

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

This is a glossary of 41 *Swahili-language terms pertaining to effective treatment for PTSD*. The glossary was developed by a team of three interpreters from Swahili-speaking 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 from the Democratic Republic of the Congo (DRC). *The glossary is intended to help clinicians, interpreters, and members of the DRC refugee 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 Swahili’s 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>		
<b>Anxiety</b>	<p><i>Anxiety</i> is common after a traumatic event.</p>	Wasiwasi (DRC)
<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>Your inability to sleep or go to school due to fears and worries sound like <i>anxiety</i>.</p>	<p><b>Community Note</b> There is no commonly used equivalent in the sense of an anxiety disorder. However, this term is used to describe feeling anxious. An alternative term ("fadhaiko") is less commonly used in this community and may not be understood.</p>
<b>Avoid</b>	<p><i>Let's avoid that dog. The barking scares me.</i></p> <p><i>Since the house fire, do you avoid restaurants and other places that smell like smoke?</i></p>	<p>1. Kuhepuka (verb)</p> <p>2. Epuka (noun)</p>
<b>Cope</b>	<p><i>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.</i></p> <p><i>How are you <i>coping</i> with your stress?</i></p>	Kukabili – to cope
<b>Depression</b>	<p><i>Depression</i> symptoms include losing interest in activities you used to</p>	<p>1. Msongo wa mawazo – having deeply sad thoughts</p>

Word & Definition	Example	Translation & Notes
<p>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>enjoy and feeling hopeless.”</p> <p>“Your difficulty sleeping, eating and feeling good about yourself all sound like symptoms of depression.”</p>	<p>2. Huzuni (DRC) – distress, grief, deep sadness</p> <p><b>Community Note</b> There is no commonly used equivalent in the sense of major depression. However, the first option in particular conveys the idea of very deep sadness.</p>
<p><b>Drink alcohol</b> <b>(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>1. Kukunywa pombe – to drink alcohol</p> <p>2. Kutumia pombe – to use alcohol</p> <p><b>Community Note</b> These are neutral terms and do not necessarily indicate that alcohol use is problematic.</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 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.” Obedience</p>	<p>1. Kutambuwa (verb), Utambuzi (noun, East Africa) – to discover or examine, discovery or examination</p> <p>2. Kucunguza (verb) – to search or find</p> <p>3. Kukaguwa (verb), Ukaguzi (noun, DRC) – to assess, assessment</p> <p><b>Community Note</b> There is no widely used exact equivalent. However, these options communicate the idea of finding or discovering a diagnosis.</p>

Word & Definition	Example	Translation & Notes
<b>Distress</b>	"It sounds like you have been feeling <i>distressed</i> since your move to the US, with all of the changes and disruptions."	<ol style="list-style-type: none"> <li>1. Huzuni (noun) – trouble, depression, pain, sadness</li> <li>2. Kuhangaika (verb), Hangaiko (noun) – troubled, trouble</li> <li>3. Shida (noun) – problem, trouble, difficulty (literal)</li> </ol>
		<p><b>Community Notes</b></p> <p>Distress does not have an exact equivalent, although “huzuni” is close. Community members may also use “shida” to describe emotional distress.</p>
<b>Flashback</b>	“Do certain sounds, smells, or sights—like military uniforms—trigger <i>flashbacks</i> to when you were imprisoned?”	<p>Kukumbuka kitu kibaya cyenye kilipita – to remember something bad that has happened</p>
		<p><b>Use Caution</b></p> <p>There is no widely used equivalent. We recommend that providers discuss this with the interpreter and consider using more descriptive language.</p>
<b>Function</b>	<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>	<ol style="list-style-type: none"> <li>1. Kutenda – “to do something,” to take care of oneself</li> <li>2. Kutekeleza majukumu ya kila siku (East Africa) – to carry out one’s daily responsibilities</li> </ol>
		<p><b>Not Recommended</b></p> <p>“Kufanya kazi” is not recommended. It can also mean “to operate” or “to work,” and this does not make sense when talking about PTSD.</p>
<b>Hypervigilant</b>	“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.”	<ol style="list-style-type: none"> <li>1. Mwangalifu sana – very watchful</li> <li>2. Makini sana – very careful</li> <li>3. Mwoga mwoga – very fearful and jumpy</li> </ol>
		<p><b>Use Caution</b></p>

Word & Definition	Example	Translation & Notes
	<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>There is no widely understood equivalent. The 1<sup>st</sup> and 2<sup>nd</sup> options have positive connotations of being responsible or careful. The 3<sup>rd</sup> option would not be correct if talking to someone who is fearful for no reason, as may occur among patients with PTSD. More descriptive language may be necessary.</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>Athari ya muda mrefu – long-term negative impact</p>
<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>Mawazo mabaya – bad thoughts, negative thoughts</p>
<p><b>Numb</b></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 could not 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>Kukawuka moyo (DRC) – “emotionally dry” (literal), a numb feeling in your heart or soul</p> <p><b>Not Recommended</b> We do not recommend using “kukosa hisiya” (without feeling) or “mtu asiye na hisia” (person without feelings) as this could also be understood as heartless, insensitive, or callous.</p>
<p><b>Re-experience</b></p>	<p>“I sometimes <i>re-experience</i> the moment of</p>	<p>1. Kuishi tena mawazo mabaya fulani – to re-live the same</p>

Word & Definition	Example	Translation & Notes
<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> <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>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>	<p>thoughts about a negative experience</p> <ol style="list-style-type: none"> <li>2. Kuhisi tena maumivu ya moyo – to feel past emotional suffering</li> <li>3. Kulota tena vibaya – to dream again about a negative experience; to have a nightmare about something that happened in the past</li> <li>4. Kuogopa tena – to fear again; bringing up the fear of a past event</li> </ol> <p><b>Community Note</b> There is no commonly used direct equivalent, so different explanatory phrases are suggested.</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-medinating 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>	<ol style="list-style-type: none"> <li>1. Kujitunza wemwenyewe kwaju usahabu mawumivu ya moyo au ya roho (DRC) – self-medicating to forget emotional pain</li> <li>2. Kujitibu peke mu kusahabu maumivo ya moyo au ya roho (East Africa) – self-medicating to forget emotional pain</li> </ol>
<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</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>Nguvu za kushinda – strength of character, resilience, adaptability, perseverance</p>

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in overcoming obstacles and adverse situations.	“Your positive outlook and friendly personality are wonderful <i>strengths</i> .”	
<b>Symptoms</b>	“Nightmares about the traumatic event are a common <i>symptom</i> of PTSD.”	Dalili – symptoms or signs, e.g., “dalili za ugonjwa” meaning the symptoms of a disease or sickness
<b>Trigger (noun)</b>	“The sound of the train was a <i>trigger</i> for her, causing her to re-experience the train accident in her mind.”	<ol style="list-style-type: none"> <li>1. Sababu (noun) – trigger, cause, or reason</li> <li>2. Kusababisha (verb) – to cause something, to trigger</li> </ol>
<b>Trigger (verb)</b>	“Are there specific situations that <i>trigger</i> your flashbacks, like specific noises, sights, or smells?”	<b>Community Note</b> Context is necessary to understand that the speaker is referring to something that is emotionally triggering.
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.	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.	
<b>Uncontrollable thoughts and images</b>	“When she was baking a cake for her daughter’s birthday, she had frequent <i>uncontrollable thoughts and images</i> about the car accident.	Mawazo, picha, ndoto zenye hawutaki – unwanted pictures, thoughts, dreams
<b>(intrusive thoughts and images; unwanted thoughts and images)</b>	She kept seeing the accident over and over in her mind.”	<b>Community Note</b> There is no commonly used equivalent. Instead, people use more specific terms, e.g., “unwanted thoughts”, “unwanted dreams”, or “unwanted mental images.”
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	“Are you having <i>uncontrollable or unwanted thoughts or</i>	

Word & Definition	Example	Translation & Notes
unexpectedly or when one is trying to focus on other things.	<i>images when you try to fall asleep?</i>	
<b>Use drugs</b>	“Some people <i>use drugs</i> as a way to cope with their PTSD symptoms.”	Kutumia dawa za kulevya – to use recreational drugs
<b>Trauma</b>		
<b>Posttraumatic Stress Disorder (PTSD)</b>	“One in three people can develop posttraumatic stress disorder, or <i>PTSD</i> , after traumatic events. You are not alone.”	1. Mateso makubwa inayo sababishwa na tukiyo lenye lilikushitukiza na kuumiza (DRC) – profound suffering about a past traumatic event
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.	“The symptoms you described are typical of <i>posttraumatic stress disorder</i> , or PTSD. I recommend you see a specialist who can help you.”	2. Matatizo ya dhiki baada ya tukio la kuumiza (East Africa) – profound suffering about a past traumatic event
Symptoms include nightmares, flashbacks, uncontrolled thoughts about the traumatic event, wanting to avoid reminders of the trauma, and feeling like you cannot 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><b>Community Note</b></p> <p>This condition and concept may not be familiar to the lay public, and there is no commonly used equivalent. 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><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>	<ol style="list-style-type: none"> <li>1. Mateso mazito ya moyo (DRC) – deep emotional suffering</li> <li>2. Tukio ya kuumiza na kushitukiza – shocking and unexpected event</li> <li>3. Kiwewe – trauma</li> </ol> <p><b>Community Note</b> Most people explain the word trauma by giving example of what has happened to them. <b>Use caution</b> with the 3<sup>rd</sup> option, which is not commonly understood.</p>
<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>	<ol style="list-style-type: none"> <li>1. Tukio la gafla (DRC) – a sudden unexpected, traumatic incident like a car accident or bomb</li> <li>2. Tukio la woga (DRC) – scary event</li> <li>3. Tukio la aibu (DRC) – a shameful event like being raped or ridiculed</li> <li>4. Tukio la kushituwa (DRC) – a shocking event; something that you didn’t see coming, such as if a trusted person betrays you violently or a bomb</li> </ol> <p><b>Community Note</b> Community members tend to give more details about how a person feels during an event. <b>Use caution with</b> “kiwewe” (“tukio la kiwewe”) as this word for trauma is not commonly understood.</p> <p><b>Not Recommended</b> The word for rape (“ubakaji”) is offensive and should not be used. If the interpreter needs to discuss rape, a phrase that describes being taken/touched inappropriately by force (“kushikwa ku ngufu”) is more appropriate.</p>

Word & Definition	Example	Translation & Notes
<i>Mental Health Professionals</i>		
<b>Psychiatrist</b>	<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>Doktari wa afya ya akili – mental health (brain/head/thinking) doctor</p> <p><b>Community Note</b> There is no commonly used equivalent, and members of the DRC refugee community may be unfamiliar with this professional role. Additional explanation may be appreciated by patients who are new to mental health care.</p> <p>Selecting the right term is extremely important because many words for “mental health” are stigmatizing. The suggested phrase is neutral.</p>
<b>Psychologist</b>	<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> <ol style="list-style-type: none"> <li>1. Mwenye anatowa matibabu ya hisia na tabia – someone who provides treatment pertaining to emotions and behavior</li> <li>2. Mtaalamu wa afya ya akili (East Africa) – mental health counsellor</li> </ol> <p><b>Community Note</b> There is no commonly used equivalent, and members of the DRC refugee community may be unfamiliar with this professional role. Additional explanation may be helpful for patients who are new to mental health care.</p> <p>Selecting the right term is extremely important, because many words for “mental health” are stigmatizing. The suggested phrases are neutral.</p>

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		<p><b>Use caution</b> with “saikolojia” (psychology, as in “mtaalamu wa saikolojia”), as it is rarely used and may not be meaningful to community members.</p> <p><b>Not Recommended</b> Phrases that incorporate stigmatizing terms for mental health are not recommended.</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>	<ol style="list-style-type: none"> <li>1. Mtu mwenye eko na ujuzi wa kuzidi kutokana na magonjwa – someone who knows more about this illness</li> <li>2. Mtaalam (East Africa) – counselor, leader, advisor</li> </ol> <p><b>Community Note</b> There is no exact equivalent. Instead, clinicians should describe the type of specialist, e.g., heart specialist.</p>
<p><b>Therapist</b> <b>(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</i> or <i>counselor</i> would really help. Therapy can be a very helpful way to overcome these feelings.”</p>	<ol style="list-style-type: none"> <li>1. Mushauri wa tiba/matunzo za akili, tabia na mawazo – a professional/advisor who treats behavior and thoughts</li> <li>2. Mtaalam wa tiba za akili, tabia na mawazo (East Africa) – a professional or advisor who treats behavior and thoughts</li> </ol> <p><b>Community Note</b> “Mtaalam” is a respectful term that refers to a counselor, leader, or advisor who is here to help and guide. However, it is not commonly used among refugees from DRC. “Mushauri” is more likely to be meaningful.</p>
<p><i>Treatment</i></p>		

Word & Definition	Example	Translation & Notes
<b>Intervention</b> <b>(treatment)</b>  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>"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>Matunzo/Matibabu – treatment</p> <p><b>Not Recommended</b>  Avoid terms, e.g., "ujumuhikaji" or "uingiliaji", that also mean, "meddling."</p>
<b>Process (verb)</b>  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>"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>	<p>1. Kufuata</p> <p>2. Matibabu ya kufuata atuwa ya kupona moyio – treatment process of healing your soul or spirit</p>
<b>Referral (noun)</b>  <b>Refer (verb)</b>  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	<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</p>	<p>1. Muelekezo (noun)</p> <p>2. Kuelekeza (verb)</p> <p><b>Community Note</b>  Members of the community may not be familiar with the need for referrals under some US health insurance plans.</p>

Word & Definition	Example	Translation & Notes
provider sharing information with the new provider.	specializes in PTSD and stress. She may prescribe medication to help you with your symptoms.”	
<b>Serotonin</b> A chemical in your brain that affects how you feel.	“ <i>This medication affects the serotonin in your brain.</i> ”	<b>Community Note</b> There is no equivalent in Swahili. If it is necessary to use this word, a description will be needed, e.g., “ <i>kitu kila mtu anaco mu kicwa kitawezika kuathiri akili au hisia</i> ” meaning “something everyone has in their brain that affects your mood/emotions.”
<b>Side effect</b> Unwanted, unpleasant reactions to a medication.	“That medicine has some <i>side effects</i> , such as upset stomach, but that goes away after a few days.”	Athari ya baadae ya matibabu au ya dawa – something not good that can happen after treatment or medication
<b>Therapy</b> <b>(psychotherapy)</b> 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><i>“Therapy 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.”</i></p> <p><i>“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.”</i></p>	Tiba/matunzo kuhusiana mawazo na tabia – treatment related to thoughts and behavior

Word & Definition	Example	Translation & Notes
<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 his or her emotions does this in a safe, supportive setting. Over time, therapies for PTSD reduce the emotional impact of the traumatic event.</p>		
<p><b>Trauma-informed treatment</b>  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>Matibabu/matunzo yakusaida mwenye alipitia mambo ya galfa/kuumiza – treatment created to help people who have experienced trauma</p> <p><b>Community Note</b> There is no widely used equivalent term. The suggested short phrase conveys the equivalent meaning without stigma.</p>
<p><b>Treatment plan</b>  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>Mupango wa matibabu/matunzo – treatment plan</p>
<p><b>Psychotherapies</b></p>		
<p><b>Cognitive Behavioral Therapy (CBT)</b>  An effective therapy for PTSD in which a therapist helps the patient to engage in productive and pleasant activities, learn coping strategies, and reduce</p>	<p>“The therapist may recommend <i>CBT</i>.”</p>	<ol style="list-style-type: none"> <li>1. Tiba ya kusaida mawazo, hisia na matendo – therapy to help with thoughts, feelings and actions</li> </ol>

Word & Definition	Example	Translation & Notes
symptoms by addressing negative thoughts and beliefs		<p>2. Tiba ya kutunza mawazo, hisia na matendo – therapy to treat thoughts, feelings and actions</p> <p><b>Community Note</b> There is no widely used equivalent term. The suggested short phrase conveys the equivalent meaning without stigma.</p> <p>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 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 may recommend <i>CPT</i>.”</p>	<p>Tiba ambayo inasaidia kupunguza mawazo na hisia ya msongo mu kwandika adisi ya tukio la gafla/ au maumizi mtu alipitia – therapy that helps reduce distressing thoughts and feelings through writing a person’s story of a traumatic event</p> <p><b>Community Note</b> There is no widely used equivalent term. The suggested short phrase conveys the equivalent meaning without stigma.</p> <p>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</p>	<p>“The therapist may recommend <i>cognitive therapy</i>.”</p>	<p>Tiba ambayo ina shugulikiya mawazo na jinsi mawazo zina athariya hisia ya mtu – therapy that addresses thoughts and how they affect one’s feelings</p> <p><b>Community Note</b> There is no widely used equivalent term. The suggested short phrase conveys the equivalent meaning</p>

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verbal or written autobiographic narrative.		without stigma. 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><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 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>Tiba ambayo ina saidia mtu kukumbuka tukio la gafla / au yenye ilimuumiza mtu ku pitia kwa mchakato wa kupunguza hisia kutokeya tukio hio – a therapeutic method in which a patient is reminded safely of a past traumatic experience in the process of reducing the emotional reaction to the event</p> <p><b>Community Note</b> There is no widely used equivalent term. The suggested short phrase conveys the equivalent meaning without stigma. 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>Not Recommended</b> We do not recommend “uwazi” (exposure) as it has other meanings, such as nakedness.</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</p>	<p><i>“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.”</i></p>	<p>Tiba ambayo ina punguza mahangaiko mu kutumia mwendo wa macho na mtu eko anakumbuka mabaya yenye aliopitiya – therapy that reduces distress by using certain eye movements while recalling upsetting events</p> <p><b>Community Note</b> There is no widely used equivalent term. The suggested short phrase conveys the equivalent meaning</p>

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movements as the memory is recalled	without stigma. 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.	
<b>Narrative Exposure Therapy (NET)</b> 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	"The therapist may recommend <i>NET</i> ."	<ol style="list-style-type: none"> <li>1. Tiba ambayo ina tumia maelezo au adisi mu kusaidia mtu kupona mambo ya gafla / kuumiza yenye alipitiya – therapy that uses narrative/storytelling to heal from a trauma</li> <li>2. Tiba inayo tumia maelezo/adisi mu kuponya tukio la gafla / maumizi mtu aliyopitiya – therapy that uses narrative / storytelling to heal from a traumatic experience</li> </ol>

#### Community Note

There is no widely used equivalent term. The suggested short phrases convey the equivalent meaning without stigma. 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.