



# The Language of Mental Health Treatment: A Brief Glossary

Here we offer definitions of some of the most frequently used phrases and acronyms in the mental healthcare field. A greater understanding of treatment terminology and concepts helps increase access to care for young people and families.

**ABFT:** Attachment-Based Family Therapy, co-created by Guy S. Diamond, PhD, Gary M. Diamond, and Suzanne A. Levy, is an evidence-based, manualized family counseling modality designed to rebuild trust within the parent-child relationship, providing a solid foundation that reduces depression and suicidality in adolescents and young adults.

**ACT:** Acceptance and Commitment Therapy is a type of mindfulness-based therapy that encourages clients to embrace their thoughts and feelings rather than fighting them or feeling guilty about them.

**AN:** Anorexia nervosa is an eating disorder that involves severe calorie restriction and often a low body weight.

**ART:** Accelerated Resolution Therapy is a brief psychotherapy technique that uses eye movements and other techniques to treat trauma, depression, and other mental health conditions.

**ASD:** ASD can stand for autism spectrum disorder or acute stress disorder. Autism spectrum disorder is a neurological and developmental disorder that affects how people communicate, learn, interact with others, and behave. Acute stress disorder is a temporary mental health condition that occurs in response to a traumatic or stressful event.

**BDD:** Body dysmorphic disorder is a condition in which an individual is preoccupied with perceived flaws in their physical appearance, causing them to engage in repetitive compensatory behaviors, such as constantly checking mirrors.

**BED:** Binge eating disorder is characterized by recurrent, uncontrollable episodes of binge eating, or eating a large amount of food, in a short period of time.

**BN:** Bulimia nervosa is an eating disorder characterized by regular, often secretive bouts of overeating followed by self-induced vomiting or purging.

**CBT:** Cognitive Behavioral Therapy is a form of talk therapy that helps patients become aware of irrational or negative thinking so they can see situations more clearly and respond to them in healthy ways. **TF-CBT** refers to Trauma-Focused Cognitive Behavioral Therapy.

**DBT:** Dialectical Behavior Therapy is a therapeutic modality that supports clients to shift negative thinking patterns and destructive behaviors using skills including mindfulness, emotional regulation, and distress tolerance.

**ED:** Eating disorders, such as anorexia, bulimia, binge eating disorder, etc.

**EFT:** Emotional Freedom Technique, also known as tapping, is similar to acupressure; tapping on specific energy points is used to address physical and psychological disorders.

**EMDR:** Eye Movement Desensitization and Reprocessing is an integrative approach that is proven to be effective for the treatment of trauma and PTSD, as well as other mental health conditions.

**ERP:** Exposure and Response Prevention therapy is one of the most effective therapeutic modalities for relieving the symptoms of OCD. ERP therapy works by interrupting the cycle of obsessions and compulsions that characterizes this disorder.

**GAD:** Generalized anxiety disorder is characterized by excessive anxiety and worry that occurs more days than not for at least 6 months.

**In-Network Insurance vs. Out-of-Network Insurance:** When a treatment provider accepts a patient's health insurance plan, they are in network. When a provider does not have a contract with a client's plan, they are out of network. Newport is in network with many health plans and has successfully negotiated Single Case Agreements (see below) with clients' out-of-network plans.

**LOC:** Levels of care, which include:

- **Outpatient care:** Teens attend programming during the day and go home to their families at night. **PHP** is a Partial Hospitalization Program, with programming all day, five days a week. **IOP** is an Intensive Outpatient Program, with treatment provided after school, five or fewer days per week.
- **Inpatient care:** Patients receive care in a hospital setting, for acute and crisis situations requiring immediate psychiatric care.
- **Residential treatment:** A residential treatment center (RTC) provides longer-term mental healthcare services (typically 30 days and up) in home-like environments, usually using multiple modalities and including academic programming.
- **Stepped Care Model:** Step-up care refers to moving a patient to a higher level of care when more intensive treatment is needed (e.g., outpatient to residential). Step-down care means transitioning a patient from a more intensive treatment setting to a lower level of support once their condition stabilizes (e.g., inpatient to IOP).

**LOS:** Length of stay refers to the number of days or weeks a client remains in treatment, typically 30–60 days.

**MDD:** Major depressive disorder, also known as clinical depression, is a mental illness that can cause severe symptoms that affect how people feel, think, work, and function in daily life.

**MI:** Motivational Interviewing is a counseling method that helps people find the internal motivation to change their self-destructive behaviors.

**NSSI:** Non-suicidal self-injury refers to self-harming behaviors that are not suicidal gestures, but do increase the likelihood of a later suicide attempt.

**OCD:** Obsessive-compulsive disorder is a disorder marked by uncontrollable and recurring thoughts (obsessions), repetitive and excessive behaviors (compulsions), or both.

**OP:** Outpatient treatment (see LOC section above)

**PMADS:** Perinatal mood and anxiety disorders are a group of mental health conditions that can affect people during pregnancy, after giving birth, or after adopting.

**RTC:** Residential treatment center (see LOC section above)

**Single Case Agreement (SCA):** A Single Case Agreement is when a provider, such as Newport Healthcare, negotiates a special contract with an out-of-network insurance company that allows the provider to work with the insurance company on an in-network basis.

**Sub-Acute Treatment vs. Acute Psychiatric Care:** Acute care is necessary when a client represents a danger to self or others, has a plan to execute harm to self or others, and needs immediate stabilization. Sub-acute treatment is appropriate for an individual who may self-harm or have suicidal thoughts but does not have a plan for suicide or for harming others.

**SI:** Suicidal ideation refers to having suicidal thoughts—thinking about and imagining suicide.

**TMS:** Transcranial Magnetic Stimulation is a non-invasive procedure that uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of major depression.

**TIC:** Trauma-informed care refers to treatment that acknowledges the widespread prevalence and impact of trauma, and in response focuses on creating a safe environment, enhancing emotional regulation, and creating positive and trusting connections.