

Healing Trauma News

Bringing you the latest in clinical research & practice

In order to stay current on all of the developments in the trauma field, I regularly attend trauma-focused conferences. In November 2017, I have attended an **Annual Conference of the International Society for Traumatic Stress Studies**, where I learned about a number of great developments in the treatment of trauma. One of them: **New perspective on PTSD as a systemic disease** that affects both biology & psychology has emerged. From research it has been known for a long time that PTSD often co-occurs with a wide variety of physical health issues and problems; new perspective suggests that the same biological mechanisms may be responsible for both. **Implications for you?** 1) Utilize mind-body practices in your recovery; 2) find an integrative trauma-informed physician to work with.

One Pose Challenge Winners:

1. Philip N. - free June workshop registration
2. Sara T. - choosing
3. Teresa T. - choosing
4. Melissa W. - \$25 Amazon gift card



How do we get from pain of trauma to the bliss of healing?

We have talked multiple times about lengthy and challenging journey that we have to take in order to recover from the devastation that complex and developmental trauma creates in our lives. We also know that each journey consists of multiple small steps. Now, in healing from trauma the steps are not equal to each other. Some are necessary, others are optional. Some are more effective than others. I am very excited to share with you the step that I consider to be foundational on this journey, and that can (and should) be taken over and over again.

This is a step of **micro practices**: very brief patterns of thinking, feeling, moving, and firing in the brain and nervous system that someone engages in multiple times a day. Each exercise is 30 sec to 2 min long and should be performed 4-6 times a day.

One yoga pose practice is the best micro practice I am aware of for rewiring body, including nervous system and brain to respond from a healed NOT wounded place.

Here is what this practice can do for you:



Yoga for the healing of the nervous system after trauma or prolonged stress: WORKSHOP

Come to the Breezeway Yoga Studio and learn simple yogic tools to use at home to reset and rehabilitate your nervous system after trauma or prolonged stress.

When: Saturday, June 2, 1-4 PM

Where: 4830 Kingston Pike, Knoxville, TN 37919 (Kroger Plaza)

How much: \$45 in advance, \$50 at the door, discounts for military, police, & first responders

To Register go to: <http://www.dr-irina.com/YogaClasses.en.html> (opens on May 14)

One Pose Challenge didn't work for you this time?

Whether you feel sad that you missed April's challenge or maybe you tried and month was too busy or a life problem prevented you from finishing, no worries, as you will have another opportunity to participate in the fall. **October will be a one pose challenge month, plan ahead :)**

- 1) create new normal pattern of dealing with stress in your life, when instead of freaking out, melting down, getting angry with yourself or others, you approach it from the confidence of being in your body and knowing that you can do it;
- 2) rewire your nervous system and brain for a new automatic response of being grounded, present

Here is what you need to do in order for it to work for you:

- 1) chose one pose (consult with Dr. Diyankova if you need guidance);
- 2) learn the pose by practicing it a number of times
- 3) find 4-6 specific opportune moments in your day when you can practice your pose; it works the best when you connect this practice to something you are already doing, like washing your hands or having meals.

One yoga pose challenge Results

As you know, in April I facilitated a one month long community One Pose Yoga Challenge. Sixteen participants worked on incorporating one yoga pose of their choice into their daily lives by practicing it four or more times a day.

Each of the participants did pre- and post-assessments that focused on their ability to cope with stress. While it will take me some time to enter all the data and do quantitative analysis of the results, I wanted to share with you some of the quotes from the participants' responses to the following questions:

1. What did you get out of the One Pose Yoga Practice Challenge?

"An added tool to manage my stress level, and feelings of being overwhelmed".

2. If you practiced consistently several times a day, what changes in yourself did you notice as a result of the practice?

"More focused. Improved sense of relaxation".

"So much more confidence in taking time for myself...Meditative state duration increases".

3. Do you plan to continue practicing one pose several times a day? What factors contributed to your decision?

"I would like to continue the practice and would like to try to find a way to consistently remember to do so. I think the most important thing that is contributing to my decision is the fact that I want to make those new connections in my brain. I want my brain to heal. I want the anxiety to eventually go away."

"Yes. I feel like this has become a habit, that benefits me emotionally".

Dr. Diyankova Travel during the summer:

1. June 14-17 Symposium on Yoga Therapy and Research in Reston, VA
2. June 21-24 Conference on Developmental Trauma in Chester, UK
3. June 25-July 4 Vacation
4. July 10-13 Presenting workshops in New York
5. August 7-10 Presenting workshops in Wyoming & Colorado

