

January 30, 2016

# HEALING TRAUMA NEWS

Dr. Irina Diyankova Newsletter



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**Move happened!** new office is located at **9111 Cross Park Dr., Building D, Suite 200, Knoxville, TN 37923**. Please, see my website's **office location page** for more information:  
<http://www.dr-irina.com/Officelocationinformation.en.html>

Starting on February 1, 2016 I am seeing clients at the new location

## Practice Changes (con't)

Here is the next wave of changes in my practice:

1. Since I am on my own right now, I will not be using secretarial help. Therefore, I ask that you give me extra-time for any record releases or letters. Also, just a reminder that any work that you ask of me outside of session, such as a letter writing or consulting with other professionals will be charged at \$125/ hour., payable out-of-pocket, because insurance companies do not pay for that kind of work.
2. Session length from this point on is 45 minutes., which is considered to be a therapy hour. Unless specifically requested and agreed upon in advance, all sessions will be stopped at 45 min. I am working on starting my sessions on the hour. I ask that you help me by being on time. Thank you :)
3. To save time in our 45-min session, I ask that you make a payment for your portion of the costs (co-pay, deductible, co-insurance) **online PRIOR to the appointment** through my website. If this is inconvenient or not possible, you are welcome to bring a check or cash for the amount with you to the session and we will deal with it in the beginning of a session
4. A **new updated informed consent** will replace the one that I currently use in mid-February. 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 after February 1.



## Dealing with the Winter Blues

Winter is a time when everything in nature slows down and hibernates. It is pretty normal for humans to feel a bit sluggish and tired and want to cuddle with a cat by the fireplace. Feeling sad or melancholic more frequently is also pretty common. However, if winter sends you in the depth of clinical depression, you don't have to take it. There are a few things you can do to keep persistent winter blues at bay:



- **Buy Light therapy lamp or mood lights** and expose yourself to it for 20-30 minutes a day, while reading a book, watching TV or working on your computer. Many clinical studies have shown benefits of the light therapy for clinical Depression and Seasonal Affective Disorder.
- **Continue exercising** but change your pattern to fit your winter needs. For example, you may want to engage in a lighter exercise, include walking outside during light hours, mild yoga, or dancing
- **Give yourself a break.** It is OK to slow down. It is OK to rest more. It is OK to feel sad at times. Use this opportunity to increase self-compassion. If self-compassion does not come easy to you, listen to the compassion meditation on <http://self-compassion.org/>
- Consider integrating **gratitude practice**, which consists of identifying 2-3 things you are grateful for on a daily basis and writing them down. Try it for 2 weeks and see how it makes you feel.



## NEW CLASSES & SUPPORT GROUP

1. **Trauma 101 class** : this 5 hour-long class will meet on four Thursdays in March starting on March 3 at 6 pm. It will cover 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 will be eligible to join support group at the conclusion of the class. The cost of the first March class is \$85, which will include tuition and class materials. After the first class, prices will go up to \$125.

2. **Mental Health 101 and Psychotherapy** class: this 5 hour-long class will be held on April 2, Saturday 9-12:30 & 1:45-3:45. It will cover basics of mental health and mental health hygiene, factors that contribute to mental health issues and ways to prevent, as well as treat major mental health concerns, and ways to benefit from psychotherapy. Class participants will be eligible to join support group at the conclusion of the class. The cost of the first April class is \$85, which will include tuition and class materials. After the first class, prices will go up to \$125.

3. **Support group** will be meeting on Thursday nights 7:30—8:45 pm starting in April. Anyone, who took one of the aforementioned classes and focused on recovering from mental health problems can attend the group. Both drop-ins and contracts will be available.

More information about the classes, group, and registration is coming in Mid-February to my website: <http://www.dr-irina.com/>