

# Mental Health Alphabet Soup

## What do the acronyms mean?

### Mental Health Disorders

AD	Adjustment Disorder
ASPD	Antisocial Personality Disorder
ADD	Attention Deficit Disorder
ADHD	Attention Deficit Hyperactivity Disorder
AvPD	Avoidant Personality Disorder
BED	Binge Eating Disorder
BDD	Body Dysmorphic Disorder
BPD	Borderline Personality Disorder
CIP	Cannabis Induced Psychosis
CRSD	Circadian Rhythm Sleep Disorders
CD	Conduct Disorder
EDNOS	Eating Disorder Not Otherwise Specified
GAD	Generalized Anxiety Disorder
NES	Night Eating Syndrome
MDD	Major Depressive Disorder
OCD	Obsessive Compulsive Disorder
ODD	Oppositional Defiant Disorder
ON	Orthorexia
PPD	Paranoid Personality Disorder
PTED	Post Traumatic Embitterment Disorder
PTSD	Post Traumatic Stress Disorder
PTSIR	Post Traumatic Stress Injury Revised
SAD	Social Anxiety Disorder
SAD	Seasonal Affective Disorder
SAD	Separation Anxiety Disorder
SI	Suicidal Ideation
SPD	Schizoid Personality Disorder
SZA	Schizoaffective Disorder

### Drug Related Abbreviations

CNS	Central Nervous System
RX	Medical Prescriptions
THC	Tetrahydrocannabinol
OTC	Over The Counter
ATS	Amphetamine-Type Stimulant
DXM	Dextromethorphan
E	Ecstasy
PCP	Phencyclidine
GBL	Gamma-Butyrolactone
GHB	Gamma-Hydroxybutyric Acid

K2	Synthetic Marijuana (Brand Name)
LAAM	Levacetylmethadol
LSD	Lysergic Acid Diethylamide
MDMA	Methylenedioxyphenethylamine
MSIR	Morphine Sulfate IR

### Treatment Abbreviations

FBT	Family Based Treatment
FBTP	Family Based Treatment Program
IOP	Intensive Outpatient Program
PHP	Partial Hospitalization Program
IRF	Inpatient Rehabilitation Facility
RTC	Residential Treatment Center

### Staff Abbreviations

ACSW	Associate Clinical Social Worker
ASCA	American School Counselor Association Certification
BRI	Board Registered Interventionist
BSN	Bachelor of Science Nursing
AI	Arise Interventionist
CAI	Certified Arise Interventionist
CART	Certified Anger Response Therapist
CAT	Certified Arts Therapist
CEDS	Certified Eating Disorder Specialist
CEDRN	Certified Eating Disorder Registered Nurse
CCATP	Certified Clinical Anxiety Treatment Professional
CSAT	Certified Sex Addiction Therapist
CSC	Certified School Counselor
EdD	Doctor of Education
FAAP	Fellow of the American Academy of Pediatrics
FBEAP	Faith Based Equine Assisted Philosophy
LCAT	Licensed Creative Arts Therapist
LCDC	Licensed Chemical Dependency Counselor
LCSW	Licensed Clinical Social Worker
LMFT	Licensed Marriage and Family Therapist
LPC	Licensed Professional Counselor
LPC-I	Licensed Professional Counselor Intern
LPC-S	Licensed Professional Counselor Supervisor
LPHA	Licensed Practitioner of the Healing Arts
MA	Master of Arts
MD	Medical Doctor
MEd	Master of Education
MFT	Marriage and Family Therapist
MPH	Master of Public Health
MSSW	Master of Science in Social Work

MSW	Master of Social Work
MS	Master of Science
NCC	National Certified Counselor
PCI	Parent-Child Interaction
PCP	Primary Care Physician
PhD	Doctor of Philosophy
PNP	Psychiatric Nurse Practitioner
RPT-S B	Registered Play Therapist Supervisor
RPT	Registered Play Therapist
PsyD	Doctor Of Psychology
PT	Primary Therapist
RN	Registered Nurse
SCM	Supportive Case Manager
RD	Registered Dietician
LD	Learning Disabled
RDN	Licensed Dietician Nutritionist
FAND	Fellow of the Academy of Nutrician & Dietetics

### Therapy Abbreviations

ACT	Acceptance and Commitment Therapy
CAT	Cognitive Analytic Therapy
CBT	Cognitive Behavioral Therapy
CFT	Compassion Focused Therapy
CMT	Concentrative Movement Therapy
CPRT	Child Parent Relationship Therapy
DNMS	Developmental Needs Meeting Strategy
DBT	Dialectical Behavioral Therapy
ECT	Electroconclusive Therapy
EFT	Emotionally Focused Therapy
EFT	Emotional Freedom Therapy
EMDR	Eye Movement Desensitization and Reprocessing
ERP	Exposure and Response Prevention
FAP	Functional Analytic Psychotherapy
IBP	Integrative Body Psychotherapy
ISTDP	Intensive Short-Term Dynamic Psychotherapy
IFS	Internal Family Systems Model
MBCT	Mindfulness-Based Cognitive Therapy
MBSR	Mindfulness-Based Stress Reduction
MBT	Mentalization-Based Treatment
MDT	Mode Deactivation Therapy
MI	Motivational Interviewing
PCIT	Parent-Child Interaction Therapy
PCT	Person-Centered Therapy
PE	Prolonged Exposure Therapy
PTSIR	Physical Therapy and Sports Injury Rehabilitation

REBT	Rational Emotive Behavior Therapy
SFBT	Solution Focused (Brief) Therapy
SDT	Status Dynamic Psychotherapy
TFP	Transference Focused Psychotherapy

### Testing & Assessment Abbreviations

BIB	Biographical Information Blanks
BDI	Beck Depression Inventory
DAT	Differential Aptitude Tests
DSM	Diagnostic and Statistical Manual of Mental Disorders
DPS	Diagnostic Predictive Scales
MMPI	Minnesota Multiphasic Personality Inventory
MCMI	Million Clinical Multiaxial Inventory
OPQ	Occupational Personality Questionnaire
PCIA	Parent-Child Interaction Assessment
SCL-90-R	The Symptom Checklist-90-R
SDI	Sexual Dependency Inventory
STAAR	State of Texas Assessment of Academic Readiness
TAT	Thematic Apperception Test
WAIS	Wechsler Adult Intelligence Scale
WIAT	Wechsler Individual Achievement Test
WISC	Wechsler Intelligence Scale for Children
WRAT	Wide Range Achievement Test

### Support Groups

AA	Alcoholics Anonymous
ACA	Adult Children of Alcoholics
ANAD	National Association of Anorexia Nervosa & Associative Disorders
CA	Cocaine Anonymous
CoDA	Co-Dependents Anonymous
COSA	Co-dependents of Sex Addicts
FAA	Food Addicts Anonymous
GA	Gamblers Anonymous
GRASP	Grief Recovery After a Substance Passing
HA	Heroin Anonymous
MA	Marijuana Anonymous
NA	Narotics Anonymous
PA	Pills Anonymous
PAL	Parents of Addicted Loved Ones
NAMI	National Alliance on Mental Illness
Nar-Anon	Help and Hope for families and friends of Substance Abusers
Al-Anon	Help and Hope for families and friends of Alcoholics
Al-Ateen	Help and Hope for Teens with Alcoholic (or substance abusing) Family Members
SAA	Sex Addicts Anonymous
SOSA	Survivors of Suicide Attempts

SOS	Survivors of Suicide
SOSL	Survivors of Suicide Loss

#### **Other Abbreviations**

AFSP	American Foundation for Suicide Prevention
BHSP	Behavioral Health & Suicide Prevention Task Force
EAP	Employee Assistance Program
EBPs	Evidence-Based Practices
FBTP	Family-Based Treatment Program
HIPAA	Health Insurance Portability and Accountability Act of 1996
LOC	Level of Care
NAMI	National Alliance on Mental Health
PEM	Psycho-Educational Model
RPP	Relapse Prevention Plan
SIB	Self-Injurious Behavior
THP	Transitional Housing Program

#### **Training / Workshops**

ASIST	Applied Suicide Intervention Skills Training
ASK	Ask (about Saving a Life)
CALM	Counseling on Access to Lethal Means (Suicide Prevention Workshop)
QPR	Question, Persuade, and Refer / Suicide Prevention Training