

**Psychotherapy Glossary**

<b>English</b>	<b>Second Language</b>
Accumulative	
Adjustment	
Affidavit	
Affiliation/to be affiliated with	
Amputation	
Anxiety	
Appeal/ to appeal	
Assessment	
Asylee	
Asylum	
Asylum officer	
Attorney/lawyer	
Authorities	
Avoidance	
Back pain	
Ballot	
Beating	
Behaviors	
Bodily harm	
Border guards	
Breathing	
Burning	
Bush (i.e. “escaped into the bush”)	
Case	
Charges (i.e. criminal charges)	
Clan	
Clandestine	
Clinician	
Concentration camp	
Confidential/confidentiality	
Coping	
Corpse/dead bodies	
Corroborating evidence	
Counteracting	
Courage	
Court	
Co-wife	
Crying easily	
Custody	
Death	

Democracy	
Demonstration	
Depression	
Deprivation	
Detachment/detached	
Designed	
Dictator/dictatorship	
Diaphragmatic breathing	
Disappeared	
Disfigurement	
Disinterest	
Dizziness	
Do you blame yourself? (self guilt)	
Documentation	
Election campaign	
Electric shock	
Electrocution	
Elements	
Emotions/emotional concerns	
Employment	
Escape/to escape/flee/seek refuge	
Ethnic group membership	
Exaggerated startle response	
Exhale	
Exile	
Expectations	
Experience	
Exposure (to extreme cold)	
External	
Facilitator	
Faith	
Fear	
Feeling lonely	
Flashbacks	
Fingerprint/to get fingerprinted	
Free (of charge)	
Forced labor camp	
Form (that you fill out)	
Fraudulent	
Green Card Lottery	
Gunfire	
Hallucinations	
Handcuffs/to be handcuffed/shackles/shackled	
Harassment	
Headaches	

Healing	
Hearing	
Heart-racing	
Hold	
Hope	
Hyper arousal	
Immersion	
Immigration	
Imprison	
Improvement	
In hiding	
Inability to experience a range of feelings	
Inability to concentrate	
Inhale	
Insurance	
Internal	
Interpreter	
Interrogations	
Intervention	
Irritability	
Isolated	
Judge	
Kidnap	
Legal	
Log (written record)	
Loss of sexual interest	
Meeting	
Membership cards (for political groups)	
Memories	
Military camp	
Monitoring	
Motion to Reopen/Reconsider	
Muscle relaxation	
Mutilation	
National Identity Card	
Nausea or upset stomach	
Negative thoughts	
Nightmares	
Notice (i.e. notice to appear)	
Numbing	
“Out of body” Experience	
Pace	
Parole	
Passport	
Pause	

Pattern	
Persecution	
Physical health	
Physiological	
Political involvement	
Polls	
Poor concentration	
Post-traumatic stress	
Practical issues	
Prison camp	
Prison cell	
Prisoners	
Pro bono	
Proof of Entry	
Protest march	
Psychological testing	
Rape	
Rebels	
Reduce	
Re-experiencing	
Refugee	
Refugee camp	
Religion	
Removal (deportation) proceedings	
Resilience	
Resources	
Rifle/gun butt	
Rumination/ Too much thinking	
Rules	
Sadness	
Satisfied	
Search/arrest warrant	
Sentence	
Session	
Sexual assault	
Sexual humiliation	
Sexual orientation	
Situation	
Shortness of breath	
Short term	
Sleep difficulties	
Social group	
Soldiers	
Spirit	
Sponsor	

Status	
Stomach pain	
Stowaway	
Stress triggers	
Supporting documents	
Sweating	
Tear gas	
Tense	
Terror	
Therapist	
Therapy	
Thoughts	
Threat	
Tighten	
To apply (i.e. for asylum)	
To be a member of (i.e. a political party)	
To be arrested/arrest	
To be stripped (of clothes)	
To beat/to be beaten	
To bribe	
To cut	
To detain/detainment/detention	
To fight/ to struggle	
To file (an application)	
To grant (asylum)	
To interrogate/interrogation	
To kill/murder	
To mark (i.e. mark with a cut or scar)	
To ransack	
To rig (elections)	
To shoot	
To smuggle (people)	
To swear (an oath)	
To tell the truth	
To threaten/threats	
To tie up/to be tied up	
To whip	
Torture	
Trauma	
Trembling	
Trouble sleeping	
Underground	
Verbal cue	
Violence	
Visual cue	

Wartime trauma	
Weakness	
Withdrawn	
Wisdom	
Witness/to witness	
Work permit	