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Vocabulary Builder Reference from...

Essam Daod: How we can bring mental health support to refugees | TED Talk

https://www.ted.com/talks/essam_daod_how_we_can_bring_mental_health_support_to_refugees

Advanced Words Only

IMPORTANT

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Session 1: Word List

psychiatry

n. the branch of medicine concerned with the study, treatment, and prevention of mental illness

synonym: mental health, psychology, psychoanalysis

(1) **psychiatry** therapy, (2) biological **psychiatry**

The field of **psychiatry** is constantly evolving, with new treatments and approaches being developed all the time.

shoreline

n. a line that separates land and sea

(1) **shoreline** erosion, (2) coral-reef **shoreline**

Flooding occurs along the city's **shoreline** due to the storm surge.

catastrophe

n. a sudden event that causes extreme ruin and misfortune

synonym: disaster, calamity, cataclysm

(1) **catastrophe** risk management, (2) avoid climate **catastrophe**

The lack of funds has resulted in a **catastrophe** for our university system.

frightening

adj. causing fear or alarm, or very surprising and alarming

synonym: scary, terrifying, alarming

(1) cast **frightening** eyes, (2) **frightening** experience

The news of the pandemic was a **frightening** reminder of the fragility of human health.

verge

n. the point at which something is about to happen or where something begins; the edge or margin of something, particularly a physical boundary or border
synonym : brink, edge, margin

(1) **verge** of bankruptcy, (2) on the **verge** of tears

He stood on the **verge** of a major discovery.

reframe

v. to reinterpret, rephrase, or redefine an issue, situation, or question in a different way

synonym : redefine, restructure, reposition

(1) **reframe** resource allocation, (2) **reframe** problem

The therapist tried to **reframe** his negative thoughts.

Arabic

n. the Semitic language of the Arab people, widely spoken throughout the Middle East and North Africa; of or relating to Arab peoples, culture, or language

(1) **Arabic** cuisine, (2) **Arabic** language

I'm studying **Arabic** calligraphy as part of my art class.

hover

v. to stay in one place in the air

synonym : hang, float over, drift

(1) **hover** between life and death, (2) **hover** around the table

Two birds were **hovering** overhead.

stimming

n. a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation

synonym : self-stimulation, repetitive behaviors

(1) autistic **stimming**, (2) **stimming** therapy

Autistic children may engage in **stimming** behaviors, such as rocking or hand flapping, to self-regulate.

amygdala

n. one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

(1) the decline in **amygdala** activity, (2) **amygdala** damage

The **amygdala** has been associated with memories of past emotional events.

bravery

n. courage in the face of danger

synonym : courage, valor, heroism

(1) **bravery** against the enemy, (2) **bravery** under fire

His **bravery** in the face of danger saved the lives of his comrades.

cofounder

n. one of several people who establishes an organization or starts a business

(1) **cofounder** of the university, (2) late **cofounder**

He is the **cofounder** and chairman of this tech company.

psychosocial

adj. relating to the interplay between psychological and social factors, especially when it comes to mental health, personality development, and social behavior

synonym : psychological, social, mental

(1) **psychosocial** factors, (2) **psychosocial** well-being

Psychosocial therapy can be beneficial for individuals with mental health conditions.

displace

v. to force someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation

synonym : evict, exile, remove

(1) **displace** workers, (2) **displace** the explosive power

The construction of the new dam will **displace** hundreds of families living downstream.

lifeguard

n. a person who is trained to swim and rescue people who are in danger of drowning in a body of water, such as a pool or ocean, often employed at beaches, pools, and

other aquatic facilities to ensure swimmers' safety

synonym : rescuer, guardian, saver

(1) **lifeguard** station, (2) **lifeguard** on duty

The **lifeguard** training program includes first aid, CPR, and rescue techniques.

Session 2: Spelling

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|----------------------------------|---|
| 1. br____y under fire | <i>n.</i> courage in the face of danger |
| 2. late co_____er | <i>n.</i> one of several people who establishes an organization or starts a business |
| 3. am_____la damage | <i>n.</i> one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell |
| 4. ve__e of bankruptcy | <i>n.</i> the point at which something is about to happen or where something begins; the edge or margin of something, particularly a physical boundary or border |
| 5. di_____ce the explosive power | <i>v.</i> to force someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation |
| 6. psy_____ial well-being | <i>adj.</i> relating to the interplay between psychological and social factors, especially when it comes to mental health, personality development, and social behavior |
| 7. on the ve__e of tears | <i>n.</i> the point at which something is about to happen or where something begins; the edge or margin of something, particularly a physical boundary or border |
| 8. Ar___c language | <i>n.</i> the Semitic language of the Arab people, widely spoken throughout the Middle East and North Africa; of or relating to Arab peoples, culture, or language |

ANSWERS: 1. bravery, 2. cofounder, 3. amygdala, 4. verge, 5. displace, 6. psychosocial, 7. verge, 8. Arabic

9. co_____er of the university *n.* one of several people who establishes an organization or starts a business
10. li_____rd station *n.* a person who is trained to swim and rescue people who are in danger of drowning in a body of water, such as a pool or ocean, often employed at beaches, pools, and other aquatic facilities to ensure swimmers' safety
11. re_____e problem *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
12. the decline in am_____la activity *n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell
13. coral-reef sh_____ne *n.* a line that separates land and sea
14. ho__r around the table *v.* to stay in one place in the air
15. cast fri_____ng eyes *adj.* causing fear or alarm, or very surprising and alarming
16. br_____y against the enemy *n.* courage in the face of danger
17. sh_____ne erosion *n.* a line that separates land and sea
18. re_____e resource allocation *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
19. psy_____ry therapy *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness

ANSWERS: 9. cofounder, 10. lifeguard, 11. reframe, 12. amygdala, 13. shoreline, 14. hover, 15. frightening, 16. bravery, 17. shoreline, 18. reframe, 19. psychiatry

20. st____ng therapy *n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation
21. avoid climate cat_____he *n.* a sudden event that causes extreme ruin and misfortune
22. psy_____ial factors *adj.* relating to the interplay between psychological and social factors, especially when it comes to mental health, personality development, and social behavior
23. di_____ce workers *v.* to force someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation
24. Ar____c cuisine *n.* the Semitic language of the Arab people, widely spoken throughout the Middle East and North Africa; of or relating to Arab peoples, culture, or language
25. autistic st____ng *n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation
26. ho__r between life and death *v.* to stay in one place in the air
27. li_____rd on duty *n.* a person who is trained to swim and rescue people who are in danger of drowning in a body of water, such as a pool or ocean, often employed at beaches, pools, and other aquatic facilities to ensure swimmers' safety

ANSWERS: 20. stimming, 21. catastrophe, 22. psychosocial, 23. displace, 24. Arabic, 25. stimming, 26. hover, 27. lifeguard

28. cat_____he risk management *n.* a sudden event that causes extreme ruin and misfortune
29. biological psy_____ry *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
30. fri_____ng experience *adj.* causing fear or alarm, or very surprising and alarming

ANSWERS: 28. catastrophe, 29. psychiatry, 30. frightening

Session 3: Fill in the Blanks

1. His _____ in the face of danger saved the lives of his comrades.
n. courage in the face of danger

2. The lack of funds has resulted in a _____ for our university system.
n. a sudden event that causes extreme ruin and misfortune

3. The construction of the new dam will _____ hundreds of families living downstream.
v. to force someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation

4. Autistic children may engage in _____ behaviors, such as rocking or hand flapping, to self-regulate.
n. a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation

5. Two birds were _____ overhead.
v. to stay in one place in the air

6. Flooding occurs along the city's _____ due to the storm surge.
n. a line that separates land and sea

7. _____ therapy can be beneficial for individuals with mental health conditions.
adj. relating to the interplay between psychological and social factors, especially when it comes to mental health, personality development, and social behavior

ANSWERS: 1. bravery, 2. catastrophe, 3. displace, 4. stimming, 5. hovering, 6. shoreline, 7. Psychosocial

8. I'm studying _____ calligraphy as part of my art class.
- n.* the Semitic language of the Arab people, widely spoken throughout the Middle East and North Africa; of or relating to Arab peoples, culture, or language
9. He stood on the _____ of a major discovery.
- n.* the point at which something is about to happen or where something begins; the edge or margin of something, particularly a physical boundary or border
10. The _____ training program includes first aid, CPR, and rescue techniques.
- n.* a person who is trained to swim and rescue people who are in danger of drowning in a body of water, such as a pool or ocean, often employed at beaches, pools, and other aquatic facilities to ensure swimmers' safety
11. The field of _____ is constantly evolving, with new treatments and approaches being developed all the time.
- n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
12. He is the _____ and chairman of this tech company.
- n.* one of several people who establishes an organization or starts a business
13. The _____ has been associated with memories of past emotional events.
- n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell
14. The news of the pandemic was a _____ reminder of the fragility of human health.
- adj.* causing fear or alarm, or very surprising and alarming
15. The therapist tried to _____ his negative thoughts.
- v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way

ANSWERS: 8. Arabic, 9. verge, 10. lifeguard, 11. psychiatry, 12. cofounder, 13. amygdala, 14. frightening, 15. reframe

ANSWERS: