

Irina V. Diyankova, Ph.D.

Licensed Psychologist & HSP in Tennessee
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EDUCATION

**Ph.D. in Counseling
Psychology**
August 2008

Iowa State University
Department of Psychology, Ames IA
Counseling Psychology, APA-accredited

M.S. in Psychology
December 2004

Iowa State University
Department of Psychology, Ames IA

**Diploma-Degree in
Psychology**
Specialization: Clinical
Psychology
June 1994

Moscow State University
Department of Psychology
Moscow, Russia

RELEVANT CONTINUING EDUCATION

**Internal Family Systems,
Level 1**
March – November 2013

Center for Self-leadership & MAHEC
Asheville, NC

Level 2
January 2015

Center for Self-leadership
Cartersville, CA

EMDR, parts 1 & 2
January-July, 2011
Yoga Teacher Training
March - December 2010

EMDR HAP, Birmingham, AL
EMDR HAP, Pittsburgh, PA
Subtle Yoga Teacher Training Program, Asheville, NC
Registered yoga teacher with the Yoga Alliance RYT-200

Mindfulness Training
September - November
2009

Blount Memorial Hospital, Maryville, TN
Completed Mindfulness-Based Stress Reduction training
With supervision component

Gestalt Therapy in
Clinical Practice
1994-1996

Moscow Gestalt Institute, Moscow, Russia
Completed 2 year long clinical training with the certification of a gestalt
therapist

PROFESSIONAL LICENSE

Licensed Psychologist and Health Services Provider, Tennessee # 2869 since 2009

RELEVANT WORK EXPERIENCE

Psychologist in Private practice

August 2011 - present

DBA as Healing Trauma, Knoxville, TN

- Specialized in trauma work. Utilized a variety of approaches, including EMDR, DBT, Family systems, Internal Family Systems, and Mindfulness among others to treat individuals with PTSD, DES NOS, Dissociative and Somatoform Disorders. Conducted individual intakes, individual psychotherapy, and couple's counseling with clients presenting with a variety of issues, including but not limited to trauma-related concerns, PTSD, Dissociative Disorders, Anxiety and Mood Disorders, Personality Disorders, marital and relationship issues, emotional dysregulation concerns, and Eating Disorders.
- Conducted group psychotherapy for trauma survivors
- Conducted psychological evaluations of trauma survivors for variety of organizations, including QTC & UT Immigration Clinic
- Taught Trauma 101 class to trauma survivors and their family & friends
- Taught Yoga for healing trauma classes for a variety of trauma survivors

Speaker

May 2016 - present

Vyne Education, Nashville, TN; PESI, Eau Claire, WI

- Created a day-long workshop entitled "Neuroscience and Yoga in the treatment of complex and developmental trauma".
- Presented the workshop to the mental health professionals around the country including states of New York, New Jersey, North Carolina, Tennessee, Alabama, Missouri, Kansas, Minnesota, Texas, Arizona, New Mexico, California, Oregon, Washington

Adjunct Instructor

August 2015 - present

Lincoln Memorial University, Mental Health Counseling and School Guidance Program, Knoxville, TN

- Taught CG 541: Counseling Skills class

PROFESSIONAL AFFILIATIONS

- International Society for Traumatic Stress Studies
- International Society for the Study of Trauma and Dissociation
- Knoxville Area Psychological Association
- Yoga Alliance
- International Association of Yoga Therapists

SELECTED CONFERENCE PRESENTATIONS

- Diyankova, I. (2018). *Yoga as a Healing Agent: Neuroscience of trauma & yoga*. A 90-minute workshop presented at the Conference on Developmental Trauma and Dissociation, Chester, UK.
- Diyankova, I. (2018). *Neuroscience and yoga in the treatment of complex trauma: One pose yoga practice*. Poster presented at the 35th Annual Conference of the International Society for the Study of Trauma & Dissociation, Chicago, IL.
- Diyankova, I. (2018). *Dealing with Resistance: Internal Family Systems*. A three-hour-long workshop presented at the Smoky Mountains Counseling Association Conference, Johnson City, TN
- Diyankova, I. (2016). Using findings from neuroscience and yoga in the treatment of trauma. 75-min long workshops presented at the 2nd Washington Conference on Trauma. The George Washington University, Washington, DC.
- Diaynkova, I. (2015). Introduction to the Internal Family Systems. 2.5 hour Workshop presented at the 8th International Conference “Me and the Other in the relational space”. Saint Petersburg, Russia.
- Diyankova, I. (2012). *Combining Yoga and talk therapy in the group treatment of trauma survivors*. A 45- min program presented at the V World Congress on Traumatic Stress, Mexico City, Mexico.
- Diyankova, I. (2012). *Applying neuroscience findings to the treatment of trauma survivors*. A 60-min program presented at the American Psychiatric Nurses Association Tennessee Chapter 13th ANNUAL MEETING & SPRING CONFERENCE. Knoxville, TN.
- Diyankova, I. (2012). *Healing Trauma: Yoga based group therapy*. A 60-min program presented at the ACPA Louisville, KY 2012 Annual Convention.