



Guide to words, clinical terminology and research language commonly used in conferences





Centre for Developmental and Complex Trauma

Part of St Andrew's Healthcare

Term	Definition
ACE	Adverse childhood experience
ASSYST protocols	This acronym stands for "Acute stress syndrome stabilization protocols-therapeutic approaches for symptoms following critical incidents and ongoing traumatic stress that are based on EMDR (see definition below) treatments."
CASP	This acronym stands for "Critical Appraisal Skills Programme", which is a structured assessment that researchers can use to assess the quality of a journal paper, which is usually done as part of a systematic review.
Cisgender	A person whose gender identity is the same as their birth sex (see also transgender)
CJS	This acronym stands for "Criminal justice system"
Compassion focused therapy/ CFT	A type of talking therapy that encourages the client to be compassionate towards themselves and others and to reduce self-criticism
Control trial	A study design when one group receive the intervention / treatment being studied (often called the experimental group) and group who do not receive the intervention (called the control group)
CPTSD	This acronym stands for, Complex post-traumatic stress disorder
Delegate	People attending a conference who are not giving a talk or presentation
DBT	Dialectical behaviour therapy- a type of talking therapy which develops skills to manage difficult emotions. DBT was developed for borderline personality disorder



Term	Definition
DSM-V	Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition. A guide for diagnosing mental health problems for clinician in the US that is often used in research studies
EMDR	Eye movement desensitisation and reprocessing- a trauma therapy which uses repeated eye movements to process traumatic memories
Epidemiology	The study of the causes and frequency of health and disease
Epistemology	The theory of knowledge, particularly concerned with sources and limits of knowledge
EUPD	This acronym stands for, Emotionally unstable personality disorder
Gender fluid	A person whose gender identity is not fixed (as male or female) and may change over time
Grey literature	Information that has been published but not reviewed edited by a formal process such as peer review for journals. The quality and accuracy of 'grey' literature cannot be confirmed or assured. e.g. dissertations, government documents
Heteronormative	The idea that heterosexuality (being straight) is seen as the normal or preferred sexuality
Holistic care	Where all aspects of a person are considered in their treatment (e.g. physical, psychological, social, spiritual)
ICD-11	International Classification of Diseases version 11. A guide for diagnosing diseases and mental health problems for clinicians. It is produced by the World Health Organisation. In trauma, ICD-11 is important as it is the first version of the manual to include CPTSD.



Term	Definition
ITEM	This acronym stands for, International trauma exposure measure -. This is a measure of trauma exposure across different periods of life (childhood, adolescence, adult, lifetime) developed for ICD-11
ITI	This acronym stands for, "International Trauma Interview", which is a semi-structured clinical interview that assesses PTSD and CPTSD symptoms for ICD-11
ITQ	International trauma questionnaire - a measure of PTSD and CPTSD for ICD-11
Likert scale	A ratings scale often used on surveys which measures an opinion/feeling on a scale e.g. from 1 to 5
Meta-analysis	A statistical method of combining data from multiple quantitative (numeric) studies to help increase our knowledge and understanding. Combining many smaller studies gives a larger sample which improves the quality of the findings. For example meta analyses may combine results from treatment studies to see what the overall effect of the treatment is.
Meta-ethnography	A systematic approach to combining data from multiple qualitative (descriptive) studies. Combining ideas from many smaller studies puts all important ideas about a topic in one place and can be used to develop policy and practice.
Mindfulness	A form of meditation that is often used in mental health services. It involves Being aware of what is going on inside the body (thoughts, feelings) and outside the body (sounds, smells), in the here and now.
Mixed methods study	A research design that uses both quantitative (numeric) and qualitative (descriptive) methods of collecting data.



Centre for Developmental and Complex Trauma

Part of St Andrew's Healthcare

Term	Definition
Narrative therapy	A talking therapy that helps people to externalise problems through re telling stories. It considers a person to be an expert in their own experience and separate from their problems. The process of re telling trauma stories can help process memories and gain a new understanding of experiences.
Neurosequential model	A way of working with children and adults that is sensitive to psychological and neurological development levels and can inform what therapies and interventions are selected to promote recovery
Non binary	A person whose gender identity is not male or female
Paradigm shift	When the leading theory/concept in a field changes
Pedagogy	The method and practice of teaching
Pervasive	Something that is present or noticeable everywhere (usually something bad)
Positive Behaviour Support/ PBS	A framework for providing support to an individual with behaviour of concern by understanding the impact of their environment and developing proactive strategies
Post-traumatic growth	Positive change/transformation following trauma



Term	Definition
Pre and post measures	Where an assessment/measure is completed before and after participants complete an intervention
Presentation	A speech or talk
Prolonged exposure therapy	A talking therapy where clients gradually approach trauma memories they may have been avoiding through a process of gradual exposure to them, combined with learning techniques to manage anxiety and distress.
Pronouns	A word used instead of a name e.g. she, he, they, her, him, them
Psychologist	A trained mental health professional who draws on scientific knowledge, direct observation and psychological techniques. Specialities exist within psychology involving different training routes and scope of professional practice e.g. clinical psychologist, forensic psychologist, counselling psychologist
Psychiatrist	A speciality within medicine concerning the diagnosis and treatment of mental illness
Psychoeducation	Information about mental health conditions or interventions that aims to improve understanding and to empower people to be more involved / expert in their needs and treatment.
PTSD	This acronym stands for, Post-traumatic stress disorder
PTSS	This acronym stands for, Post-traumatic stress symptoms



Term	Definition
Quantitative	Numerical data that can be counted or measured e.g. height, age or scores on a questionnaire
Qualitative	Descriptive data. This can often be gained from interviews or written feedback and is often a rich source of information about people's experiences.
RCT/ Randomised controlled trial	A study design where participants are randomly split into an experimental group who receive the intervention being studied and a control group who do not receive the intervention
Research Design	The method chosen to answer a research question/conduct a study
Symposia	A collection of research papers presented at a conference that reflect similar ideas or themes
Systematic Review	A method allowing detailed, comprehensive searching of published literature/information to help summarise the literature to increase our understanding of a topic
Systemic	Present in all parts of an item or system



Term	Defintion
TIC	This acronym stands for, Trauma Informed Care
Transgender	A person whose gender identity is different to their birth sex
Vicarious or Secondary Trauma	Trauma resulting from hearing or learning about another person's trauma