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
  - o **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
  - o **Authoritative**: balance between freedom and rules
  - o **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- **[Socially] Withdrawn**: not spending time with peers or other people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