

July 20, 2016

HEALING TRAUMA NEWS

Dr. Irina Diyanova Newsletter



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Dr. Diyanova Fall travel plans

I will be out of the office on the following dates:

August, 19, Friday— personal travel

August 25, Thursday—attending workshop on trauma & yoga in Asheville, NC

September 12-18—vacation

October 10-14— presenting workshops for mental health professionals on neuroscience & yoga in the treatment of trauma in Oregon & Washington

October 19-22— attending and presenting at the conference on trauma in Washington, DC

November 8-11— presenting workshops for mental health professionals on neuroscience & yoga in the treatment of trauma in Ohio and Indiana

During my professional travel I will be available via texting at 865-250-0728 and e-mail. During my vacation I am available only for emergencies AFTER you have used one of the emergency mental health resources, such as 911 or 1-800-273-TALK

Please, know that my professional presentations and workshops always indirectly affect our work together in a positive way, as I am learning more about trauma and its treatment and staying updated about recent developments in treatment and research.

Trauma 101 class

This 6 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, who are survivors, are eligible to join support group at the conclusion of the class. Each class is limited to 12 participants. Class is open to both survivors and significant others in their lives. 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 late summer-early fall 2016:

Class 1: August 27 & September 10, 2016, Saturdays: 9:30 am-12:30pm

Class 2: September 6, 20, 27 & October 4, 2016, Tuesdays 6:30 - 8:00 pm

Price: \$90 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>

Please, note that registration for you and your significant others will open 5 days earlier (on August 10) than for general public (August 15), so, please, take advantage of it!



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Dealing with the impact of mass shootings

June and July of this year have surprised us with even more mass shootings than previous months of 2016 as if it was not already enough. These events are tragic and painful for everyone; however, the impact on the trauma survivors is often the most severe. Often survivors notice that they feel more on edge, fearful, overwhelmed, or angry than usually. For some, PTSD may flare up significantly. So, what can a trauma survivor do to relieve the impact and the consequences? The answer is multi-dimensional:

- (1) **decrease exposure to the news coverage** as much as possible; often it is enough to know that the tragic event happened; there is absolutely no need to watch or read about the gory details and expose yourself to the repetitive nature of ongoing discussion;
- (2) **Can you channel the energy of you feelings into a helpful action**, such as perform a ritual of honoring the victims, participate in a community event devoted to it, donate money? If yes, go ahead and do it. If no, that is OK and not a cause to feel bad about yourself. Go to step 3 then;
- (3) **Create space in your personal life to process feelings** caused by the events through journaling, creative endeavors, or talking to significant others about it. Acknowledging your feelings and finding ways to express them in a non-violent way is very important step towards healing versus going deeper into trauma reaction.
- (4) **Increase intensity and frequency of self-care**. Consider adding to, not subtracting from, your regular self-care regimen. During times of increased stress, whether personal or societal/cultural, survivors need more NOT LESS self-care. Below are some ideas you can explore in this area, but remember that you may need something unique and different, so just listen to your needs and respond to them:
 - *Self-compassion break*
 - *Spending time in nature*: we are surrounded by natural beauty which is healing for mind-body-spirit
 - *Gentle movement, such as yoga, tai-chi, walking, swimming, or dancing*
 - *Playful creativity, such as doodling, coloring, using clay, crafts, etc*

Read more about this in my new blogpost (will come out On 07/27/16)



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.

Group will be on the break in August. It will resume meeting again on September 8.

When: Thursday nights 6:30—7:45 pm. Group will be meeting bi-monthly (2xmonth) in September—December 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 are out-of-pocket as insurance does not reimburse for support groups.

www.dr-irina.com

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