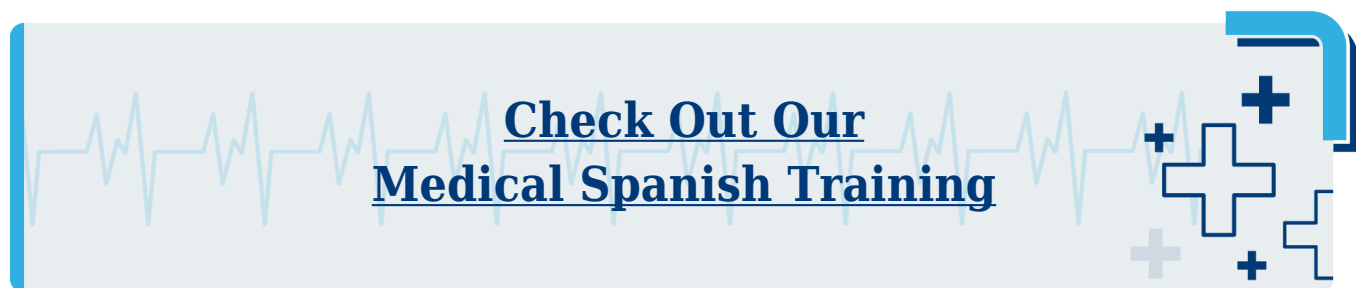


SPANISH TERMS FOR MENTAL HEALTH PROFESSIONALS

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Mental Health is, without a doubt, a key to a healthy lifestyle, even more in uncertain times like these when everything seems so chaotic and confusing around us, times that have some of us far away from our families. In these kinds of situations, we have to remain conscious about how we feel, and how it is affecting us, we have to talk about it to get better - with a friend, a relative, your partner, or with a psychologist or psychiatrist.

We have to normalize Mental Health and avoid making it a taboo or keeping it inside, the more we speak about it, the more people we will help. Mental Health professionals attend hundreds of people in one year, and many of them come from Spanish-speaking countries, we know that counseling native-Spanish speakers can be hard when that's not your native language. So, this is why in today's blog we introduce you to this guide with mental health terms in Spanish to assist you in your journey of helping others. Learn psychology terms in Spanish here, print out the PDF, and communicate better with your patients.



Check Out Our Medical Spanish Training

Spanish Phrases for Counselors

ENGLISH PHRASES	SPANISH PHRASES
My name is, is a pleasure to meet you.	Mucho gusto, mi nombre es...
I'll be your counselor.	Seré su consejero.
What brought you here today?	¿Qué lo/ la trajo aquí hoy?
How do you feel today?	¿Cómo se siente hoy?
I recommend that...	Le recomiendo que ...

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ENGLISH PHRASES	SPANISH PHRASES
Tell me what happened, please	Dígame lo que pasó, por favor.
How long ago did it happen?	¿Hace cuánto tiempo pasó?
How does that make you feel?	¿Cómo lo/la hace sentir eso?
Tell me more about that, and how does that make you feel.	Cuénteme más acerca de eso y como lo hace sentir.
Tell me, how have you tried to fix it so far.	Cuénteme como lo ha tratado de resolver hasta ahora.
To Relax.	Relajarse.
To explain.	Explicar.
Please explain more about the issue.	Explíqueme más acerca del problema, por favor.
Breathe deeply.	Respire profundamente.
Speak more slowly.	Hable más despacio.
Take your time.	Tómese su tiempo.
I recommend that you go to an appointment with a psychiatrist.	Le recomiendo que vaya a una cita con un psiquiatra.
I recommend that you come to therapy at the same time each week.	Le recomiendo que venga a la terapia cada semana a la misma hora.
Tell me about your relationship with your (insert type of relationship).	Hábleme de la relación con su (insert type of relationship).
How do they make you feel?	¿Cómo lo hacen sentir?

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Types of Relationships

ENGLISH TERMS	SPANISH TERMS
Family	Familia
Father	Padre
Mother	Madre
Brother/s	Hermano/s
Partner	Pareja
Friends	Amigos
Partners from work	Compañeros de trabajo
Boss	Jefe

Mental Health Terms in Spanish

ENGLISH TERMS	SPANISH TERMS
Mental health	Salud Mental
Counselor	Consejero
Therapist	Terapeuta
Psychologist	Psicólogo
Psychiatrist	Psiquiatra
Post-traumatic stress disorder	Síndrome de estrés post traumático
Depression	Depresión
Anxiety disorder	Trastorno de ansiedad

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ENGLISH TERMS	SPANISH TERMS
Bipolar syndrome	Síndrome bipolar
Agoraphobia	Agorafobia
Panic attacks	Ataques de pánico
Dissociative syndrome	Síndrome disociativo
Hysteria	Histeria
Neurosis	Neurosis
Psychosis	Psicosis
Schizophrenia	Esquizofrenia
Stress	Estrés
Low self-esteem	Baja auto-estima
Trauma or abuse	Trauma o abuso
Emotional abuse	Abuso psicológico o emocional
Physical abuse	Abuso físico
Sexual abuse	Abuso sexual
Neglect	Negligencia
Adjustment disorder	Trastorno de adaptación
Attention deficit hyperactivity disorder	Desorden de Déficit de Atención e Hiperactividad
Intermittent Explosive disorder	Trastorno explosivo intermitente
Phobia	Fobia

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ENGLISH TERMS	SPANISH TERMS
Mysophobia	Misofobia
Chronic fatigue syndrome	Síndrome de fatiga crónica
Codependency	Co-dependencia
Compulsive buying disorder	Oniomanía
Compulsive gambling	Ludopatía
Kleptomania	Cleptomanía
Pyromania	Piromanía
Bulimia nervosa	Bulimia
Anorexia nervosa	Anorexia
Personality disorders	Desorden de personalidad
Dependent	Dependiente
Narcissistic	Narcisista
Paranoid	Paranoico
Avoidant	Evitativo
Borderline syndrome	Trastorno límite de la personalidad
Cyclothymia	Ciclotimia

Medication Names in Spanish

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Prescription Drug Name in English	Prescription Drug Name in Spanish	Medication Name in Spanish (Brand Names)
Ziprasidone	Ziprasidona	Ziprasidona, Geodon, Zeldox.
Sertraline	Sertralina	Sertralina, Serenata, Altruline, Deprax, Emergen, Implicane, Trakos, Equivac, Zoloft, Seronex.
Risperidone	Risperidona	Risperidona, Spiron, Risperin, Rimox, Risperdal, Rispyl, Reskizof, Vidacil, Ridal.
Olanzapine	Olanzapina	Olanzapina, Olanzyl, Zyprexa, Sincris, Midax, Zapinax.
Metoprolol	Metoprolol	Metoprolol, Metorol, Prontol, Betaloc, Lopressor.
Methylphenidate	Metilfenidato	Metilfenidato, Ritalina, Rubifen, Ritalín, Tradea, Minfel, Aradix, Concerta.
Melatonin	Melatonina	Melatonina, Dormirax, Revenox, Oniria.
Lithium	Litio	Litio, Psicolit, Litocarb, Carbolit, Kalitium, Theralite, Carboron, Plenur.
Gabapentin	Gabapentina	Gabapentina, Neurontin, Gabictal, Gabantin, Ritmenal, Nopatic, Gabex, Regalden, Neupentin.
Fluoxetine	Fluoxetina	Fluoxetina, Sostac, Foxetin, Confium, Pisaurit, Actan, Farmaxetina, Fluoxac.

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Prescription Drug Name in English	Prescription Drug Name in Spanish	Medication Name in Spanish (Brand Names)
Escitalopram	Escitalopram	Escitalopram, Lexapro, Cipralex, Exapra, Escolam, Esc, Celtium, Ezentius, Avestalo, Lextor.
Duoxetine	Duloxetine	Duloxetine, Realta, Duxetin, Dulpicap, Dalaful, Duceten, Alacir, Inmox, Lervitan.
Diazepam	Diazepam	Diazepam, Valium, Ziapam, Dazam.
Citalopram	Citalopram	Citalopram, Zinnetron, Celexa, Zenitius.
Diphenhydramine	Clorhidrato de Difenhidramina	Benadryl, Brudifen, Hidrigort, Alergil, Vicnte.
Alprazolam	Alprazolam	Alprazolam, Sedipral, Xanax, Alplax, Alzam.
Valproic acid	Ácido Valproico	Ácido Valproico, Ferbin, Depakine, Depakene, Valcote, Flaxvan.

Cultural Diversity in Mental Health

Being a mental health professional you'll encounter hundreds of people from different ethnicities, lots of them from Spanish-speaking countries and, as a Counselor in Spanish, you have to be able to transcend the cultural differences in order to create an environment of acceptance and mutual respect in which the patient feels free and safe and enhances the clinical experience for patients.

At the same time, be aware of the cultural diversity, some of your clients may talk fast, they will have different accents, idiomatic expressions, vocabulary, slang, and different cultural manifestations of the same issue. Actually, not that different from an American, British, and a New Zealander if we compare them!

You have to get prepared for these things as a whole, improving your vocabulary and

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understanding of the language, as well as your ability to understand different accents and idiomatic expressions.

Keep also in mind the cultural differences in mental health, there are lots of cultures in which mental health is still a taboo subject, something to be ashamed about in society, so try to have a sensitive approach and understand that some people may take more time to open up.

Let the patient “desahogarse” (English: unburden/blow off steam), let them explain everything to you, the issue, and how they tried so far to resolve it, be patient and gather all the information that you can to afterward make some questions. Let them talk at their own pace, and if you can't understand something, you can always ask about it. Spanish-speaking patients are always going to be appreciative that you are making an effort to try to understand everything in-depth, and they're always going to respond positively to a question like that. Same thing if you commit a grammar mistake or a pronunciation one, they will not judge you for that, and is an instance to learn.

Medical Spanish Tutors

If you need help to improve you can always get an [online medical Spanish tutor](#) that will help you improve your [medical Spanish vocabulary](#) & pronunciation, also they can create personalized lessons for you and teach you about the cultural differences in sensitive subjects like grief counseling for example and how to approach it appropriately in Spanish.

With the help of a medical Spanish tutor, you can create your own Spanish mental health glossary PDF, with all the information and concepts relevant to you. Print it out, have it somewhere convenient at work, and you will be on your way to learning medical Spanish.

That way, you will learn only what's useful for you and your career.

APA.org Spanish Resources

The American Psychological Association also has [Spanish Fact sheets and Handouts](#) available in Spanish for Parents, Counselors, and Mental Health workers in general. This is a great tool for counselors working in Spanish-speaking communities.