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HEALING TRAUMA NEWS

Dr. Irina Diyanova Newsletter



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Psychotherapy Networker Symposium, March 17-20 2016, Washington, DC

SO many distinguished clinicians and researchers presented on the new trends in psychotherapy. I have learned about most recent developments in the treatment of trauma and reviewed and re-affirmed what I already knew.

I got to talk to Dr. Dick Schwartz, Developer of the Internal Family Systems (IFS), after his presentation on going beyond mindfulness in psychotherapy. He discussed and showed fascinating videos of him working with the self-harming parts of the clients. As always, approaching those parts with acceptance and compassion helped them start transforming their behaviors and shifting from self-harm to more helpful forms of protection. What a fascinating model this man developed! Watching him increased my enthusiasm about use of IFS in my work with you, my clients!

Trauma 101 class

This 5 hour-long class covers neuroscience of trauma, its impact on mind, body, spirit, ways to manage trauma symptoms, and how to heal from trauma in the long-term, including healing tasks and ways to accomplish them. Class participants are eligible to join support group at the conclusion of the class. Each class is limited to 12 participants. There is plenty of hands-on learning opportunities and discussion time in this class.

Here is **what previous class participants said** about their experiences:

"Learning what I did in this class has been a really big step in finding compassion for myself and understanding my own experiences better... This class has been a reminder that I am not alone", SF, rape survivor.

"This class really helped me to understand that it is normal to feel the way I have been feeling and has helped tremendously with putting me on the right path to healing", SL, 27 y.o., trauma survivor

Schedule for the rest of the Spring 2016:

Class 1: April 16, Saturday: 9:00-3:30 PM with a lunch break

Class 2: Mondays 6:30—7:45 PM starting May 2 (4 Mondays)

Price: \$85 includes tuition and manual to take home

Where: 9111 Cross Park Dr., building D, suite 200, training room

To register fill out the form and pay full fee at:

<http://www.dr-irina.com/Classesinformationregistration.en.html>



www.dr-irina.com
Cell: 865-250-0728, text or
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Rewiring our brain for success



Another interesting piece from Psychotherapy Networker Symposium. Linda Graham, an author of “**Bouncing Back: Rewiring your brain for maximum success and well-being**” shared very interesting information from the neuroscience field. We, as a mental health field, have known for a few years now that brain has a lot of plasticity and it can change. However, we were not really sure how to change our brains, how to rehabilitate them, and how to improve their functioning. We know now. Meet **Micro-Practices**. Research shows that doing something for 1-3 min many times a day is more effective in shifting old brain patterns than doing the same thing for an hour or so several times a week. A number of different micro-practices have been shown to have positive effect on person’s well-being and brain functioning. Try to integrate one of the following micro-practices into your daily routine for 30 days and see what happens.

- **Self-compassion break** (to be taken at least 3 x day). Stop what you are doing. Put a hand on your heart, stomach, or cheeks. Take a couple of deep breaths. Keep saying to yourself something along the lines (for a min or so): “May I be kind to myself in this moment and each and every moment today. I love myself just the way I am”
- **Micro-exercise**. Every 1-2 hours do 1 yoga pose (maybe the same), take a mindful walk around the office, one dance move, or walk in place (30 sec-2min)
- **Mini-meditation**. Three to five times a day take a minute and focus on just your breathing.
- Explore all kinds of different micro-practices at my.happify.com or watch daily videos. You can open a free account and follow one of their tracks.



Healing Trauma SUPPORT GROUP

Is open to any trauma survivor, who:

1. Has taken Trauma 101 class
2. Would like to focus on healing from the impact of trauma and stress in the supportive community

The group will focus on present healing process and support trauma survivors in active recovery work. We will further use and work on the concepts learned in the class. Anyone, who is willing to commit to and work on healing from the past traumas is WELCOME.

When: Thursday nights 6:30—7:45 pm starting on May 5, 2016. Group will be meeting weekly in May and bi-monthly through the summer 2016

Where: 9111 Cross Park Dr., Building D, suite 200.

Finances: Both drop-ins and contracts will be available.

More information at <http://www.dr-irina.com/HealingTraumaSupportGroup.en.html>

E-mail Dr. Diyankova to sign up for a brief individual group acceptance interview.

Once accepted into the group, you can decide how often you would like to attend and what payment contract works for you.

Payments will be out-of-pocket as insurance does not reimburse for support groups.

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