# Roles and Relationships

# Lub Luag Hauj Lwm thiab Kev Sib Raug Zoo

## Clinical Roles

## Lub Luag Hauj Lwm Hais Txog Chaw Kuaj Mob

|  |  |
| --- | --- |
| **Case Manager** | **Tus Thawj Tuav Tswj Qhov Xwm Txheej** |
| **Clinical Social Worker** | **Tus Neeg Ua Hauj Lwm Txog Zej Tsoom Fab Chaw Kuaj Mob** |
| **Counselor** | **Tus kws pab tswv yim** |
| **Doctor** | **Tus kws kho mob** |
| **Psychologist** | **Tus kws kho siab ntsws** |
| **Psychiatrist** | **Tus kws kho hlwb** |
| **Psychiatric Nurse Practitioner** | **Tus Kws Pab Tu Xyuas Cov Neeg Mob Fab Puas Siab Puas Ntsws** |
| **Skills worker/trainer** | **Cov neeg ua hauj lwm uas muaj kev tshaj lij rau fab kev ua hauj lwm/tus kws cob qhia** |
| **Social Worker** | **Tus Neeg Ua Hauj Lwm Txog Zej Tsoom** |
| **Therapist** | **Tus kws tu xyuas mob** |

## Personal Relationships

## Kev Sib Raug Zoo Ntawm Tus Kheej

|  |  |
| --- | --- |
| **Family** | **Cuab yim neeg** |
| **Father** | **Txiv** |
| **Mother** | **Niam** |
| **Brother/s** | **Tij laug los sis kwv** |
| **Partner** | **Tus neeg koom tes** |
| **Friends** | **Cov phooj ywg** |
| **Partners from work** | **Cov neeg koom tes los ntawm kev ua hauj lwm** |
| **Boss** | **Tus thawj coj** |
| **Person you trust** | **Tus neeg uas koj ntseeg siab** |
| **Partner** | **Tus neeg koom tes** |
| **Relative** | **kwv tij** |

# Phrases for Counselors

# Cov nqe lus rau Cov Kws Pab Tswv Yim

## Introductory/General

## Lus Qhia/Ncua Dav

|  |  |
| --- | --- |
| **My name is …, it is a pleasure to meet you.** | **Kuv lub npe yog ..., zoo siab tau paub koj.** |
| **I’ll be your counselor.** | **Kuv yuav yog koj tus kws pab tswv yim.** |
| **What brought you here today?** | **Dab tsi coj koj los ntawm no hnub no?** |
| **How do you feel today?** | **Hnub no koj xav li cas?** |
| **I recommend that…** | **Kuv thov qhia tias…** |
| **Tell me what happened, please** | **Thov qhia rau kuv paub tias muaj dab tsi tshwm sim** |
| **How long ago did it happen?** | **Nws tshwm sim tau ntev npaum li cas lawm?** |
| **How does that make you feel?** | **Qhov ntawd ua rau koj xav li cas?** |
| **Please explain more about the issue.** | **Thov piav qhia ntxiv txog qhov teeb meem.** |
| **Breathe deeply.** | **Ua pa tob tob.** |
| **Speak more slowly.** | **Hais lus maj mam.** |
| **Take your time.** | **Siv koj lub sij hawm.** |

## Empathy, Normalizing, and Assurance

## Kev Mob Siab, Kev Ua Yam Li Ib Txwm, thiab Kev Tso Siab

|  |  |
| --- | --- |
| **I get it** | **Kev nkag siab lawm** |
| **It’s hard** | **Nws yog ib qho teeb meem nyuaj** |
| **I see that you…** | **Kuv pom tias koj…** |
| **I’m glad** | **kuv zoo siab** |
| **I’m sorry** | **kuv thov txim** |
| **It’s common** | **Nws yog qhov ncua dav** |
| **It’s normal** | **Nws yog qhov li ib txwm** |
| **You don’t have to be ashamed** | **Koj tsis tas yuav txaj muag** |
| **You can face this** | **Koj tuaj yeem ntsib nrog qhov no** |
| **You are able to…** | **Koj muaj peev xwm…** |
| **There is a solution** | **Muaj txoj hau kev daws teeb meem** |

## Piav Qhia Txog Kev Nyuaj Siab

## Piav Qhia Txog Kev Nyuaj Siab

|  |  |
| --- | --- |
| **You have a low mood most of the day** | **Koj muaj kev xav tsis zoo yuav luag txhua hnub** |
| **You feel tired or you lack energy almost every day** | **Koj nkees los sis koj tsis muaj zog yuav luag txhua hnub** |
| **You feel guilty, worthless, unloved** | **Koj hnov tau tias ua dab tsi los tsis zoo, tsis muaj nqis, tsis muaj leej twg yuav hlub koj li** |
| **It’s difficult for you to concentrate, remember details, make decisions** | **Nws yog ib qho nyuaj rau koj kom mloog, nco txog cov ntsiab lus, kev txiav txim siab** |
| **You can’t sleep or sleep too much most days** | **Koj pw tsis tsaug zog los sis tsaug zog ntau dhau yuav luag txhua hnub** |
| **You are no longer interested in the activities you liked before** | **Koj tsis nyiam raug rau cov dej num uas koj ib txwm nyiam yav tas dhau los lawm** |
| **You think a lot about death or suicide** | **Koj xav ntau heev txog txoj kev tuag los sis kev tua tus kheej** |
| **You feel restless and irritable**  | **Koj hnov tau tias tsis xis nyob thiab chim siab**  |
| **You feel emptiness inside** | **Koj hnov tau tias muaj qhov khoob nyob rau sab hauv tag li lawm** |
| **You have pain or digestive problems that do not get better** | **Koj muaj mob los sis cov teeb meem kev zom zaub mov uas tsis tau zoo zuj zus tuaj li** |

## Explaining Anxiety

## Piav Kev Ntxhov Siab

* Anxiety is a natural feeling. It is the reaction that your body has when you feel stress, fear, and apprehension about something.
* Kev ntxhov siab yog ib qho kev xav uas ntuj xeeb tsim.Yog ib qho kev sib tov uas koj lub cev muaj thaum koj xav tias muaj kev ntxhov siab, ntshai, thiab kev txhawj xeeb txog ib yam dab tsi.

|  |  |
| --- | --- |
| **When you have anxiety, you feel:** | **Thaum koj muaj kev ntxhov siab, koj hnov tau tias:** |
|  | **elevated heart rate** |  | **lub plawv dhia siab** |
|  | **fast breathing** |  | **ua pa ceev** |
|  | **restlessness** |  | **hnov tau tias tsis xis nyob** |
|  | **difficulty concentrating** |  | **nyuaj hauv kev tsom xam** |
|  | **difficulty falling asleep** |  | **nyuaj hauv kev pw tsaug zog** |

* Normal anxiety is temporary – it comes and goes but does not interfere with your daily life.
* Kev ntxhov siab ib ntus - tshwm sim thiab dhau mus tab sis yuav tsis cuam tshuam rau koj kev ua neej hauv txhua hnub
* If you feel anxious most of the time, and it’s difficult for you to do your daily responsibilities, you may have an anxiety disorder.
* Yog tias koj ntxhov siab ua feem ntau, thiab nws nyuaj rau koj ua koj lub luag hauj lwm hauv txhua hnub, tej zaum koj muaj ib tus kab mob ntxhov siab.

## Explaining Panic Attacks

## Piav Qhia Txog Kev Ceeb Ntshai

* A panic attack is a very intense or exaggerated anxiety for the current situation. It can be sudden and without explanation.
* Kev ceeb ntshai yog ib qho kev ntxhov siab loj heev los sis ntau dhau rau qhov xwm txheej tam sim no.Nws tuaj yeem tshwm sim kiag ceev li ceev tau xwb thiab tsis muaj lus piav qhia.

|  |  |
| --- | --- |
| **You feel:** | **Koj hnov tau tias:** |
|  | **palpitations** |  | **lub plawv dhia** |
|  | **chest pain** |  | **mob hauv siab** |
|  | **shortness of breath** |  | **ua tsis taus pa** |
|  | **tight chest** |  | **nruj hauv siab** |
|  | **that you are drowning** |  | **tias koj tab tom poob dej** |
|  | **that you are going to die** |  | **tias koj tab tom yuav tuag** |
|  | **dizziness** |  | **kiv taub hau** |
|  | **nausea** |  | **xeev siab** |
|  | **sweating or chills** |  | **tawm hws los sis no txias** |
|  | **shakiness** |  | **kev tshee** |

## Explaining Posttraumatic Stress

## Piav Qhia Txog Kev Nyuaj Siab Tom Qab Ntsib Ib Qho Kev Txaus Ntshai

* Posttraumatic stress can occur if you go through a violent experience or if you observe a violent experience.
* Kev nyuaj siab tom qab ntsib ib qho kev txaus ntshai tuaj yeem tshwm sim tau yog tias koj dhau qhov kev paub txog qhov kev ua phem loj los sis yog tias koj saib pom qhov kev ua phem.

|  |  |
| --- | --- |
| **It is common to suffer from posttraumatic stress after:** | **Nws yog ib qho teeb meem uas keev ntsib tas li uas muaj kev nyuaj siab tom qab ntsib ib qho kev txaus ntshai:** |
|  | **Military combat** |  | **Tub rog sib ntaus sib tua** |
|  | **Terrorism** |  | **Kev ua phem** |
|  | **Natural disasters** |  | **Kev puas tsuaj los ntawm ntuj xeeb tsim** |
|  | **Vehicle accidents** |  | **Tsheb sib tsoo** |
|  | **Personal attacks such as: an assault or rape** |  | **Kev tawm tsam ntawm tus kheej xws li: kev ua phem los sis kev tsim txom** |
| **It results in:** | **Nws tshwm sim ua rau:**: |
|  | **Difficulty sleeping** |  | **Pw tsaug zog nyuaj** |
|  | **nightmares** |  | **npau suav phem** |
|  | **Flashbacks that interfere with your daily life (work, relationships, etc.)** |  | **Cov teeb meem yuav muaj rov qab uas cuam tshuam rau koj kev ua neej hauv txhua hnub (kev ua hauj lwm, kev sib raug zoo, thiab lwm yam)** |

## Talking About Suicide

## Tham Txog Kev tua tus kheej

|  |  |
| --- | --- |
| **Do you think about hurting yourself?** | **Koj puas xav txog qhov kev ua phem rau koj tus kheej?** |
| **Think about hurting another person?** | **Puas xav tias yuav ua phem rau lwm tus?** |
| **Do you think about taking your own life?** | **Koj puas xav txov koj tus kheej lub neej?** |
| **Do you have a plan? / How would you do it?** | **Koj puas muaj lub phiaj xwm? / Koj yuav ua li cas?** |
| **Have you ever tried to take your own life (hurt yourself, hurt another person)?** | **Koj puas tau sim txov koj tus kheej lub neej (ua phem rau koj tus kheej, ua phem rau lwm tus)?** |
| **What happened after?** | **Muaj dab tsi tshwm sim tom qab ntawd?** |

## Explaining Psychotherapy

## Piav Qhia Txog Kev Tu Xyuas Kev Puas Siab Puas Ntsws

* Psychotherapy is also called verbal or conversational therapy.
* Kev tu xyuas kev puas siab puas ntsws kuj tseem hu ua kev tu xyuas nrog kev hais lus los sis kev sib tham.
* Your therapist (psychologist, counselor) is a trusted person who helps you eliminate (or at least control) the symptoms so that you can function better and feel better.
* Koj tus kws tu mob kev puas siab puas ntsws (tus kws kho hlwb, tus kws pab tswv yim) yog tus neeg uas ntseeg siab tau yuav los pab koj muab tshem tawm (los sis yam tsawg kawg los pab tswj) cov tsos mob kom koj tuaj yeem ua hauj lwm tau zoo dua thiab zoo dua qub tuaj.

|  |  |
| --- | --- |
| **Psychotherapy is very effective in helping you cope with the difficulties of daily life such as:** | **Kev tu xyuas kev puas siab puas ntsws muaj txiaj ntsig zoo hauv kev pab koj daws cov teeb meem ntawm lub neej niaj hnub xws li:** |
|  | **A disorder** |  | **Ib qho teeb meem tsis meej pem** |
|  | **An illness** |  | **Kev mob nkeeg** |
|  | **The loss of a loved one** |  | **Kev xiam ib tug neeg uas yus hlub** |

## Explaining Treatments

## Piav Qhia Kev Kho

|  |  |
| --- | --- |
| **Antidepressants: help you control feelings of depression. It may take up to several weeks to work – so you need to take the medicine without fail** | **Cov tshuaj pab tswj tus mob ntxov siab (Antidepressants): pab koj tswj cov kev ntxhov siab.Tej zaum yuav siv sij hawm ntev li ob peb lub lim tiam ua hauj lwm - yog li koj yuav tsum tau noj cov tshuaj yam tsis tu ncua** |
| **Exercise: Regular exercise helps the body reduce stress and reduce symptoms of depression. It can also relax you** | **Kev Qoj Ib Ce: Kev qoj ib ce yam tsis tu ncua pab lub cev txo qis kev ntxhov siab thiab txo cov tsos mob ntawm kev nyuaj siab.Nws kuj tseem tuaj yeem pab koj so nrog tau thiab** |
| **Community: Feeling isolated and lonely makes your depression and anxiety worse. Instead, a positive community improves mental health and emotional well-being.** | **Zej Zog: Kev hnov tau tias nyob ib leeg thiab muaj kev kho siab yuav ua rau koj txoj kev nyuaj siab thiab kev ntxhov siab hnyav dua qub tuaj.Hloov chaw, lub zej zog zoo yuav pab txhim kho kev puas siab puas ntsws thiab kev xav kom zoo tuaj.** |
| **Diet: A diet high in: fruits and vegetables, whole grains, lean and low-fat proteins, sodium, and sugar is good for mental health**  | **Kev Noj Haus: Kev noj zaub mov uas muaj txiv hmab txiv ntoo thiab zaub ntau, cov khoom txhiam laj txhiam xwm thiab cov khoom noj uas muaj roj tsawg, cov xaus dias, thiab khoom qab zib yog ib qhov zoo rau kev noj qab haus huv fab siab ntsws**  |

# Glossary

# Txhais Qhia Cov Lus

## Clinical Terms

## Cov Cai Hauv Chaw Kuaj Mob

|  |  |
| --- | --- |
| **Behavioral Health** | **Kev Noj Qab Haus Huv Fab Tus Cwj Pwm** |
| **Mental Health** | **Kev Noj Qab Haus Huv Fab Siab Ntsws** |
| **Substance Use Disorder** | **Kev Siv Tshuaj Tsis Zoo** |
| **Affect** | **Cuam tshuam** |
| **Flattened** | **Ua kom tiaj** |
| **Blunted** | **Ua tsis ncaj** |
| **Elevated** | **Ua kom siab** |
| **Heal/recover** | **Kho/rov qab kom los zoo li qub** |
| **Imbalance** | **Tsis Sib Npaug** |
| **Mood** | **Xav Li Cas** |
| **Personality** | **Tus kheej** |
| **Reflect** | **Xav ntsoov txog** |
| **Strengths** | **Qhov muaj lub zog** |
| **Weaknesses** | **Tsis muaj zog** |

## Emotions/Feelings

## Kev xav/kev hnov tau tias

|  |  |
| --- | --- |
| **Anger** | **Npau taws** |
| **Angry/Mad** | **Npau taws/chim** |
| **Anxiety** | **Kev ntxhov siab** |
| **Anxious** | **Nyuaj siab** |
| **Ashamed** | **Txaj muag** |
| **Confused** | **Tsis meej pem** |
| **Depressed** | **Kev nyuaj siab** |
| **Disgusted** | **Ntxub** |
| **Fear** | **Kev ntshai** |
| **Frustrated** | **Poob siab** |
| **Grief** | **Kev tu siab** |
| **Guilty** | **Muaj txim** |
| **Happy** | **Zoo siab** |
| **Irritated/bothered** | **Chim siab/dhuav** |
| **Loneliness** | **Kev kho siab** |
| **Lonely** | **Kho siab** |
| **Mourning**  | **Kev quaj ntsuag**  |
| **Nervous** | **Siab muag** |
| **Numbing** | **Siab muag tsis meej pem** |
| **Numb** | **Loog** |
| **Reactive** | **Lus teb pauj ib yam** |
| **Sad** | **Tu siab** |
| **Sadness** | **Kev tu siab** |
| **Stuck** | **Nkaum** |
| **Stress** | **Kev nyuaj siab** |
| **Threatened** | **Raug hem** |
| **Triggers** | **Txhawb** |
| **Upset** | **Chim siab** |
| **Weak** | **Qaug zog** |
| **Worry** | **Kev txhawj xeeb** |
| **Worried** | **Kev txhawj xeeb** |

## Managing Feelings

## Tswj Kev Xav

|  |  |
| --- | --- |
| **Deal with/Handle***(implies more mastery/control)* | **Tswj nrog/Kov***(Txhais tias yog kev tshaj lij/kev tswj zoo tuaj)* |
| **To bear it/to endure** | **Uv tau/yuav tau uv** |
| **Tolerate** *(more neutral connotation)* | **Ua siab ntev** *(lub ntsiab lus nyob rau qhov nruab nrab ntau dua)* |

## Behavior

## Tus cwj pwm

|  |  |
| --- | --- |
| **Aggression** | **Kev ua phem** |
| **Agitated** | **Ntxhov siab** |
| **Arousal** | **Zoo siab** |
| **Defiance/defiant** | **Kev thaiv/kev tiv thaiv** |
| **Hyperactive** | **Kev xav qis** |
| **Hyperactivity** | **Kev xav qis** |
| **Impulsive** | **Kev lam ua** |
| **Lethargic** | **Ua tsis taus pa** |
| **Oppositional/****oppositionality** | **Kev tawm tsam/****kev tawm tsam** |
| **Out of control** | **Tswj hwm tsis tau** |
| **Tantrum** | **Chim siab tswj tus kheej tsis tau** |
| **Tired** | **Sab** |
| **Wetting oneself** | **Kev tswj chaw mos los sis plab nyhuv** |

## Cognitive

## Kev txawj ntse

|  |  |
| --- | --- |
| **Coherence** | **Kev sib txuas ua ke** |
| **Concentration** | **qhov kev txiav txim.** |
| **Focus** | **Kev tsom kwm** |
| **IQ** | **IQ** |
| **Intelligence** | **Kev txawj ntse fab hlwb cuav** |
| **Processing** | **Kev lis hauj lwm** |

## Development

## Kev txhim kho

|  |  |
| --- | --- |
| **Crawl** | **Nkag mus** |
| **Developmental milestone** | **Nkag mus** |
| **On track** | **Hauv kev taug qab saib** |
| **Delayed** | **Qeeb** |
| **Due date** | **Hnub kawg** |
| **Expressive communication** | **Kev nthuav qhia kev sib txuas lus** |
| **Feed oneself** | **Yug tus kheej** |
| **Full-term** | **Puv sij hawm** |
| **Motor (gross, fine)** | **Motor (xam tag nrho, zoo)** |
| **Potty-trained** | **Kev cob qhia nkag chav dej** |
| **Receptive communication** | **Kev sib txuas lus uas nthuav dav** |
| **Walk** | **Taug kev** |

## Personality Descriptors

## Cov Txheeb Xyuas Qhia Txog Tus Kheej

|  |  |
| --- | --- |
| **Charming** | **Ntxim nyiam** |
| **Engaging** | **Muaj kev koom tes** |
| **Flexible** | **Hloov tau** |
| **Funny** | **Tas lauv** |
| **Happy-go-lucky** | **Muaj kev zoo siab-mus-muaj hmoo** |
| **Holds a grudge** | **Tuav kev npau taws** |
| **Loyal** | **Siab zoo** |
| **Responsible** | **Lub luag hauj lwm** |
| **Rigid/inflexible** | **Tawv/hloov tsis tau** |
| **Stubborn** | **Siab tawv** |

## Identity

## Tus kheej

|  |  |
| --- | --- |
| **Coherent self-concept** | **Txoj kev xav ntawm yus uas sib haum** |
| **Integrated sense of self** | **Txoj kev xav kev nkag siab ntawm tus kheej** |
| **Self-esteem** | **Kev hwm tus kheej** |
| **Sense of self** | **Kev xav ntawm tus kheej** |

## Praise/Strength Descriptors

## Lus piav qhia Qhuas Txog/Lub Zog Loj

|  |  |
| --- | --- |
| **Mob siab** | **Mob siab** |
| **Siab loj (los sis lwm nqe lus rau kev saib xyuas)** | **Siab loj (los sis lwm nqe lus rau kev saib xyuas)** |
| **Kev cia siab meej** | **Kev cia siab meej** |
| **Txhawb siab** | **Txhawb siab** |
| **Ua hauj lwm hnyav** | **Ua hauj lwm hnyav** |
| **Muaj zog** | **Muaj zog** |

## Diagnoses

## Kev kuaj mob

|  |  |
| --- | --- |
| **Acute** | **Mob nyhav** |
| **Adjustment Disorder** | **Kev Kho Mob Tsis Zoo** |
| **Anxiety** | **Kev ntxhov siab** |
| **Attention-Deficit Hyperactivity Disorder** | **Kev Txawv Txav ntawm Paj Hlwb Khiav Qeeb** |
| **Autism Spectrum Disorder** | **Kev Txawv Txav ntawm Os Xab Tiv Xab Pev Tas** |
| **Chronic** | **Kab Mob Ntev** |
| **Bipolar Disorder** | **Kev Puas Siab Puas Ntsws Bipolar** |
| **Depression** | **Kev nyuaj siab** |
| **Disorder** | **Tsis meej pem** |
| **Mild** | **Mob me** |
| **Moderate** | **Nruab nrab** |
| **Obsessive-Compulsive Disorder** | **Kev Txawv Txav Ntawm Kev Raug Quab Yuam-Quab Yuam Kom Ua Yam Qub Tas Li** |
| **Phobias** | **Kab Mob Ntshai** |
| **Psychotic features** | **Cov Yam Txwv Fab Siab Ntsws** |
| **Posttraumatic Stress Disorder** | **Kev Txawv Txav Fab Siab Ntsws Uas Yog Tshwm Sim Los Ntawm Kev Ua Phem** |
| **Recurrent** | **Rov tshwm sim dua** |
| **Severe** | **Mob hnyav** |
| **Single Episode** | **Ib Ntu** |

## Trauma-related Terms

## Cov Cai Cuam Tshuam Txog Kev Raug Mob

|  |  |
| --- | --- |
| **Accidents** | **Tshwm sim ua rau muaj kev raug mob** |
| **Abuse** | **Kev ua phem txhaum txoj cai** |
| **Avoidance** | **Kev zam** |
| **Containment** | **Kev tswj kev phom sij** |
| **Dissociation/****disassociate** | **Kev tsis sib haum xeeb /****Cais tawm** |
| **Distorted thoughts/ beliefs** | **Kev txawv txav kev xav/kev ntseeg** |
| **Flashbacks** | **Xav txog yav tas dhau los** |
| **Grounding strategies** | **Cov tswv yim yooj yim** |
| **How traumatic experiences/memories are stored in the body** | **Cov kev paub yav tas dhau los/cov kev nco txog uas tau khaws cia rau hauv lub nruab nrog cev li cas** |
| **Hypervigilance** | **Hypervigilance** |
| **Medical problems** | **Cov teeb meem fab kev kho mob** |
| **Medical procedures** | **Cov txheej txheem fab kev kho mob** |
| **Re-experiencing** | **Cov kev paub tshiab** |
| **Nightmares** | **Npau suav phem** |
| **Neglect** | **Tsis saib xyuas** |
| **Trauma** | **Kev raug mob** |
| **Trauma narrative** | **Cov dab neeg hais txog kev raug mob** |
| **Triggers** | **Txhawb** |
| **Violence** | **Ua phem nyhav** |

## Treatment Planning Terms

## Cov Cai ntawm Kev Tawm Lub Phiaj Xwm Kev Kho Xyuas

|  |  |
| --- | --- |
| **Care coordination** | **Kev Khiav Hauj Lwm Tu Xyuas** |
| **Discharge** | **Tso tawm** |
| **Goal** | **Lub hom phiaj** |
| **Objective** | **Lub hom phiaj** |
| **Problem** | **Teeb meem** |
| **Psychiatry services** | **Cov kev pab cuam puas hlwb** |
| **Medication management** | **Kev tswj tshuaj kho mob** |
| **Psychological Testing** | **Kev Kuaj Mob Hlwb** |
| **Skills training services** | **Cov Kev Pab Cuam Kev Cob Qhia Fab Kev Txawj Ntse** |
| **Therapeutic modalities** | **Txoj hau kev tu kho** |
| **Art therapy** | **Kev tu kho los ntawm kev kos duab** |
| **CBT** | **CBT** |
| **DBT** | **DBT** |
| **EMDR** | **EMDR** |
| **Narrative therapy** | **Kev tu kho nrog kev piav uas dab neeg** |
| **Play therapy** | **Ua si nrog kev tu kho** |
| **TF-CBT** | **TF-CBT** |
| **Containment** | **Kev tswj kev phom sij** |
| **Discernment** | **Kev txawj ntse** |
| **Feelings in the body** | **Kev hnov tau hauv lub cev** |
| **Make an effort** | **Ua kev rau siab** |
| **Self-place** | **Qhov chaw ntawm tus kheej** |
| **Self-care** | **Kev saib xyuas tus kheej** |
| **Self-talk** | **Hais lus nrog tus kheej** |
| **Treatment Plan** | **Kev Tawm Lub Phiaj Xwm Tu Xyuas** |
| **Visualization** | **Kev ntsia pom** |

## Skills/Strategies

## Kev Txawj Ntse/Lub Tswv Yim

|  |  |
| --- | --- |
| **Co-regulation** | **Kev cai lij choj koom ua ke** |
| **Coping skills** | **Kev txawj hauv kev daws teeb meem** |
| **Express feelings** | **Qhia txog qhov kev xav** |
| **Identify feelings** | **Txheeb xyuas qhov kev xav** |
| **Organization** | **Lub koom haum** |
| **Relaxation** | **Kev so** |
| **Self-advocacy** | **Kev txhawb nqa tus kheej** |
| **Self-regulation** | **Kev tswj tus kheej** |
| **Self-soothing** | **Coj tus kheej so** |
| **To confront your fear** | **Txhawm rau ntsib nrog koj qhov kev ntshai** |
| **To face** | **Ua ntsib yam tim ntsej tim muag** |

## Mindfulness

## Nco ntsoov

|  |  |
| --- | --- |
| **Emotional mind** | **Lub siab xav** |
| **Emotional Well-Being** | **Txoj Kev Zoo Siab** |
| **Insight** | **Kev Nkag Siab** |
| **To be in \_\_\_\_ mind** | **Yuav tsum nyob hauv \_\_\_\_ lub siab** |
| **To be present** | **Yuav tsum nthuav qhia** |
| **Rational mind** | **Lub siab xav uas muaj lub laj thawj** |
| **Wise mind** | **Txawj ntse** |

## Social Functioning/Relationships

## Lub Luag Hauj Lwm hauv Zej Tsoom/Kev Sib Raug Zoo

|  |  |
| --- | --- |
| **Ability to use adults for support** | **Kev muaj peev xwm hauv kev siv cov neeg loj rau kev txhawb nqa** |
| **Attachment** | **Daim ntawv txuas** |
| **Attending** | **Mus koom** |
| **Boundaries** | **Ciam** |
| **Differentiation** | **Kev sib txawv** |
| **Friendship skills** | **Kev txawj fab kev phooj ywg** |
| **Independence** | **Kev ywj pheej** |
| **Insecure** | **Tsis ruaj ntseg** |
| **Isolation** | **Cais nyob ib leeg** |
| **Joining** | **Koom nrog** |
| **Reciprocal social functioning** | **Kev ua hauj lwm sib pab nrog zej tsoom** |
| **Secure** | **Ruaj ntseg** |
| **Social skills** | **Kev txawj ntse fab zej tsoom** |
| **Trust** | **Kev ntseeg siab** |

## Medication Names in Hmong

## Cov Npe Tshuaj Ua Lus Hmoob

|  |  |
| --- | --- |
| **Prescription Drug Name in English** | **Lub Npe Tshuaj Raws Daim Ntawv Txib Tshuaj Ua Lus Hmoob** |
| Ziprasidone | Tshuaj Kho Mob Lub Hlwb Txawv Txav (Ziprasidone) |
| Sertraline | Tshuaj Tiv Thaiv Kev Ntxhov Siab (Sertraline) |
| Risperidone | Tshuaj Kho Qee Yam Kev Puas Siab Puas Ntsws (Risperidone) |
| Olanzapine | Tshuaj Kho Mob Lub Hlwb Txawv Txav (Olanzapine) |
| Metoprolol | Tshuaj Mes Taus Npaus Laus (Metoprolol) |
| Methylphenidate | Tshuaj Kho Mob Kav Xav Poob Qis (Methylphenidate) |
| Melatonin | Tshuaj kho rau qhov nruab nrab ntawm lub hlwb (Melatonin) |
| Lithium | Tshuaj Las Tia (Lithium) |
| Gabapentin | Tshuaj Zoo Qaug Dab Peg los sis Qaug Zog (Gabapentin) |
| Fluoxetine | Tshuaj Kho Mob Ntxov Siab (Fluoxetine) |
| Escitalopram | Tshuaj Kho Mob Nyuaj Siab (Escitalopram) |
| Duolexetine | Tshuaj Kho Mob Poob Siab (Duolexetine) |
| Citalopram | Tshuaj Loog Kho Kev Ntxhov Siab (Citalopram) |
| Diazepam | Tshuaj siv los txo kev ntxhov siab (Diazepam) |
| Citalopram | Tshuaj Loog Kho Kev Ntxhov Siab (Citalopram) |
| Diphenhydramine | Tshuaj Kho Mob Pw Tsis Tsaug Zog (Diphenhydramine) |
| Arprazolam | Tshuaj Kho Mob Xeev Siab (Arprazolam) |
| Valproic acid | Tshuaj Zoo Qaug Dab Peg los sis Qaug Zog (Valproic acid) |

# Miscellaneous

# Tshuaj Mas Xias Las Naus (Miscellaneous)

## Cultural Diversity in Mental Health

## Kev Muaj Ntau Tsav Yam Kab Lis Kev Cai Hauv Kev Noj Qab Haus Huv Fab Kev Puas Siab Puas Ntsws

* Being a mental Health professional, you’ll encounter hundreds of people from different ethnicities, many of them from Spanish-speaking countries. As a Spanish-speaking counselor, you will have to be able to transcend the cultural differences in order to create an environment of acceptance and mutual respect in which the person served feels free and safe.
* At the same time, be aware of cultural diversity. Some of your clients may speak quickly, have different accents, idiomatic expressions, vocabulary, slang, and different cultural manifestations of the same issue.
* Keep in mind the cultural differences in mental health; there are many cultures in which mental health is still a taboo subject
* Tam li yog tus kws kho mob hlwb, koj yuav ntsib ntau pua tus neeg los ntawm ntau haiv neeg, feem ntau ntawm lawv los ntawm cov teb chaws uas hais lus Mev.Tam li yog tus kws pab tswv yim hais lus Mev, koj yuav tsum muaj peev xwm hla kev sib txawv ntawm kab lis kev cai txhawm rau tsim kom muaj ib puag ncig ntawm kev lees paub thiab kev hwm kev sib raug zoo uas tus neeg tau txais kev pab xav tias tau txais kev ywj pheej thiab nyab xeeb.
* Nyob rau tib lub sij hawm, yuav tsum paub txog ntau yam kab lis kev cai.Qee tus neeg qhua tuaj yeem hais tau ceev, muaj cov suab sib txawv, cov lus hais tsis zoo, hais tsis meej, thiab cov kab lis kev cai sib txawv ntawm tib qhov teeb meem.
* Nco ntsoov cov kab lis kev cai sib txawv ntawm kev puas siab puas ntsws; muaj ntau haiv neeg uas muaj kev puas siab puas ntsws tseem yog ib qho teeb meem uas raug txwv

## Difference between psychologists and social workers

Good way to explain the difference between psychologists and social workers:

## Qhov sib txawv ntawm cov kws kho hlwb thiab cov neeg hauj lwm fab zej tsoom

Txoj hauv kev zoo los piav qhia qhov txawv ntawm cov kws kho hlwb thiab cov neeg ua hauj lwm fab zej tsoom:

## LGBTQ+ Topics

## LGBTQ+ Cov Ntsiab Lus

|  |  |
| --- | --- |
| **Ally** | **Kev Sib Raug Zoo** |
| **Same gender loving, SGL** | **Hlub nrog tib hom neeg xws li poj niam hlub poj niam txiv neej hlub txiv neej, SGL** |
| **Aromantic** | **Tsw qab** |
| **Asexual** | **Kab txws** |
| **Assigned male/female at birth** | **Txheeb qhia tias yog txiv neej/poj niam thaum yug** |
| **Same-sex attraction** | **Ua rau tib hom zeej xeeb nyiam** |
| **Biphobia** | **Tsis nyiam txiv neej los poj niam** |
| **Bigender** | **Yog poj niam thiab txiv neej thiab** |
| **Gender Binary structure**  | **Yog tus qauv cai ua poj niam thiab txiv neej thiab**  |
| **Bisexual** | **Kab txws** |
| **Gender affirming surgery** | **Poj niam txiv neej lees paub kev phais** |
| **Top surgery** | **Kev phais uas zoo tshaj plaws** |
| **Cisgender** | **Yug los yeej teev yog me nyuam tub los me nyuam ntxhais lawm** |
| **Questioning** | **Kev nug** |
| **Trauma-informed care** | **Kev tu xyuas uas tau txais kev ceeb toom los ntawm kev raug mob** |
| **Gender dysphoria** | **Kev txawv txav fab zeej xeeb** |
| **Two-Spirit** | **Ob-Tug Ntsuj Plig** |
| **Drag** | **Luag** |
| **Structural stigma** | **Kev txaj muag ntawm tus qauv cai** |
| **Social stigma** | **Kev txaj muag rau zej tsoom** |
| **Minority stress** | **Kev nyuaj siab ntawm pawg neeg tsawg** |
| **Gender expression** | **Kev qhia txog poj niam txiv neej** |
| **Gay** | **Kes (Gay)** |
| **Genderqueer** | **Tsis yog poj niam txiv neej (Genderqueer)** |
| **Gender** | **Poj niam txiv neej** |
| **Gender fluid** | **Cov kua dej Poj niam txiv neej (Gender fluid)** |
| **Heteronormativity** | **Qhov sib txwv (Heteronormativity)** |
| **Heterosexual** | **Poj niam hlub poj niam txiv neej hlub txiv neej (Heterosexual)** |
| **Biological male/female** | **Txiv neej/poj niam txog fab tshuaj** |
| **Homophobia** | **Tsis nyiam leej twg (Homophobia)** |
| **Gender identity** | **Txheeb qhia poj niam los txiv neej** |
| **Gender non-conforming** | **Poj niam los txiv neej tsis haum** |
| **Intersectionality** | **Kev sib cais** |
| **Lesbian** | **Les Npias** |
| **Non-binary** | **Tsis muaj khub** |
| **Sexual orientation** | **Cov yam txwv taw qhia fab kev daj deev** |
| **Outing** | **Tawm sab nrauv** |
| **Pangender** | **Tsis tuaj yeem txheeb qhia tias yog txiv neej los poj niam** |
| **Pansexual** | **Kab txws** |
| **Polyamorous** | **Muaj kev hlub nrog ntau tus** |
| **Preferred pronouns**  | **Cov lus uas nyiam**  |
| **Pronouns that you use** | **Cov lus uas koj siv** |
| **Queer** | **Queer** |
| **Gender role** | **Lub luag hauj lwm ntawm poj niam los txiv neej** |
| **Coming out** | **Tab tom tawm tuaj** |
| **Assigned sex at birth** | **Txheeb qhia zeej xeeb thaum yug** |
| **Agender** | **Tsis yog poj niam txiv neej** |
| **Gender affirming hormone therapy** | **Kev tu xyuas los ntawm hov maus uas txheeb qhia txog poj niam los txiv neej** |
| **Transphobia** | **Kab mob ntshai neeg hloov ua poj niam los txiv neej** |
| **Transgender** | **Cov neeg hloov ua poj niam los txiv neej** |
| **Transition** | **Kev hloov pauv** |