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Joelle Rabow Maletis: *The psychology of post-traumatic stress disorder* | TED Talk
https://www.ted.com/talks/joelle_rabow_maletis_the_psychology_of_post_traumatic_stress_disorder

Advanced Words Only

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Session 1: Word List

linger

v. to stay in a place or exist longer than expected

synonym: dawdle, tarry, loiter

(1) **linger** in the mind, (2) **linger** over your work

She **lingered** for a moment before leaving the room.

flashback

n. an interruption of the chronological sequence of events in a narrative, in which an event or scene from a past time is inserted into the current narrative

synonym: recollection, reminiscence, memory

(1) vivid **flashback**, (2) **flashback** memory

The **flashback** scene in the movie shows the character's past experiences.

malfunction

v. to fail to operate or work properly; to break down or stop functioning as expected or intended; (noun) a failure or defect in the way a machine, system, or device is supposed to operate

synonym: misfunction, break down, fail

(1) **malfunction** alarm, (2) **malfunction** and start moving unpredictably

The car's engine **malfunctioned** on the highway, so we had to call for a tow truck.

ordeal

n. a painful, difficult, or dangerous experience or trial; a severe test of endurance or patience

synonym: trial, hardship, torment

(1) **ordeal** by fire, (2) emotional **ordeal**

The car accident was a traumatic **ordeal** for everyone involved.

helpless

adj. unable to take care of oneself or to do things without help

synonym: defenseless, powerless, susceptible

(1) **helpless** baby, (2) **helpless** victims

I feel so **helpless** without you.

hypothalamus

n. a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones

(1) anterior **hypothalamus**, (2) **hypothalamus** hemorrhage

Oxytocin is also produced in the nucleus of the **hypothalamus**.

pituitary

n. a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones

synonym: hypophyseal, hypothalamic, anterior lobe

(1) **pituitary** hormone, (2) anterior **pituitary**

The **pituitary** gland is responsible for releasing hormones that regulate growth and metabolism.

adrenal

adj. relating to two glands situated above the kidneys, called the adrenal gland

(1) **adrenal** gland, (2) **adrenal** cortex

The doctor ordered tests to check the patient's **adrenal** function.

parasympathetic

adj. relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles

synonym: relaxing, calming, soothing

(1) **parasympathetic** nerve inhibitor, (2) **parasympathetic** response

The **parasympathetic** nervous system helps to regulate the body's involuntary functions, such as digestion and relaxation.

digestion

n. the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas

synonym: absorption, assimilation, metabolism

(1) poor **digestion**, (2) impaired **digestion**

Overeating can lead to discomfort and slower **digestion**.

respiration

n. the process of inhaling and exhaling air to exchange oxygen and carbon dioxide with the environment; the total of the physiological processes by which living organisms metabolize oxygen and release carbon dioxide

synonym: breathing, ventilation

(1) **respiration** rate, (2) artificial **respiration**

The doctor carefully monitored the patient's **respiration** during the surgery.

cascade

n. a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units

synonym: waterfall, watercourse, step

(1) **cascade** connection, (2) transistor **cascade**

The **cascade** of waterfalls in the national park was a breathtaking sight.

escalate

v. to increase in intensity, size, or severity; to make something greater, worse, or more serious

synonym: increase, intensify, expand

(1) **escalate** into a major international incident, (2) to

escalate

The situation quickly **escalated** and turned violent.

jitter

n. a slight and rapid irregular movement or trembling; a sensation of nervousness or unease; a technical term relating to variations in the timing of signals in electronic systems

synonym : nervousness, trembling, shakiness

(1) **jitter** noise, (2) **jittery** feeling

The caffeine in my coffee causes me to experience nervous **jitter**.

stabilize

v. to become or cause to become steady or unlikely to give way

synonym : brace, steady, secure

(1) **stabilize** prices, (2) **stabilize** blood sugar levels

The raising of interest rates **stabilizes** the inflation rate.

resurface

v. to restore or repair the surface of something, particularly a road, pavement, or sports field; to come to the surface or become visible again after a period of obscurity or concealment

synonym : renew, restore, revamp

(1) **resurface** more than once, (2) **resurface** a tennis court

The city plans to **resurface** the roads downtown to fix potholes and cracks.

cortisol

n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

synonym : stress hormone, hydrocortisone

(1) **cortisol** stress, (2) excessive **cortisol**

Cortisol levels in the body are often elevated during times of stress.

intrude

v. to enter or to be present in a place or situation where one is not wanted or allowed; to interrupt or disturb

someone or something

synonym : impose, obtrude, interlope

(1) **intrude** on his personal space, (2) **intrude** on other people's conversations

The loud music from the party next door **intruded** into my peaceful evening at home.

irritable

adj. easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events

synonym : cranky, grumpy, touchy

(1) **irritable** bowel syndrome, (2) **irritable** mood

Lack of sleep can make me **irritable** and easily annoyed.

intensify

v. to increase or make something increase in extent or strength

synonym : amplify, boost, strengthen

(1) **intensify** diplomatic efforts, (2) **intensify** a good relationship

Rebels have pledged to **intensify** the armed struggle against the dictatorship.

preexist

v. to exist or occur before something else, especially referring to a time period or event; to predate or come before

synonym : antedate, precede

(1) **preexist** the modern city, (2) **preexist** the current political tensions

The idea for the novel **preexisted** as fragments of a dream in the author's mind.

determinant

n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym : cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop

yields

One **determinant** of success is having a positive attitude and a strong work ethic.

campfire

n. an outdoor fire used for cooking, warmth, or light, often made by camping or in rural areas; a gathering or social event around such a fire

synonym: bonfire, blaze, fire pit

(1) **campfire** story, (2) roast marshmallows around the **campfire**

We sat around the **campfire** and told stories late into the night.

evoke

v. to bring or recall a feeling, memory, or image into your mind

synonym: arouse, raise, inspire

(1) **evoke** a sense of awe, (2) **evoke** sympathy

This movie is likely to **evoke** strong emotions in the viewer.

neurochemical

adj. of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity

(1) **neurochemical** substances, (2) **neurochemical** mechanism

Our study focuses on **neurochemical** changes in the brain.

misunderstand

v. to interpret or understand something in the wrong way

synonym: misinterpret, misperceive, misapprehend

(1) **misunderstand** each other, (2) **misunderstand** entirely about her

You should not **misunderstand** the meaning of freedom.

psychotherapy

n. the treatment of mental or emotional problems by talking with a therapist

(1) field of **psychotherapy**, (2) **psychotherapy** for depression

He took **psychotherapy** to help him deal with his accident trauma.

empathy

n. the ability to share another person's feelings or experiences by imagining that person's situation

synonym: compassion, sympathy, tenderness

(1) full of **empathy**, (2) **empathy** for patients

Empathy is also necessary to understand history.

Session 2: Spelling

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|--|--|
| 1. co_____ol stress | <i>n.</i> a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure |
| 2. re_____ce more than once | <i>v.</i> to restore or repair the surface of something, particularly a road, pavement, or sports field; to come to the surface or become visible again after a period of obscurity or concealment |
| 3. emotional or____l | <i>n.</i> a painful, difficult, or dangerous experience or trial; a severe test of endurance or patience |
| 4. es_____te into a major international incident | <i>v.</i> to increase in intensity, size, or severity; to make something greater, worse, or more serious |
| 5. fl_____ck memory | <i>n.</i> an interruption of the chronological sequence of events in a narrative, in which an event or scene from a past time is inserted into the current narrative |
| 6. mis_____and each other | <i>v.</i> to interpret or understand something in the wrong way |
| 7. st_____ze blood sugar levels | <i>v.</i> to become or cause to become steady or unlikely to give way |
| 8. ev__e a sense of awe | <i>v.</i> to bring or recall a feeling, memory, or image into your mind |

ANSWERS: 1. cortisol, 2. resurface, 3. ordeal, 4. escalate, 5. flashback, 6. misunderstand, 7. stabilize, 8. evoke

9. roast marshmallows around the
ca____re *n.* an outdoor fire used for cooking, warmth, or light, often made by camping or in rural areas; a gathering or social event around such a fire
10. psy_____apy for depression *n.* the treatment of mental or emotional problems by talking with a therapist
11. re_____ce a tennis court *v.* to restore or repair the surface of something, particularly a road, pavement, or sports field; to come to the surface or become visible again after a period of obscurity or concealment
12. to es____te *v.* to increase in intensity, size, or severity; to make something greater, worse, or more serious
13. ir_____le mood *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
14. transistor ca____e *n.* a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units
15. ir_____le bowel syndrome *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
16. mal_____on and start moving unpredictably *v.* to fail to operate or work properly; to break down or stop functioning as expected or intended; (noun) a failure or defect in the way a machine, system, or device is supposed to operate

ANSWERS: 9. campfire, 10. psychotherapy, 11. resurface, 12. escalate, 13. irritable, 14. cascade, 15. irritable, 16. malfunction

17. poor di_____on *n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
18. in_____fy diplomatic efforts *v.* to increase or make something increase in extent or strength
19. in_____fy a good relationship *v.* to increase or make something increase in extent or strength
20. artificial res_____on *n.* the process of inhaling and exhaling air to exchange oxygen and carbon dioxide with the environment; the total of the physiological processes by which living organisms metabolize oxygen and release carbon dioxide
21. res_____on rate *n.* the process of inhaling and exhaling air to exchange oxygen and carbon dioxide with the environment; the total of the physiological processes by which living organisms metabolize oxygen and release carbon dioxide
22. ji____r noise *n.* a slight and rapid irregular movement or trembling; a sensation of nervousness or unease; a technical term relating to variations in the timing of signals in electronic systems
23. in_____e on his personal space *v.* to enter or to be present in a place or situation where one is not wanted or allowed; to interrupt or disturb someone or something

ANSWERS: 17. digestion, 18. intensify, 19. intensify, 20. respiration, 21. respiration, 22. jitter, 23. intrude

24. pr____st the modern city *v.* to exist or occur before something else, especially referring to a time period or event; to predate or come before
25. ca____re story *n.* an outdoor fire used for cooking, warmth, or light, often made by camping or in rural areas; a gathering or social event around such a fire
26. ad____l cortex *adj.* relating to two glands situated above the kidneys, called the adrenal gland
27. par_____tic nerve inhibitor *adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles
28. li____r over your work *v.* to stay in a place or exist longer than expected
29. mal_____on alarm *v.* to fail to operate or work properly; to break down or stop functioning as expected or intended; (noun) a failure or defect in the way a machine, system, or device is supposed to operate
30. neu_____cal substances *adj.* of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity
31. full of em____y *n.* the ability to share another person's feelings or experiences by imagining that person's situation

ANSWERS: 24. preexist, 25. campfire, 26. adrenal, 27. parasympathetic, 28. linger, 29. malfunction, 30. neurochemical, 31. empathy

32. pi_____ry hormone *n.* a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
33. li____r in the mind *v.* to stay in a place or exist longer than expected
34. anterior hyp_____mus *n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
35. or____l by fire *n.* a painful, difficult, or dangerous experience or trial; a severe test of endurance or patience
36. anterior pi_____ry *n.* a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
37. ca_____e connection *n.* a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units
38. a det_____nt of crop yields *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
39. environmental det_____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
40. mis_____and entirely about her *v.* to interpret or understand something in the wrong way

ANSWERS: 32. pituitary, 33. linger, 34. hypothalamus, 35. ordeal, 36. pituitary, 37. cascade, 38. determinant, 39. determinant, 40. misunderstand

41. in____e on other people's conversations
v. to enter or to be present in a place or situation where one is not wanted or allowed; to interrupt or disturb someone or something
42. field of psy_____apy
n. the treatment of mental or emotional problems by talking with a therapist
43. ev__e sympathy
v. to bring or recall a feeling, memory, or image into your mind
44. pr____st the current political tensions
v. to exist or occur before something else, especially referring to a time period or event; to predate or come before
45. he____ss baby
adj. unable to take care of oneself or to do things without help
46. vivid fl_____ck
n. an interruption of the chronological sequence of events in a narrative, in which an event or scene from a past time is inserted into the current narrative
47. ad____l gland
adj. relating to two glands situated above the kidneys, called the adrenal gland
48. par_____tic response
adj. relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles
49. em____y for patients
n. the ability to share another person's feelings or experiences by imagining that person's situation

ANSWERS: 41. intrude, 42. psychotherapy, 43. evoke, 44. preexist, 45. helpless, 46. flashback, 47. adrenal, 48. parasympathetic, 49. empathy

50. he_____ss victims *adj.* unable to take care of oneself or to do things without help
51. st_____ze prices *v.* to become or cause to become steady or unlikely to give way
52. ji____ry feeling *n.* a slight and rapid irregular movement or trembling; a sensation of nervousness or unease; a technical term relating to variations in the timing of signals in electronic systems
53. neu_____cal mechanism *adj.* of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity
54. hyp_____mus hemorrhage *n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
55. excessive co_____ol *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
56. impaired di_____on *n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas

ANSWERS: 50. helpless, 51. stabilize, 52. jitter, 53. neurochemical, 54. hypothalamus, 55. cortisol, 56. digestion

Session 3: Fill in the Blanks

1. Rebels have pledged to _____ the armed struggle against the dictatorship.
v. to increase or make something increase in extent or strength
2. The idea for the novel _____ as fragments of a dream in the author's mind.
v. to exist or occur before something else, especially referring to a time period or event; to predate or come before
3. _____ levels in the body are often elevated during times of stress.
n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
4. Our study focuses on _____ changes in the brain.
adj. of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity
5. Oxytocin is also produced in the nucleus of the _____.
n. a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
6. The situation quickly _____ and turned violent.
v. to increase in intensity, size, or severity; to make something greater, worse, or more serious
7. He took _____ to help him deal with his accident trauma.
n. the treatment of mental or emotional problems by talking with a therapist

ANSWERS: 1. intensify, 2. preexisted, 3. Cortisol, 4. neurochemical, 5. hypothalamus, 6. escalated, 7. psychotherapy

8. You should not _____ the meaning of freedom.
v. to interpret or understand something in the wrong way
9. The loud music from the party next door _____ into my peaceful evening at home.
v. to enter or to be present in a place or situation where one is not wanted or allowed; to interrupt or disturb someone or something
10. The _____ gland is responsible for releasing hormones that regulate growth and metabolism.
n. a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
11. The car's engine _____ on the highway, so we had to call for a tow truck.
v. to fail to operate or work properly; to break down or stop functioning as expected or intended; (noun) a failure or defect in the way a machine, system, or device is supposed to operate
12. The caffeine in my coffee causes me to experience nervous _____.
n. a slight and rapid irregular movement or trembling; a sensation of nervousness or unease; a technical term relating to variations in the timing of signals in electronic systems
13. The _____ scene in the movie shows the character's past experiences.
n. an interruption of the chronological sequence of events in a narrative, in which an event or scene from a past time is inserted into the current narrative
14. Lack of sleep can make me _____ and easily annoyed.
adj. easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events

ANSWERS: 8. misunderstand, 9. intruded, 10. pituitary, 11. malfunctioned, 12. jitter, 13. flashback, 14. irritable

15. _____ is also necessary to understand history.
- n.* the ability to share another person's feelings or experiences by imagining that person's situation
16. The city plans to _____ the roads downtown to fix potholes and cracks.
- v.* to restore or repair the surface of something, particularly a road, pavement, or sports field; to come to the surface or become visible again after a period of obscurity or concealment
17. Overeating can lead to discomfort and slower _____.
- n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
18. She _____ for a moment before leaving the room.
- v.* to stay in a place or exist longer than expected
19. One _____ of success is having a positive attitude and a strong work ethic.
- n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
20. The doctor carefully monitored the patient's _____ during the surgery.
- n.* the process of inhaling and exhaling air to exchange oxygen and carbon dioxide with the environment; the total of the physiological processes by which living organisms metabolize oxygen and release carbon dioxide
21. The doctor ordered tests to check the patient's _____ function.
- adj.* relating to two glands situated above the kidneys, called the adrenal gland

ANSWERS: 15. Empathy, 16. resurface, 17. digestion, 18. lingered, 19. determinant, 20. respiration, 21. adrenal

22. The car accident was a traumatic _____ for everyone involved.
- n.* a painful, difficult, or dangerous experience or trial; a severe test of endurance or patience
23. The _____ nervous system helps to regulate the body's involuntary functions, such as digestion and relaxation.
- adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles
24. The _____ of waterfalls in the national park was a breathtaking sight.
- n.* a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units
25. This movie is likely to _____ strong emotions in the viewer.
- v.* to bring or recall a feeling, memory, or image into your mind
26. We sat around the _____ and told stories late into the night.
- n.* an outdoor fire used for cooking, warmth, or light, often made by camping or in rural areas; a gathering or social event around such a fire
27. The raising of interest rates _____ the inflation rate.
- v.* to become or cause to become steady or unlikely to give way
28. I feel so _____ without you.
- adj.* unable to take care of oneself or to do things without help

ANSWERS: 22. ordeal, 23. parasympathetic, 24. cascade, 25. evoke, 26. campfire, 27. stabilizes, 28. helpless