအသး - using improper medication to reduce your suffering</p> <p><b>Community Notes</b></p> <p>There is no exact equivalent. <b>Use caution</b> with this word, as it is can be understood as the use of herbs or medications for their intended purpose rather than unhealthy use of medications, drugs, or alcohol to reduce emotional pain. Clinicians may want to use more straightforward language, e.g., “Have you been misusing medications, drugs, or alcohol to reduce your emotional pain?”</p> <p>Disease and pain are the same word in Karen.</p>

Word & Definition	Example	Translation & Notes
<p><b>Strengths</b></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>(၁) တၢ်အိၣ်ဒီးသးအၢ်အဘိလၢကသ့တြီၤဆၢမၤ နၢတၢ် - having an inner strength that can resist or overcome</p> <p>(၂) တၢ်အိၣ်ဒီးသးဂံၢ်ဘိလၢမၤ နၢတၢ် - having an inner strength to overcome</p> <p>(၃) တၢ်အိၣ်ဒီးသးဂံၢ်ဘိလၢကမၤမုၢ်မၤစၢနသး - having an inner strength to help you feel better</p>
<p><b>Symptoms</b></p> <p>Feelings, sensations, thoughts, or behaviors caused by a disease or condition</p>	<p>“Nightmares about the traumatic event are a common <i>symptom</i> of PTSD.”</p>	<p>(၁) တၢ်ပနီၣ်ဖျါထီၣ်လၢအတူၢ်တၢ်ဝဲ(လၢနကအိၣ်ပူၤ) - signs of suffering</p> <p>(၂) တၢ်အပနီၣ်ဖျါလၢအဒွဲပူၤ - “a sign found inside you” (literal, regional)</p>
<p><b>Trigger (noun)</b></p> <p><b>Trigger (verb)</b></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,</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>(၁) တၢ်လၢမၤသ့ၣ်နီၣ်ထီၣ်က့ၤသးလၢအတူၢ်တၢ် နှၢ်နံၣ် ကျၢကျၢ အဂီၢ် ဒ်ကဲထီၣ်သးခဲအံၤ - reminder of an event as if happening again right now (noun)</p> <p>(၂) တၢ်လၢမၤသ့ၣ်နီၣ်ထီၣ်က့ၤသးလၢအတူၢ်တၢ် တၢ်ဒိၣ်ဒိၣ်မုၢ်မုၢ်ဒ်အကဲထီၣ်သးခဲအံၤ - reminder of traumatic suffering as if happening right now (noun)</p> <p>(၁) မၤသ့ၣ်နီၣ်ထီၣ်က့ၤ တၢ်အဒိၣ်အမုၢ် လၢ ကဲထီၣ် သးဝံၤ - to remind of a prior significant event (verb)</p> <p><b>Community Notes</b></p> <p>There is no exact equivalent. Clinicians may want to use more straightforward language, e.g., “Do any sights, sounds or smells make you feel like the car accident is happening again?”</p> <p><b>Not Recommended</b></p> <p>The term ဒုးအိၣ်ထီၣ်တၢ်မၤဆၢက့ၤတၢ်.(လၢတၢ်အၢ) means retaliate and is not recommended.</p>



Word & Definition	Example	Translation & Notes
such as an anniversary of a trauma.		
<p><b>Uncontrollable thoughts and images</b></p> <p><b>(intrusive thoughts and images; unwanted thoughts and images)</b></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>(၁) သးတၢ်ဆိကမိၣ်ဒီးထံၣ်ကမ့ၢ်တၢ်လာဟ်ဃာ်ဝဲ တန့ၢ် - thinking and seeing illusions that cannot be controlled</p> <p>(၂) သးတၢ်ဆိကမိၣ်ဒီးထံၣ်ကမ့ၢ်တၢ်လာမၤလီၤမၢ်ကွၢ်တသ့ - thinking and seeing illusions that cannot be shut out</p> <p><b>Community Notes</b> There is no exact equivalent, so patients may appreciate additional explanation.</p>
<p><b>Use drugs</b></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>(၁) သူကသံၣ်မူၤဘၣ်</p> <p>(၂) သူကသံၣ်လာတကဲဘျး. - using medicine that is not beneficial (regional)</p> <p><b>Community Notes</b> In some regions, the second option is used to describe illicit drug use.</p>
<i>Trauma</i>		
<p><b>Posttraumatic Stress Disorder (PTSD)</b></p> <p>Excessively troubling thoughts and feelings that continue more than one month after witnessing or experiencing a traumatic event, or learning about</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</i></p>	<p>(၁) တၢ်သ့ၣ်ကီၢ်သးဂီၤ အပနီၣ်လာကဲထီၣ်သးဖဲ အမၤဘၣ်ဒိဘၣ်ထံး အဒိၣ်အမုၢ်မၤသးဝံၤအလီၢ်ခံ - stress that a person feels after a traumatic event</p> <p>(၂) တၢ်အိၣ်မူဆိတလဲသးဝံၤဖဲ လဲၤဒီဖျိဘၣ် တၢ်ကီ တၢ်ခဲဝံၤအလီၢ်ခံ - change in a person after a terrible incident</p> <p>(၃) တၢ်သ့ၣ်ကီၢ်သးဂီၤအက့ၢ်အဂီၤ ကဲထီၣ်သးဖဲတၢ်မၤ ဘၣ်ဒိဘၣ်ထံးမၤသးဝံၤအလီၢ်ခံ. - stress that happens after a traumatic event</p> <p><b>Community Notes</b></p>

Word & Definition	Example	Translation & Notes
<p>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 an indication of 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><i>stress disorder</i>, or PTSD. I recommend you see a specialist who can help you.”</p>	<p>There is no equivalent term, and this condition and concept may not be familiar to the lay public. 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>
<p><b>Trauma</b></p> <p>A negative emotional reaction to a traumatic event, e.g., a natural disaster, assault, war, or serious injury.</p> <p>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>(၁) တၢ်တမ့ၢ်တလၢ တၢ်လီၤပျံၤလီၤဖး လၢ အကဲ ထီၣ်တၢ်သး - unpleasant condition, something terrible that has happened</p> <p>(၂) တၢ်ဘၣ်ဒိဘၣ်ထံး - hurt or injury</p> <p>(၃) တၢ်လဲၤဒိဖျိလၢကီၢ်ဂီၤအာသီ - an experience of violent stress (regional)</p> <p><b>Community Notes</b></p> <p>There is no exact equivalent. Because this concept may not be familiar, we recommend that clinicians have a conversation with the interpreter before talking to a patient about this topic for the first time. <b>Use caution</b> with the second option, which is more often used to describe physical injuries. <b>Use caution</b> with the third option, which is appropriate and easily understood in</p>

Word & Definition	Example	Translation & Notes
<p><b>Traumatic event</b></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>some regions but in others will trigger intense emotional reactions and cause distress.</p> <p>(၁) တာမလျှော့ ကိစ္စသားဂီၤ - distressing event, an event that can cause distress</p> <p>(၂) တာမသးလီၤပျံၤလီၤဖူး - terrible distress</p> <p><b>Community Notes</b> There is no exact equivalent.</p>
<i>Mental Health Professionals</i>		
<p><b>Psychiatrist</b></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>(၁) သးပိညါကသံၣ်သရၣ်အိၣ်ဒီးတၢ်သုလီၤဆီၤလာ, ကူၤစါယါဘျါဒီးဟ့ၣ်ကသံၣ်ကသီ - medical doctor who specializes in psychology and provides treatment and gives medicine</p> <p>(၂) သးကသံၣ်သရၣ်လာ ကမၤဘျါတၢ်ဆါဒီးဟ့ၣ် ကသံၣ်ကသီ. - medical doctor for mental health</p> <p>(၃) ခိၣ်န့ၣ်ကသံၣ်သရၣ်လာမၤဘျါတၢ်ဆါဒီးဟ့ၣ် ကသံၣ်ဖိၣ်. - brain doctor</p> <p><b>Community Notes</b> Community members may be unfamiliar with this professional role.</p>
<p><b>Psychologist</b></p> <p>A professional with a doctoral degree in psychology who provides therapy to people to help reduce their problematic</p>	<p>“We have a <i>psychologist</i> who can meet with you regularly to help you learn new ways to</p>	<p>(၁) ဟ့ၣ်သုလီၤဆီၤလာသးပိညါဂ့ၢ်ကျိၤ, ဒ်သီးကမၤ ဂ့ၤထီၣ်သ့ၣ်သးအိၣ်. - person with special talent in psychology, who can improve the mind</p> <p>(၂) သးပိညါသရၣ်လာကမၤဂ့ၢ်ထီၣ်တၢ်ဆါအိၣ်. - teacher (specializing in the mind / emotions) who can treat your suffering/disease</p>

Word & Definition	Example	Translation & Notes
<p>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>sleep better and feel better.”</p>	<p>(၃) သးသရၢ်လၢကမၤမ့ၢ်ထီၣ်က့ၤန့ၣ်သး - teacher (specializing in the mind / emotions) who can help improve your mind</p> <p><b>Community Notes</b> Community members may be unfamiliar with this professional role.</p>
<p><b>Specialist</b></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, counselor, psychologist, or psychiatrist, who all may treat PTSD.</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>(၁) ကသံၣ်သရၢ်စဲၣ်နီၤလၢအသ့ကူၤစါယါဘျါ တၢ်ဆါလီၤဆီတမံၤ - medical doctor who can treat a specific disease</p> <p>(၂) သရၢ်အိၣ်ဒီးတၢ်သ့ၣ်ညါလီၤဆီလၢအသ့ကူၤစါယါ ဘျါတၢ် - “teacher with outstanding knowledge to treat or cure”</p> <p>(၃) သရၢ်လီၤဆီလၢအသ့မၤဘျါတၢ် - “special teacher who can treat or cure disease”</p> <p>(၄) သရၢ်လၢအသ့မၤဘျါတၢ်ဆါ - “teacher with the ability to treat or cure disease”</p> <p><b>Community Notes</b> There is no exact equivalent, but these terms are appropriate for describing specialists. The first option is used to describe specialist physicians. The other options are appropriate for describing psychologists or other non-physician mental health specialists.</p>
<p><b>Therapist (counselor)</b></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 or counselor</i> would really help. Therapy can be a very helpful way to overcome these feelings.”</p>	<p>(၁) သရၢ်လၢအသ့စံးကတိၤတၢ်လၢအဒုးန့ၣ်သိၣ်လိဆီၣ် ထွဲမၤ ဂ့ၤထီၣ်တၢ်သးဂဲၤသးကလၢဒီးတၢ်ဟံ သ့ၣ် ဟံသး / ဒီသ့ၣ်ဒီးသး - a skilled speaker who guides / instructs to improve emotional and behavioral situations; mental health therapist</p> <p>(၂) ပုၤသ့ကဟ့ၤကယၢ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ လၢအဒုး န့ၣ်တၢ် မၤဂ့ၤဆီၣ်ထွဲတၢ်သးဂဲၤသးကလၢဒီးတၢ်ဟံ သ့ၣ်ဟံသး / ဒီသ့ၣ်ဒီးသး - healthcare professional who guides / shows the way to recover from emotional or behavioral problems</p> <p>(၃) သရၢ်လၢအသ့စံးကတိၤတၢ်ဒိသိးကမၤမ့ၢ်ထီၣ်က့ၤပုၤသး - skilled teacher who can make you feel better (regional)</p> <p>(၄) သရၢ်လၢကတိၤဟ့ၣ်ဂံၢ်ဟ့ၣ်ဘါဒီးမၤမ့ၢ်ထီၣ် က့ၤန့ၣ်သး - teacher who encourages you to feel better</p> <p><b>Community Notes</b></p>

Word & Definition	Example	Translation & Notes
<p>The word “treatment” in Karen refers to medical treatment. So instead words such as support, guide, or help are used to refer to psychological treatment.</p>		
<p><i>Treatment</i></p>		
<p><b>Intervention (treatment)</b></p> <p>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 intervention from a specialist, and is feeling better after his time in the war.”</p> <p>“I can recommend an effective intervention to help you with your PTSD symptoms.”</p>	<p>(၁) တၢ်မၤဘၣ်လိာ်ဖိးဒုလၢတၢ်ကၤဂ့ၤထီၣ်အဂီၢ်. - mediation for a better result</p> <p>(၂) တၢ်ကူၤစၢၤယၢၤဘျါဒီးတၢ်မၤဘၣ်လိာ် ဖိးဒုလၢ တၢ်ကၤ ဂ့ၤထီၣ်အဂီၢ် – treatment with medication</p> <p>(၃) တၢ်မၤဘၣ်လိာ်ဘၣ်စးလၢ တၢ်ကၤဂ့ၤထီၣ်အဂီၢ်. - something that makes things better (regional)</p> <p>(၄) တၢ်လၢကမၤဂ့ၤထီၣ်တၢ်အဂီၢ်. - something that makes things better (regional)</p> <p><b>Community Notes</b> The word “treatment” in Karen refers to medical treatment. So alternative phrases are used to refer to psychological treatment.</p>
<p><b>Process (verb)</b></p> <p>To perform a series of steps in order to change something.</p> <p>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.</p> <p>Processing is a component of therapy that reduces the distress, fear, and negative beliefs related to the traumatic event. This results in a</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.”</p> <p>“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.”</p> <p>“The specialist can help you process these traumatic</p>	<p>(၁) တၢ်မၤသကိးအဆီအါ၊ အပတီၢ်အါ လၢတၢ် ဆီ တလဲလိာ်သးအဂီၢ် - work / get together in many steps for a change (regional)</p> <p>(၂) တၢ်မၤသကိး တခါဝံၤတခါလၢ တၢ်ဆီတလဲလိာ် သးအဂီၢ်. - work together step by step and part by part for a change</p> <p><b>Community Notes</b> There is no exact equivalent. Clinicians should use more straightforward language.</p>

Word & Definition	Example	Translation & Notes
reduction in the power the event has to interfere with current functioning.	experiences and help you to feel better.”	
<p><b>Referral (noun)</b></p> <p><b>Refer (verb)</b></p> <p>When a healthcare provider gives a patient the contact information and 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>“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 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>(၁) တာ်ဘာ်ထွဲလိာ်သးဒီးကသံာ်သရၢ်အဂၤတဂၤ - being connected to another specialist (noun)</p> <p>(၂) ကဘာ်လဲၤထံာ်လိာ်သးဒီးကသံာ်သရၢ် အဂၤတဂၤ - going to see another doctor (simple explanation of getting referred from the standpoint of the patient)</p> <p>(၃) တာ်ဟ့ၢ်ခိဟ့ၢ်နီၤတာ်သ့ၣ်ညါဒီးလံာ်အုၣ်အသး - to give / share information and recommendations (verb)</p> <p><b>Community Notes</b></p> <p>There is no exact equivalent, but these communicate the general idea. Members of the community may not be familiar with the need for referrals under some US health insurance plans</p>
<p><b>Serotonin</b></p> <p>A chemical in your brain that affects how you feel</p>	<p>“This medication affects <i>serotonin</i> in the brain.”</p>	<p>(၁) တာ်အသးအကံာ်အိၣ်လၢခိၣ်န့ၣ်ပူၤလၢအက မၤ စၢၤ တာ်ဆိကမိာ် တာ်သ့ၣ်ညါအဂီၢ် - a substance / chemical in the brain that can help with mood and thought</p> <p>(၂) တာ်တမံၤမံၤလၢခိၣ်န့ၣ်ပူၤလၢကမၤစၢၤတာ်ဆိ ကမိာ်တာ်သ့ၣ်ညါ. - something in my brain to help with my mood / emotion</p> <p><b>Community Notes</b></p> <p>There is no exact equivalent.</p>
<p><b>Side effect</b></p> <p>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>(၁) ကသံာ်အတာ်မၤဘာ်ဒိလၢအဂၤ - other bad effect of a medicine; side effect</p> <p>(၂) ကသံာ်အတာ်မၤဘာ်ဒိလၢအတနီၢ် - some undesirable effect of medicine</p> <p>(၃) ကသံာ်အတာ်မၤဘာ်ဒိလၢအတဂ့ၤဘာ်တခါခါ. - some kind of bad effect of medicine</p>

Word & Definition	Example	Translation & Notes
<p><b>Therapy (psychotherapy)</b></p> <p>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 is 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. Someone who is trained to help the person with PTSD cope with their emotions does this in a safe, supportive setting. Over time, therapies for PTSD reduce the emotional impact of the traumatic event.</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>(၁) တာ်ဆီၣ်ထွဲမၤစၢၤလၢ ကမၤစ့ၤလီၤ တာ်သးဂဲၤသးကလာ် ဒီးတာ်ဟံၣ်သ့ၣ်ဟံၣ်သးအတာ်ကီၢ်တာ်ခဲ. - supportive therapy to reduce emotional and behavioral problems</p> <p>(၂) တာ်ဆီၣ်ထွဲမၤစၢၤလၢ ကမၤစ့ၤလီၤသးတဘၣ် လိာ်ဘၣ်စး - supportive therapy to reduce mental disorder</p> <p>(၃) တာ်ဆီၣ်ထွဲမၤစၢၤလၢ ကမၤဂ့ၤထီၣ်သးတကာ် တက့ၢၤဘၣ်အကီၢ် - supportive therapy that will increase mental harmony</p> <p><b>Community Notes</b></p> <p>There is no direct equivalent, but these phrases are understood and are not stigmatizing.</p>
<p><b>Trauma-informed treatment</b></p> <p>Treatments that are specifically designed to treat the effects of</p>	<p>“<i>Trauma-informed treatment</i> will be the best approach to help you heal. It is designed for people who have been</p>	<p>(၁) တာ်ကူၤစါယါဘျါဒီးဆီၣ်ထွဲမၤစၢၤ လီၤဆီ လၢကမၤစ့ၤလီၤက့ၤတာ်မၤဘၣ်ဒီးသးအဒိၣ်အမုၢ် - particular treatment or support / help to reduce the effects of a traumatic event</p>

Word & Definition	Example	Translation & Notes
<p>traumatic events. Research has shown these treatments to be effective when used for this purpose.</p>	<p>through upsetting events like you have and has helped many people.”</p>	<p>(၂) တာ်ကူစါယါဘျါလာတာ်တိာ်ကျါအိာ် လီၤဆီ, ဒိသိးကဆိာ်ထွဲမၤစၢၤလီၤတၢ်သးဘၣ်ဒိအိာ်အမုာ် - a specially-designed remedy to help reduce the effects of a traumatic event</p> <p>(၃) တာ်မၤဘျါဒီးဆိာ်ထွဲမၤစၢၤ လီၤဆီလာကမၤ ကျါ(စၢၤ)လီၤကူ တာ်သူာ်ဘၣ်ဒိသးဘၣ်ဒိအိာ်အမုာ် - special treatment to help reduce the effects of a traumatic event</p> <p><b>Community Notes</b> There is no direct equivalent.</p>
<p><b>Treatment plan</b></p> <p>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>(၁) တာ်ဃုထာတိာ်ကျါလာ ကူစါယါဘျါတာ်အိာ် - the chosen or selected plan for treatment</p> <p>(၂) တာ်ဃုထာတိာ်ကျါလာကမၤဘျါတာ်အိာ်. - the chosen plan for treatment</p> <p>(၃) တာ်တိာ်ကျါလာကမၤဘျါတာ်ဆါအိာ်. - the plan that will cure disease</p> <p><b>Not Recommended</b> The equivalent term, တာ်ကူစါယါဘျါတာ်တိာ်ကျါ, is seldom used so may not be meaningful to community members.</p>
<p><i>Psychotherapies</i></p>		
<p><b>Cognitive Behavioral Therapy (CBT)</b></p> <p>An effective therapy for PTSD in which a therapist helps the patient to engage in productive and pleasant activities, learn coping strategies, and reduce symptoms by addressing negative thoughts and beliefs.</p>	<p>“The therapist thinks CBT will help.”</p>	<p>(၁) တာ်ဆိာ်ထွဲမၤစၢၤတူၤလီၤတီၤလီၤလာကမၤဂ့ၤ ထီာ်တာ်သ့ၣ်ညါန့ၢ်ဟံာ် တာ်သးကလာ် သးဂဲၤဒီးတာ် ဟံာ်သူာ် ဟံာ်သး - effective therapy to improve (troubling) thoughts, emotions and behavior</p> <p>(၂) တာ်ဆိာ်ထွဲမၤစၢၤတူၤလီၤတီၤလီၤလာကမၤဂ့ၤ ထီာ်တာ်ဆိကမိာ်ဒီးသးတကာ်တကျါအိာ်. - supportive treatment to improve emotion and behavior</p> <p>(၃) တာ်ကမၤဂ့ၤထီာ်တာ် သ့ၣ်ညါန့ၢ်ဟံာ်ဒီး တာ်ဟံာ်သူာ်ဟံာ်သး. - improve your emotion and behavior</p> <p><b>Community Notes</b> There is no direct equivalent. Because this type of therapy may not be familiar, we recommend that clinicians have a conversation with the interpreter before talking to a patient about this treatment for the first time.</p>



Word & Definition	Example	Translation & Notes
<p><b>Cognitive Processing Therapy (CPT)</b></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 thinks CPT will help.”</p>	<p>(၁) ကျိုးကျဲလောကမတော်လိပ်ကွဲ တော်သွန်ညါ နှိပ်ဖိးတော်ဟူးတော်ဂဲ - therapeutic process to help improve mood and action</p> <p>(၂) တော်ဆိန်ထွဲမတော်လိပ်တော်လိပ် အိန်ဒီးအကျိုး အကျဲလောကမတော်လိပ်တော်သွန်ညါနှိပ်ဖိးတော်ဟူး တော်ဂဲ - effective therapy to help / support the process / improve one’s mood and actions</p> <p>(၃) တော်မတော်ထိန်ကွဲကျိုးကျဲလော တော်သွန်ညါနှိပ်ဖိးတော်ဟူးတော်ဂဲအဂီၢ် - effective therapeutic method for mood and action</p> <p><b>Community Notes</b> There is no direct equivalent. Because this type of therapy may not be familiar, we recommend that clinicians have a conversation with the interpreter before talking to a patient about this treatment for the first time.</p>
<p><b>Cognitive Therapy</b></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>“Cognitive therapy requires a few months.”</p>	<p>(၁) တော်ဆိန်ထွဲမတော်လိပ်တော်လိပ် အိန်ဒီး တော် သးစဲဘန်ထွဲလိပ်သး လောတော်သွန်ညါနှိပ်ဖိးတော်ဟူး သွန်ဟ်သး ဒ်သိးကဆိတလဲ မတော်ထိန်တော်လော အမေ တော်တော်တော် - effective therapy focusing on the interaction between knowledge and behavior to improve those that interfere</p> <p>(၂) တော်မတော်အိန်ဒီးတော်သးစဲလောတော်သွန်ညါနှိပ်ဖိးတော်ဟူး သွန်ဟ်သးဒ်သိးကဆိတလဲမတော်ထိန်အဂီၢ် - treatment focused on improving thoughts and behavior to make a change for the better</p> <p>(၃) တော်မတော်လောကမတော်ထိန်တော်ဆိန်ကမိန်အဂီၢ် - treatment to improve thoughts</p> <p><b>Community Notes</b> There is no direct equivalent. Because this type of therapy may not be familiar, we recommend that clinicians have a conversation with the interpreter before talking to a patient about this treatment for the first time.</p>
<p><b>Exposure</b></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</p>	<p>“One effective component of many PTSD treatments is exposure. This is a carefully controlled way to help people process their traumatic experiences so those</p>	<p>(၁) တော်မတော်လောလောဒုးသွန်နိန်ထိန်ကွဲ ပုဆါဘန်ဃး အပူကွံတော်မာ သွန်ကော်သးဂီၢ်အဂီၢ်ဒ်သိးကမတော်လိပ် တော်တော်ဘန် - treatment that helps patients reduce their suffering by helping to remember past traumatic events</p> <p>(၂) တော်မတော်ပုဆါဒ်သိးကမတော်လိပ်တော်တော်ဘန်အဂီၢ်ခိဖျိတော်မာဒုးသွန်နိန်ကွဲဘန်ဃး အပူကွံ တော်မာသွန်ကော်သး ဂီၢ်အဂီၢ် - treatment for the patient to</p>

Word & Definition	Example	Translation & Notes
<p>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>experiences no longer control their lives.”</p>	<p>reduce their suffering by helping to remember past traumatic events</p> <p>(၃) တာမာကျါလာဒူးသ့ၣ်နီၣ်ထီၣ်က့ၤတၢ်ပျံၤတၢ်ဖူး လၢ အပူၤကွံၣ်ဒိသိးကမၤလီၤမၢ်ကွံၣ်, ကမၤစ့ၤလီၤက့ၤ တၢ်ဆါအဂီၢ်. - treatment that helps remember past traumatic event to reduce suffering</p> <p><b>Community Notes</b> There is no direct equivalent. Because this type of therapy may not be familiar, we recommend that clinicians have a conversation with the interpreter before talking to a patient about this treatment for the first time.</p>
<p><b>Eye Movement Desensitization and Reprocessing (EMDR)</b></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>“Eye movement desensitization and Reprocessing, or EMDR, uses special eye or hand movements retrain your brain to stop letting memories of the trauma interfere with your daily life.”</p>	<p>(၁) တာမာကျါအိၣ်ထီၣ်ဖဲတၢ်မၤသ့ၣ်နီၣ်ထီၣ်က့ၤ ပုၤဆါ ဘၣ်ဃးတၢ်မၤဘၣ်ဒိသး အဒိၣ်အမုၢ်ခိဖျိ တၢ်ဒူးန့ၣ်အီၤလၢမဲၣ်ချ့, မ့တမ့ၢ်စုခံခိကပၤ အတၢ်ဟူးဂဲၤတဝီၢ်ဝံၤတဝီၢ်. - treatment during which the patient remembers the traumatic event with hand or eye movements</p> <p>(၂) တာမာကျါလာအဒူးမၤသ့ၣ်နီၣ်ထီၣ်က့ၤ ပုၤဆါ ဘၣ်ဃးတၢ်မၤဘၣ်ဒိသး အဒိၣ်အမုၢ်အိၣ်ဃုၣ်ဒီး တၢ်မၤဟူးမဲၣ်ချ့ မ့တမ့ၢ်စုခံခိအတၢ်ဟူးတၢ်ဂဲၤ. - treatment helping remind the patient about the past traumatic event with eye or hand movements</p> <p><b>Community Notes</b> There is no direct equivalent. Because this type of therapy may not be familiar, we recommend that clinicians have a conversation with the interpreter before talking to a patient about this treatment for the first time.</p>
<p><b>Narrative Exposure Therapy (NET)</b></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>(၁) တၢ်ဆီၣ်ထွဲမၤစၢၤတုၤလီၤတီၤလီၤ, လၢကမၤဂ့ၤ ထီၣ် (ပုၤဆါ)၊ ပုၤတူၢ်ဘၣ်တၢ် ဒိသိးကသုဒူးအိၣ်ထီၣ် တၢ်တဲဖျါက့ၤအတၢ်လီၤပျံၤလီၤဖူးအဂီၢ်, လၢက့ၢ်တၢ်လီၤ ပလိၣ်ဒီးကမၤကျါက့ၤတၢ်အဂီၢ်. - effective therapy that helps the (patient) sufferer create a narrative story of the traumatic event in a coherent and therapeutic way</p> <p>(၂) တာမာကျါလာကသုဒူးအိၣ်ထီၣ်တၢ်တဲဖျါထီၣ်က့ၤ တၢ်လီၤပျံၤလီၤဖူးအဂီၢ်ဒိသိးကမၤကျါက့ၤတၢ်အဂီၢ်. - treatment that helps relate the trauma story in a therapeutic way</p> <p>(၃) တာမာကျါက့ၤပုၤဆါဒိသိး ကတဲဖျါထီၣ်က့ၤအတၢ်လဲၤခိဖျိတၢ်လီၤပျံၤလီၤဖူးလၢအပူၤကွံၣ်အဂီၢ် -therapy that cures a patient by helping to tell the story of a past traumatic event</p>

Word & Definition	Example	Translation & Notes
		<p><b>Community Notes</b> There is no direct equivalent. However, telling a story to heal from trauma or stress is familiar to the community. Often this is done with a trusted friend or peer.</p>