

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

This is a glossary of 41 Nepali-language terms pertaining to effective treatment for PTSD. The glossary was developed by a team of three interpreters from the Nepali-speaking Bhutanese refugee community 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 from the Nepali-speaking Bhutanese refugee community. *The glossary is intended to help clinicians, interpreters, and members of the Bhutanese refugee community talk about PTSD treatment.*¹ Contents include:

- Suggested translations, along with Romanization as preferred by some community members
- 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.

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 and their page numbers.

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Citation: Gurung A, Kafly D, Thapa K, Ortiz P, McWhorter LG, Yun K (2020) *Nepali Glossary: Effective Treatment of Refugee Adults with Post-Traumatic Stress Disorder*. Children’s Hospital of Philadelphia. This project was funded through a Patient-Centered Outcomes Research Institute (PCORI) Eugene Washington PCORI Engagement Award (EA #15378).

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). 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>	<ol style="list-style-type: none"> सुर्ता (<i>surta</i>) – worry भविष्यको डर (<i>bhavisyako dar</i>) – fear about the future चिन्ता (<i>chinta</i>) – worry <p>Community Notes</p> <p>There is no exact equivalent for this term in the Bhutanese refugee community. However, these options are likely to be meaningful for the majority of community members.</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>तर्किनु (<i>tarkinu</i>)</p> <p>Not Recommended</p> <p>अलग / टाढा रहनु / जोगिनु (<i>alag / tada rahanu / jogginu</i>), which mean "remain safe" or "stay safe," are not recommended when talking about PTSD. Individuals with PTSD may avoid things that <i>are safe</i> but remind them of a prior traumatic event. Phrases such as "do you <i>stay safe</i> from the sound of fireworks" would not make sense. पन्छिनु; (<i>panchhinu</i>) is not recommended because it connotes irresponsibility.</p>
<p>Cope</p> <p>To manage or deal with and attempt to overcome problems.</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>	<ol style="list-style-type: none"> सामना गर्नु (<i>samana garnu</i>) – to deal with व्यवस्था गर्नु (<i>byabastha garnu</i>) – to manage

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<p>Effective PTSD treatment improves coping.</p>	<p>"How are you <i>coping</i> with your stress?"</p>	<p>3. समस्यलाई सामना गरी सजिलो बनाउनु (<i>samasyalaaai samana garee sajilo banaunu</i>) – to ease a problem by making it manageable</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. उदासीपन (<i>udashipan</i>)</p> <p>2. हतासपन (<i>hataspan</i>)</p> <p>3. निरासा (<i>niraashaa</i>) – without hope</p> <p>Community Notes</p> <p>Options #1 and #2 may not be meaningful for all members of the Bhutanese refugee community, who may instead prefer option #3. Community members may also use हरेश खाएको अवस्था (<i>haresh khayeko awastha</i>) to talk about the feeling of defeat caused by adversity.</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. निदान (<i>nidaan</i>)</p> <p>2. समस्या पहिचान (<i>samasya pahichaan</i>)</p> <p>Community Notes</p> <p>Clinicians may find that these terms are more meaningful when paired with the name of the specific condition, e.g., "diagnosis of PTSD."</p> <p>Not Recommended</p> <p>[रोगको निदान] (<i>rogko nidaan</i>) may be stigmatizing for this community.</p>
<p>Distress</p>	<p>"It sounds like you have been feeling <i>distressed</i> since your move to the</p>	<p>1. पिर (<i>pir</i>)</p> <p>2. तनाव (<i>tanab</i>)</p>

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Feeling upset and uncomfortable; having very unpleasant feelings	US, with all of the changes and disruptions."	3. संकट (<i>sankat</i>) – distress / difficulty (especially with activities of daily life) 4. कष्ट (<i>kasta</i>)
Drink alcohol (to drink; to use alcohol) To consume intoxicating beverages, such as beer, wine, or liquor	"She drank vodka every day to help forget about the war." "How much do you drink?"	1. रक्सी पिउनु (<i>raksi piunu</i>) 2. रक्सी सेवन गर्नु (<i>raksi sewan garnu</i>) – to drink alcohol (to cope with a stressful situation) Community Notes Use additional descriptive language if discussing <i>problematic</i> drinking.
Flashback In the context of PTSD, this is a sudden, involuntary memory in which one suddenly feels like a traumatic event is happening again.	"Do certain sounds, smells, or sights—like military uniforms—trigger <i>flashbacks</i> to when you were imprisoned?"	1. पीडादायी झझल्को (<i>peedaadaayi jhajhalko</i>) – painful flashbacks 2. झझली आउने पीडादायी याद (<i>jhaljhali aaune peedaadaayi yaad</i>) – a painful vivid memory
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. जिम्मेवारी पुरा गर्न सक्नु (<i>jimmewari pura garna saknu</i>) – to be able to carry out responsibilities 2. काम गर्न सक्नु (<i>kaam garna saknu</i>) – to be able to work 3. क्रियाशील रहनु (<i>kriyashil rahanu</i>) – to remain active Community Notes There is no exact equivalent for this term. Option #1 may be preferred by members of the Bhutanese refugee community.
Hypervigilant Always feeling on guard, always looking out for danger,	"After his car accident, he became <i>hypervigilant</i> when driving. He never felt relaxed or safe in the car, and he was always	1. अत्यन्त सावधान (<i>atyanta sawadhan</i>) 2. अति धेरै होसियारी (<i>atti dherai hosiyari</i>) – extremely cautious

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<p>extremely cautious, and never able to relax</p>	<p>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?” No single word for hypervigilant.</p>	<p>3. जहिले पनि सुरक्षया अपनाई राख्नु (<i>jahiley pani suraksha apnai rakhnu</i>) – always on guard</p> <p>Community Notes This may not be a meaningful term for everyone in the Nepali-speaking Bhutanese refugee community. Use with caution and consider more descriptive language, e.g., “Do you feel as if you’re always on guard, even when you’re somewhere safe?”</p>
<p>Long-term impact</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>1. दीर्घकालिन असर (<i>dirghakalin asar</i>) – long-term impact</p> <p>2. लामो समयसम्म पर्ने असर (<i>lamo samaye samma paarne asar</i>) – impact that lasts a long time</p>
<p>Negative thoughts</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>1. नकारात्मक सोचहरु (<i>nakaratomak sochharu</i>)</p> <p>2. मनमा पिर पार्ने सोचाईहरु (<i>manma pir paarne sochhaiharu</i>) – distressing thoughts; “thoughts that trouble the mind”</p>
<p>Numb</p> <p>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.”</p> <p>“What you described sounds like you are <i>numb</i>, and can’t seem to</p>	<p>1. लाटिएको (<i>lattiyeko</i>) – numb; being unable to sense or feel</p> <p>2. भावना नभएको (<i>bhavana nabhayeko</i>) – having no feeling or flat affect</p> <p>3. मनमा खुसी वा चोटको महसुस नभएको (<i>manma khusi wa chotko mahasus nabhayeko</i>) – being unable to feel happiness or sorrow; emotionally numb</p>

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	feel anything, positive or negative."	<p>Community Notes</p> <p>In the Bhutanese refugee community, the term लॉटिएको (<i>lattiyekeo</i>) is most often used to describe physical numbness. The term भावना नभएको (<i>bhavana nabhayeko</i>) specifically pertains to how someone feels emotionally but is not used as widely. The third option may best convey the intended meaning in the context of conversations about PTSD.</p>
<p>Re-experience</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, physical sensations, or a sense that the traumatic event is recurring. Types of re-experiencing include:</p> <p>Flashbacks – reliving the trauma over and over</p> <p>Nightmares – frightening dreams with images or themes similar to the traumatic event</p> <p>Frightening thoughts related to the traumatic event</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>"You seem to <i>re-experience</i> the night when your father had a heart attack whenever you go to a hospital."</p>	<ol style="list-style-type: none"> 1. पुनः अनुभव गर्नु (<i>punaha anubhav garnu</i>) 2. फेरि अनुभव गर्नु (<i>feri anubhav garnu</i>) 3. बिगतको दर्दनाक घटनालाई सम्झी त्यो घटनाको फेरि शारीरिक र मानसिक रूपमा अनुभव गर्नु (<i>bigatko dardanak ghatanalaai samjhi tyo ghatanako feri sharirik ra manasik rupma anubhav garnu</i>) – to re-experience a past traumatic event physically and mentally by remembering the past event <p>Community Notes</p> <p>This term may not be meaningful for everyone in the Bhutanese refugee community. Consider using more descriptive language, e.g., option #3.</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. <i>In the mental health context, it means to use drugs, alcohol, or other addictive behavior, such as overeating or gambling, in an unhelpful way,</i></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,</p>	<p>आफ्नो मनमा लागेको पिरलाइ एकछिनको लागि शान्त पार्न रक्सि वा कुनै लागु पदार्थको दुरुपयोग गर्नु (<i>aafno manma lageko pirlaai ekchhinko lagee shanta parna raksi wa kunai laagu padartha ko durupayog garnu</i>) – to misuse drugs or alcohol to reduce emotional pain temporarily</p> <p>Community Notes</p> <p>There is no exact equivalent for this term, which could be misunderstood as "using over-the-counter medication" or "using</p>

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as an attempt to reduce negative thoughts or feelings.	we recommend treatments such as therapy from a specialist or medication prescribed by a doctor."	home remedies" rather than "using addictive substances or drugs." Use with caution and consider more descriptive language, as shown above.
<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>1. राम्रो पक्ष (<i>ramro paksha</i>) – good qualities</p> <p>2. क्षमता (<i>kshamta</i>) – strengths</p> <p>Community Notes</p> <p>Option #2 can be used to describe physical strength or psychological strength.</p>
<p>Symptoms</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>लक्षण (<i>lakshan</i>) – symptoms</p>
<p>Trigger</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. झस्क्याइ (<i>jhaskyai</i>) – trigger (noun)</p> <p>2. पीडादायी घटनालाई सम्झाई दिनु (<i>peedaadaayi ghatanalaai samjhai dinu</i>) – to remind one of a traumatic event (verb)</p>
<p>Uncontrollable thoughts and images</p>	<p>"When she was baking a cake for her daughter's birthday, she had</p>	<p>रोक्न नसकिने नचाहिँदो सोचाइ र आकृति (<i>rokna nasakine sochaai ra aakriti</i>) – unwanted</p>

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<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>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>thoughts and images that cannot be stopped/controlled</p>
<p>Use drugs (drug use)</p> <p>To use prescription drugs (e.g., opiate pain medication) in a <i>harmful way</i> (other than intended) or to use other <i>addictive substances</i>, e.g., heroin or cocaine</p>	<p>“Some people <i>use drugs</i> as a way to cope with their PTSD symptoms.”</p>	<p>लागू-औषधि हानिकारक रूपमा प्रयोग गर्नु (<i>laagu-ausadhi hanikarak rupma prayog garnu</i>) – use drugs in a harmful way</p> <p>Not Recommended लागूपदार्थ दुर्व्यसनी (<i>laagu padartha durbyesani</i>) or औषधि दूरुपयोग (<i>ausadhi durupyog garnu</i>) describes drug misuse or abuse. However, these phrases may sound harsh or critical.</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. 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</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>	<ol style="list-style-type: none"> 1. आघात वा दुर्घटना पछिको भावनात्मक गडबडी (<i>aaghaat wa durghatana pachhiko bhavanatmak gadbadi</i>) – an emotional disorder after a trauma or accident 2. दुर्घटना पछि मनमा लागेको गहिरो चोट (<i>durghatana pachhi manma lageko gahiro chot</i>) – a deep emotional wound after a trauma or accident 3. कुनै दुर्घटनापछि लामो समयसम्म निरन्तर भइरहने तनावीय अनुभव (<i>kunai durghatana pachhi lamo samayesamma nirantar bhairahane tanabiya anubhav</i>) – a stressful experience that is continuously felt for a long time after a traumatic event

Word & Definition	Example	Translation & Notes
<p>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>Community Notes</p> <p>There is no exact equivalent for “PTSD” in Nepali as spoken in the Bhutanese refugee community, and this condition may not be familiar to the lay public.</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>
<p>Trauma</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. Use context to determine correct usage or ask the clinician to clarify.)</p>	<p>“The hurricane caused <i>trauma</i> to many of the families in our city.”</p>	<ol style="list-style-type: none"> 1. आघात (<i>aaghaat</i>) 2. पीडादायी घटना प्रति नकारात्मक भावना वा प्रतिक्रिया (<i>peedaadaayi ghatana prati nakaratmak bhavana wa pratikriya</i>) – a negative emotional feeling or reaction to a stressful event <p>Community Notes</p> <p>This term may not be meaningful to everyone in the Bhutanese refugee community. Consider using more descriptive language, e.g., option #2.</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</p>	<ol style="list-style-type: none"> 1. अप्रिय घटना (<i>apriya ghatana</i>) 2. पीडादायी घटना (<i>peedaadaayi ghatana</i>) – very stressful or painful event

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<p>impact these events have on your life.”</p>		
<p><i>Mental Health Professionals</i></p>		
<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>	<ol style="list-style-type: none"> 1. मनोचिकित्सक (<i>manochikitsak</i>) – psychiatrist (technical) 2. मनोरोगबिज्ञ (<i>manorogvigya</i>) – psychiatrist; doctor of mental illness (technical; potentially stigmatizing) 3. भावनात्मक र ब्यबहारिक समस्यालाई उपचार गर्ने डाक्टर [चिकित्सक] (<i>bhavanatmak ra byagaharik samasyalaai upchar garne doctor [chikitsak]</i>) – doctor who treats emotional and behavioral problems <p>Community Notes</p> <p>The role of a psychiatrist (and the difference between a psychiatrist and a clinical psychologist) may need a more detailed explanation. Hence, options #1 and #2 may not be immediately meaningful to all members of the Bhutanese refugee community. Note that when describing both physicians and clinical psychologists, the English word “doctor” is commonly used in lieu of चिकित्सक (<i>chikitsak</i>).</p>
<p>Psychologist (clinical 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</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>	<ol style="list-style-type: none"> 1. मनोबैज्ञानिक (<i>manobaigyanic</i>) – psychologist (technical) 2. भावना र व्यवहारको समस्यालाई निदान गरी बातचितद्वारा उपचार गर्ने स्वस्थ व्यवसायी (<i>bhawana ra byawahaarko samasyalaai nidaan gari batchitdwara upachaar garne swastha byawasaayi</i>) – a health professional who diagnoses and treats emotional and behavioral problems through conversation <p>Community Notes</p> <p>Option #1 may not be meaningful to members of the Bhutanese refugee</p>

Word & Definition	Example	Translation & Notes
<p>trauma and experience less symptoms.</p>		<p>community. The second option may be helpful for community members who are first learning about the role of a psychologist or the nature of psychotherapy.</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, 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>	<ol style="list-style-type: none"> 1. विशेषज्ञ (<i>viseshegya</i>) – specialist (technical) 2. कुनै बिषय वा समस्या सम्बन्धि भित्री ज्ञान भएको व्यक्ति (<i>kunai bishaya wa samasya sambhandi bhitri gyan bhayeko byakti</i>) – a person who has deeper knowledge of an issue or topic <p>Community Notes</p> <p>Option #1 may not be meaningful for all members of the Bhutanese refugee community. Clinicians may find descriptive language more helpful.</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 or counselor</i> would really help. Therapy can be a very helpful way to overcome these feelings.”</p>	<ol style="list-style-type: none"> 1. मनोबैज्ञानिक सल्लाहकार (<i>manobaigyanic sallahakar</i>) -psychological counselor 2. बातचितद्वारा मनोबैज्ञानिक समस्यालाई उपचार गर्ने व्यक्ति (<i>baatchitdwara manobaigyanic samasyalaai upachaar garne byakti</i>) – a person who treats emotional and behavioral problems through conversation <p>Community Notes</p> <p>Within the Bhutanese refugee community, there is no exact equivalent for “therapist” as used in the context of mental health care in the US, and individuals may appreciate an explanation of psychotherapy. More descriptive language may be necessary.</p> <p>Not recommended</p> <p>उपचार (<i>upachaar</i>) is a synonym for <i>treatment</i>, inclusive of medication and psychotherapy, and should not be used alone in this context.</p>

Word & Definition	Example	Translation & Notes
<i>Treatment</i>		
<p>Intervention (treatment)</p> <p>Specialized care given to a person to treat or bring about a change.</p> <p>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.”</p> <p>“I can recommend an effective <i>intervention</i> to help you with your PTSD symptoms.”</p>	<ol style="list-style-type: none"> 1. उपचार (<i>upachaar</i>) – treatment 2. हस्तक्षेप (<i>hastakshep</i>) – intervention <p>Community Notes These terms are more meaningful when paired with the reason for treatment, e.g., “treatment for PTSD.”</p>
<p>Process (verb)</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 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.”</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 <i>process</i> these traumatic experiences and help you to feel better.”</p>	<ol style="list-style-type: none"> 1. प्रक्रियामा लगाउनु (<i>prakriyama lagaunu</i>) 2. पीडादायी अनुभवलाई घटाउनु (<i>peedaadaayi anubhavlai ghataunu</i>) – to reduce emotional pain <p>Community Notes Option #1 may not be meaningful for members of the Bhutanese refugee community in this context. It is a very general term that is more often used for other kinds of processes, e.g., manufacturing.</p> <p>Descriptive language may be more useful, e.g., “The specialist will <i>help you heal</i> from these traumatic experiences and help you feel better.”</p>
<p>Referral (noun)</p> <p>Refer (verb)</p>	<p>“I am giving you a <i>referral</i> to talk with a therapist about your PTSD. This specialist will meet with</p>	<ol style="list-style-type: none"> 1. सिफारिस (<i>sifaris</i>) – referral (noun) 2. सिफारिस गर्नु (<i>sifaris garnu</i>) – refer (verb)

Word & Definition	Example	Translation & Notes
<p>When a healthcare clinician gives a patient the contact information and recommendation to seek healthcare services from another clinician, often a specialist. This sometimes includes the healthcare clinician sharing information with the new clinician.</p>	<p>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>	<ol style="list-style-type: none"> 3. विशेषज्ञ कहाँ उपचार गर्न पठाउनु (<i>bishesagya kahan upachaar garna pathaunu</i>) – to send to a specialist for treatment (verb) 4. उपचारकोलागि अघि बढाउनु (<i>upachaarko lagee aghee badaunu</i>) – to send for further treatment (verb) <p>Community Notes Members of the community may not be familiar with the need for referrals under some US health insurance plans. Option #3 is less commonly used.</p>
<p>Serotonin</p> <p>A chemical in your brain that affects how you feel.</p>	<p>“This medication helps people heal by affecting a brain chemical called <i>serotonin</i>.”</p>	<ol style="list-style-type: none"> 1. सेरोटोनिन (<i>serotonin</i>) – serotonin (technical) 2. मस्तिस्कमा हुने रसायनिक तत्व जसले मनस्थितिलाई नियमित राख्दछ (<i>mastiskama huney rasaayanik tatwa jasle manasthitilaa niyमित rakhdachha</i>) – a chemical in the brain that regulates mood
<p>Side effect</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>	<ol style="list-style-type: none"> 1. दुस्परिणाम (<i>dusparinaam</i>) – negative effect (technical) 2. दबाई वा औषधिको नकारात्मक असर (<i>dabai wa ausadhiko nakkaratmak asar</i>) – negative effect caused by medication <p>Community Notes Option #1 may not be immediately meaningful to members of the Bhutanese refugee community.</p>
<p>Therapy (psychotherapy)</p> <p>The American Psychological Association describes therapy as “a collaborative treatment based on the relationship between an individual and a psychologist.</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>	<ol style="list-style-type: none"> 1. मनोचिकित्सा (<i>manochikitsa</i>) – mental/emotional health treatment 2. मनोबैज्ञानिक समस्यालाई स्वस्थ सल्लाहकारसंग बातचितद्वारा गरिने उपचार (<i>manobaigyanic samasyalaa swastha sallakarsanga batchitdwara garine upachaar</i>) –

Word & Definition	Example	Translation & Notes
<p>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 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>treatment of emotional and behavioral problems by talking to a counselor</p> <p>Community Notes (Psycho)therapy does not have an exact equivalent in Nepali as spoken by the Bhutanese refugee community, and may not be a widely known treatment. We recommend a more detailed description, as suggested in option #2 if this is first discussion of psychotherapy with a patient.</p> <p>Not recommended उपचार is a synonym for <i>treatment</i>, inclusive of medication and psychotherapy, and should not be used alone in this context.</p>
<p>Trauma-Informed treatment</p> <p>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>	<ol style="list-style-type: none"> 1. आघात-सूचित उपचार (<i>aaghaat-suchi upachaar</i>) – trauma informed treatment (technical) 2. दुर्घटनाबाट उब्जिएको चोटलाई योजनाबद्ध तरिकाले गर्ने उपचार (<i>durghatanabata ubjiyeko chotlaai yojanabadda tarikale garne upachaar</i>) – treatment designed to help reduce the effects of trauma <p>Community Notes Option #1 is not used in the Bhutanese refugee community. A short explanatory phrase as shown in option #2 would be more meaningful.</p>
<p>Treatment plan</p> <p>A plan created by a healthcare professional to address a health condition. In the context of PTSD, a plan includes the chosen</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>उपचार योजना (<i>upachaar yojana</i>)</p>

Word & Definition	Example	Translation & Notes
<p>approach to treatment (e.g., EMDR, medication), how that approach will be carried out, and the duration of treatment.</p>		
<p><i>Psychotherapies</i></p>		
<p>Cognitive Behavioral Therapy (CBT)</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 may recommend <i>CBT</i>."</p>	<p>चिन्ता, भावना, र व्यवहारलाई सुधार गर्न बातचितद्वारा गरिने प्रभावकारी उपचार (<i>chinta, bhavana, ra byabaharlaai sudhar garna baatchitdwara garine prabhavkari upachaar</i>) – effective treatment to improve troubling thoughts, emotions, and behavior through conversation</p> <p>Community Notes This type of therapy is not familiar to most members of the Bhutanese refugee community. Use caution with this phrase, as it may not be meaningful without additional explanation.</p> <p>Not Recommended संज्ञानात्मक ब्यबहारिक चिकित्सा (<i>sangyatmak byabaharik chikitsa</i>, cognitive behavioral therapy) is an equivalent translation but not widely used and not likely meaningful.</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>मनस्थिति र व्यवहारलाई सुधार गर्न बातचितद्वारा गरिने प्रभावकारी उपचार (<i>manasthiti ra byabaharlaai sudhar garna baatchitdwara garine prabhavkari upachaar</i>) – effective treatment to support the process of improving mood and actions through conversation</p> <p>Community Notes This type of therapy is not familiar to most members of the Bhutanese refugee community. Use caution with this phrase, as it may not be meaningful without additional explanation</p>

Word & Definition	Example	Translation & Notes
		<p>Not Recommended संज्ञानात्मक प्रसंस्करण चिकित्सा (<i>sangyatmak prasamskaran chikitsa</i>, cognitive processing therapy) is an equivalent translation but not widely used and not likely meaningful.</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>पीडादायी सोचाईलाई बातचितद्वारा परिवर्तन गरेर लक्षणलाई घटाउने उपचार (<i>peedaadaayi sochaailaai baatchitdwara pariwartan garera lakshanlaai ghataune upachaar</i>) - a treatment to help reduce symptoms by changing distressing thoughts through conversation</p> <p>Community Notes This type of therapy is not familiar to most members of the Bhutanese refugee community. It may require additional explanation.</p> <p>Not recommended संज्ञानात्मक चिकित्सा (<i>sangyatmak chikitsa</i>) is an equivalent translation of cognitive therapy, but use caution with this phrase, as it is not widely used and is unlikely to be immediately meaningful.</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 component of many treatments 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>बिगतको पीडादायी घटनाको अनुभवलाई फेरी महसुस गराउदै त्यस अनुभवलाई घटाउने तरिका (<i>bigatko peedaadaayi ghatanako anubhavlaai feree mahasus garaudai, tyas anubhavlaai ghataune tarika</i>) – a method in which a patient is safely reminded of a past traumatic experience to reduce the emotional reaction to the event</p> <p>Community Notes This type of therapy is not familiar to most members of the Bhutanese refugee community. Use caution with this phrase, as it may not be meaningful without additional explanation.</p> <p>Not Recommended अनावरण (<i>anawaran</i>) is not recommended. In</p>

Word & Definition	Example	Translation & Notes
		<p>the context of PTSD treatment, “exposure” is a reminder of a past traumatic event rather than exposure to the elements or nakedness.</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>“EMDR uses special eye or hand movements retrain your brain to stop letting memories of the trauma interfere with your daily life.”</p>	<p>आँखाको चाल र पुनःप्रक्रियाद्वारा आघातलाई असंवेदनशील गराउने उपचार (<i>aankhako chal ra punahaprakriyadwara aaghaatlaai asambedansil garaune upachaar</i>) – treatment for desensitizing trauma through eye movement and reprocessing</p> <p>Community Notes This type of therapy is not familiar to most members of the Bhutanese refugee community. Use caution with this phrase, as it may not be meaningful without additional explanation.</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>आघात वा पीडादायी अनुभवको कथा भन्न लगाएर गरिने उपचार (<i>aaghaat wa peedaadaayi anubhavko katha bhanna lagayera garine upachaar</i>) - treatment that uses narration of a story (story-telling) to heal from traumatic experiences</p> <p>Community Notes This type of therapy is not familiar to most members of the Bhutanese refugee community.</p> <p>Not Recommended अनावरण (<i>anawaran</i>) is a literal equivalent of exposure, but is not recommended because of other meanings, such as exposure to the elements or nakedness, whereas <i>exposure</i> in this context refers to a reminder of the past.</p>