

Terminology

- **Amygdala:** part of the brain that engages the flight-or-fight response
- **Anhedonia:** a lack of enjoyment in things that used to be pleasurable
- **Anxiety:** feeling of worry about an event that is uncertain
- **Appetite Disturbance:** fluctuation in eating habits, eating more than usual, eating less than normal for the individual
- **Attachment:** an essential foundation for relationships
 - **Insecure Attachment:** causes a child to avoid/ignore loved ones
- **Autonomy:** self-govern, independence
- **Cognitive / Cognition:** mental, thought process
- **Cognitive Behavioral Therapy (CBT):** a type of therapy that focuses on how thoughts, feelings, and behaviors interact and how altering your thoughts can alter behaviors and feelings
- **Coping:** strategies or skills that help someone deal with the problem they are facing
- **D/O:** diagnosis
- **Dialectical Behavioral Therapy (DBT):** a subtype of CBT that focuses on positive talking skills
- **Emotional Management Therapy (EMT):** treatment that teaches how to effectively manage one's emotions
- **Emotional Regulation:** ability to control and understand your own emotions
- **Etiology:** cause of a disorder
- **Generalized Anxiety Disorder:** excessive or unreasonable worry
- **Hypoactivity:** lack body movement is stiff and restricted
- **Inhibited:** inability to act because of a subconscious restraint
- **Interference:** The amount that [anxiety] disrupts every day life and functioning
- **Introversion:** a person who spends more time alone
- **Mindfulness:** being more aware of life
- **Parenting Styles:** the type of parenting method that is used
 - **Authoritative:** balance between freedom and rules
 - **Authoritarian:** enforcing strict obedience to the parent
- **R/O:** rule out a disorder
- **Retention:** the ability to keep information
- **Sleep Disturbance:** disruption falling asleep, staying asleep, or waking early in the morning
- **Social Anxiety Disorder:** an excessive or unreasonable fear about social situations
- **Typical vs. Atypical:** similar qualities vs. unique qualities
- **Validation:** establish correctness for someone; validate feelings or emotions
- **[Socially] Withdrawn:** not spending time with peers or other people
- **Worries:** dwelling on something that invokes anxiety