

GLOSSARY

ADAPTIVE—necessary adjustment or change of behavior in order to suit one's surroundings.

ADDICTION—compulsive physiological and psychological need for a habit-forming substance.

AGGRESSION—hostile or destructive behavior or actions.

ALCOHOLISM—a disorder characterized by the excessive consumption of and dependence on alcoholic beverages, leading to physical and psychological harm and impaired social and vocational functioning.

ANGER—a strong feeling of displeasure.

ANXIETY—a state of apprehension, uncertainty, and fear resulting from the anticipation of a realistic or fantasized threatening event or situation, often impairing physical and psychological functioning.

ATTENTION DEFICIT DISORDER (ADD)—a syndrome characterized by a persistent pattern of impulsiveness, a short attention span, and often hyperactivity, and interfering especially with academic, occupational, and social performance.

BEHAVIORAL DISORDER—a pattern of repetitive behavior where the rights of others or the social norms are violated. Possible symptoms are overt aggressive behavior, bullying, physical aggression, cruel behavior toward people and pets, destructive behavior, lying, truancy, vandalism and stealing.

BI-POLAR DISORDER—a condition that causes extreme shifts in mood, energy, and functioning.

CO-DEPENDENCE—a psychological condition in which someone exhibits too much, and often inappropriate, caring for other people's problems. Co-dependence can also be a set of maladaptive, compulsive behaviors learned in order to survive in a family that is experiencing great emotional pain and stress.

COGNITIVE—having a basis in or reducible to empirical factual knowledge.

COMPULSION—an irresistible impulse to act, regardless of the rationality of the motivation.

COMPULSIVE—caused or conditioned by compulsion or obsession.

CONSCIOUS—having an awareness of one's environment and one's own existence, sensations, and thoughts

DEFENSES—the unconscious processes that try to protect the psyche and to reduce anxiety.

DENIAL—a defense mechanism that denies painful thoughts.

DEPRESSION (agitated depression, mild chronic depression, etc.) —a condition of feeling sad or despondent. A disorder characterized by an inability to concentrate, insomnia, loss of appetite, anhedonia, feelings of extreme sadness, guilt, helplessness and hopelessness, and thoughts of death. This may be mild but pervasive and ongoing (as in mild depression) or masked by irritability and anger (as in agitated depression).

DISSOCIATIVE IDENTITY DISORDER—a psychological condition characterized by the use of dissociation, which is a psychological state in which certain thoughts, emotions, sensations or memories are separated from the rest of the psyche.

EGO—the self. The division of the psyche that is conscious, most immediately controls thought and behavior, and is most in touch with external reality.

EGO DEFENSE MECHANISMS—Any of various usually unconscious mental processes, including denial, projection, rationalization, and repression, that protect the ego from shame, anxiety, conflict, loss of self-esteem, or other unacceptable feelings or thoughts.

EMOTIONAL INTIMACY—Closeness, sharing and familiarity.

EMPATHY—identification with and understanding of another’s situation, feelings, and motives.

FEAR—a feeling of agitation and anxiety caused by the presence or belief in the imminence of danger.

FIGHT OR FLIGHT RESPONSE—the first stage of a general adaptation syndrome that regulates stress responses among vertebrates and other organisms. In layman’s terms, an animal has two options when faced with danger. They can either face the threat (“fight”), or they can avoid the threat (“flight”).

GRANDIOSITY—believing in and acting with a feigned or affected grandeur; pomposity.

GRIEF—a multi-faceted reaction to loss. Although conventionally focused on the emotional response to loss, it also has physical, cognitive, behavioral, social and philosophical dimensions.

HABITUATE—the state of becoming accustomed due to frequent repetition or prolonged exposure.

HOMEOPATHIC—a system for treating disease based on the administration of minute doses of a drug that in massive amounts produces symptoms in healthy persons similar to those of the disease.

HOSTILITY—the state of being antagonistic or feeling deep-seated hatred.

HYSTERIC PARALYSIS—the act of unconsciously disabling or impairing the body, which will relieve or prevent the patient from experiencing stress. Therefore, the psychosocial stress could be seen to be “converted” into a physical symptom.

ID—in Freudian theory, the division of the psyche that is totally unconscious and serves as the source of instinctual impulses and demands for immediate satisfaction of primitive

IDENTITY—the distinct personality of an individual regarded as a persisting entity; individuality.

INDIVIDUATE—to form into a separate, distinct entity.

INTEGRATED (unintegrated, re-integrated) —to make into a whole by bringing all the parts of a personality together; unify.

INTELLECTUALIZATION—an unconscious means of protecting oneself from the emotional stress and anxiety associated with confronting painful personal fears or problems by excessive reasoning.

IRRITABILITY—the quality or state of being testy or petulant.

LEARNING DISABILITIES—any of various cognitive, neurological, or psychological disorders that impede the ability to learn, especially one that interferes with the ability to learn mathematics or develop language skills. Also called *learning disorders*.

LOVE—a deep, tender, ineffable feeling of affection and solicitude toward a person, such as that arising from kinship, recognition of attractive qualities, or a sense of underlying oneness. This may include a feeling of intense desire and attraction toward a person with whom one is disposed to make a pair; the emotion of sex and romance.

MALADAPTIVE—a behavioral trait which does not help an individual to function well in their environment. Traits that are seen as counterproductive to the individual.

MOURNING—the actions, feelings or expressions of one who has suffered bereavement.

NARCISSISM—a psychological condition characterized by self-preoccupation, lack of empathy, and unconscious deficits in self-esteem.

NEUROSIS—any of various mental or emotional disorders, such as hypochondria or neurasthenia, arising from no apparent organic lesion or change and involving symptoms such as insecurity, anxiety, depression, and irrational fears.

OBSESSION—a preoccupation with a fixed idea or an unwanted feeling or emotion, often accompanied by symptoms of anxiety.

OBSESSIVE-COMPULSIVE—relating to or characterized by a tendency to dwell on unwanted thoughts or ideas or perform certain repetitious rituals, especially as a defense against anxiety from unconscious conflicts.

PAIN—an unpleasant sensation occurring in varying degrees of severity as a consequence of injury, disease, or emotional disorder.

PATHOLOGICAL—manifesting behavior that is habitual, maladaptive, and compulsive.

PARANOID—experiencing extreme and irrational fear or distrust of others.

POST- TRAUMATIC STRESS DISORDER (PTSD)—a term for the psychological consequences of exposure to or confrontation with stressful experiences, which may involve actual or threatened death, serious physical or emotional injury or a threat to physical or psychic integrity and which the person found highly traumatic.

PRECONSCIOUS—the memories or feelings that are not part of one’s immediate awareness but that can be recalled through conscious effort.

PROJECTION—the attribution of one’s own attitudes, feelings, or suppositions to others.

PSYCHE—the mind functioning as the center of thought, emotion, and behavior and consciously or unconsciously adjusting or mediating the body’s responses to the social and physical environment.

PSYCHO-STIMULANT-MEDICATION—a medication that increases the activity of the sympathetic nervous system and produces a sense of awakesness and alertness.

PSYCHOTIC—a mental condition in which the components of rational thought and perception are severely impaired.

RAGE—to speak or act in violent, explosive anger.

REACTION FORMATION—a defense mechanism in which a person unconsciously develops attitudes and behavior that are the opposite of unacceptable repressed desires and impulses and serves to conceal them.

REPETITION COMPULSION—the tendency to repeat earlier experiences or actions in an unconscious effort to achieve belated mastery over them.

REPRESSION—the unconscious exclusion of painful impulses, desires, or fears from the conscious mind.

SELF-ESTEEM—the instinct or desire to promote one’s own well-being; regard for or love of one’s self.

SHAME—a painful emotion caused by a strong sense of guilt, embarrassment, unworthiness, or disgrace.

SOMATICIZED—the conversion of anxiety into physical symptoms.

SUPEREGO—in Freudian theory, the division of the unconscious that is formed through the internalization of moral standards of parents and society, and that censors and restrains the ego.

SUPPRESSION—conscious exclusion of unacceptable desires, thoughts, or memories from the mind.

SYMBIOSIS—in psychiatric terms, a relationship in which people are overly dependent or merged in an unhealthy way.

THERAPEUTIC RELATIONSHIP—this relationship provides the client with a place to untangle their previous parent-child relationship, revive the problems from that relationship, and to profit from this (Freud). It also creates a base from which the therapist treats the client by the use of common psychological techniques.

TRANSFERENCE—the process by which emotions and desires originally associated with one person, such as a parent or sibling, are unconsciously shifted to another person, especially to the analyst.

TRANSFERENTIAL—referring to the redirection of one’s feelings from a significant person in their life to someone else.

TRAUMA—an emotional wound or shock that creates substantial, lasting damage to the psychological development of a person, often leading to neurosis.

TRIGGER—a reminder in persons with forms of post traumatic stress disorders that can be caused by either passive exposure to a specific visual/tactile/other sensual “image” resembling a part from the trauma experience, or an active body movement stored in procedural memory.

UNCONSCIOUS—the division of the mind in psychoanalytic theory containing elements of psychic makeup, such as memories or repressed desires, that are not subject to conscious perception or control but that often affect conscious thoughts and behavior.

VICTIM—one who is harmed by or made to suffer from others, circumstance, condition, or even themselves.