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# HEALING TRAUMA NEWS

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## Practice Changes

As we are moving into 2016, there are a few changes that will be happening in my practice:

1. I will move into the **new space starting February 1, 2016**. I have outgrown current office at Axiom Associates and have been looking for a new space that will support my practice and you, my clients, better. I am still finalizing details. I will let you know in the next two weeks where my new office will be.
2. In spring 2016 I will start regularly teaching classes "**Trauma 101**" and "**Mental Health 101**". I encourage all my clients to take one of those classes. Starting in March 2016 taking a class will become a pre-requisite for becoming a new client or returning to see me. More details in the next newsletter.
3. Starting on February 1, 2016 a **new updated informed consent** will replace the one that I currently use. Each one of you will be asked to read and sign the new document. It will be available in your secure client portal area. We can discuss changes to this contract in any of your appointments preceding February 1.





## MAKING USE OF PSYCHOTHERAPY

Psychotherapy is 10% magic, 30% therapist's work, and 60% client's work. Unfortunately, magic can be felt and utilized ONLY after you do your work. So, how do you, client, work in psychotherapy?

- **Lose frustration and find curiosity.** When something does not work or does not change quick enough, instead of looking for someone to blame, put on your inquisitive cap and ask yourself questions like "What is preventing me from making this change?", "What am I afraid of happening if I stopped (behavior, feeling, or thought pattern)?", "What purpose does this symptom serve in my life?"
- **Actively apply and practice** what you learned in session in between sessions. If you and your therapist decided that trying meditation may help with your anxiety, then go ahead and meditate daily for 2-3 weeks and then decide whether it is helping or not. You don't have to be good at it, you just need to park your bottom somewhere quiet and sit for 10 minutes.
- **Release control of the results.** All you need to do is focus on your own work and putting one foot in front of the other. When your efforts accumulate and the timing of your healing is right, you will feel the changes. I know that it is REALLY hard. But you cannot dictate how your healing happens anymore than you can order a tree to grow :)

**"To let go is to release the images and emotions, the grudges and fears, the clingings and disappointments of the past that bind our spirit."**

**– Jack Kornfield**

## PRACTICE OF LETTING GO

Learning how to let go off the focus on our wounds and traumas is both an important step in healing and no small task. When something hurts, it constantly draws our attention back to itself. Past tends to have a grip on human psyche, because it is important for us to remember what happened so that we can utilize the life's lessons. AT the same time, if we are stuck obsessing about the past, we miss present and future. Quite a dilemma that each of us faces in our healing process.

There are many ways to PRACTICE letting go and right now is a great time to do the practice as we are approaching the end of the year. But you can do it anytime, of course. Use your imagination and intuition to create a LETTING GO PRACTICE that works for you. Here are some ideas:

- Develop and perform a ritual. For example, grab several scraps of paper and write down what you are letting go off (one emotion, memory, belief) per piece. Then burn papers in a bonfire or in a metal /glass bowl.
- Every evening before you go to bed sit in quiet for 5 minutes and name everything you are letting go off today (or write it down in a journal).
- Every time you catch yourself obsessing about something you have been trying to let go off, imagine putting it in a balloon and releasing it.

