

December 15, 2016

# HEALING TRAUMA NEWS

Dr. Irina Diyankova Newsletter



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## Dr. Diyankova Winter– early Spring travel & out-of-office times.

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

**December 26—Christmas Observance day**

**December 28 & 29, Wednesday & Thursday—** personal travel-

**January 20, Friday—**personal travel

**January 25-27, Wednesday-Friday—**presenting workshops for mental health professionals on neuroscience & yoga in the treatment of trauma in Texas

**January 28-February 4 -** continuing education re: Somatic IFS

**February 5-February 17—**time off for self-care and personal healing. I will be in Costa Rica January 28-February 16.

**March 29-31—**presenting workshops for mental health professionals

During my professional travel I will be available via texting at 865-250-0728 and e-mail. During my vacation and during IFS retreat (January 28-February 17) I will not be available for any issues. I am working out the coverage for that time of my absence. I will let

## 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 supportive 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:

"I left this class feeling supported, loved, and equipped for my journey. I have more hope than I thought was possible a month ago", ESC, 19 y.o., rape survivor.

"I learned skills and techniques on how to effectively help my spouse successfully navigate the trauma he has experienced ", STP, 48 y.o., spouse of a trauma survivor

### Schedule for the winter 2017:

Three Tuesdays in January: 01/03, 01/10, 01/17 6:30 - 8:30 pm

**Price:** \$95 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 December 17) than for general public (December 22), so, please, take advantage of it!**



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voice  
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## Give yourself a gift of self-compassion this holiday season



I often hear from folks that holiday season tends to be very stressful with often high expectations that are fueled by media, multiple possibilities for family conflict, fatigue of shopping and partying and so forth. Now this holiday season seems to be even more stressful than a regular one due to the very contentious and divisive election campaign and elections themselves that divided many families, communities, and friends' circles. So, it is a perfect season for practicing self-compassion and giving it to yourself as a gift.

According to the Internal Family System's theory and my own clinical experience, self-compassion is a powerful healing force. When we can consistently shine its light on our wounded parts, they tend to heal, which results in us experiencing states of internal well-being, love and content. According to Dr. Kristin Neff, a prolific researcher in this area (see her work on self-compassion.org), "self-compassion entails being kind and understanding toward oneself in instances of pain or failure rather than being harshly self-critical; perceiving one's experiences as part of the larger human experience rather than seeing them as isolating; and holding painful thoughts and feelings in mindful awareness rather than over-identifying with them" (Neff et al., 2007). Her research showed that high levels of self-compassion are associated with adaptive psychological functioning and well-being.

I can hear some of you saying: "Well, Irina, this is all great and swell. How do we do it?" We do it by giving ourselves a gift in the form of the commitment to the regular practice of self-compassion. The more you practice it the higher is your ability to use it when needed and the more your system is filled with self-compassion and love as opposed to criticism, judgment, and shame. I have made this commitment several years ago, and I have definitely enjoyed the benefits in the form of reduced anxiety, more consistent states of joy and well-being, more forgiveness of myself and others and so forth. This season I am renewing my vows and re-committing to self-compassion. If you are willing to join me on this journey or even contemplate a possibility of such commitment, below I describe a number of different practices that you can use daily to develop and maintain this quality.

### Practice # 1: Self-compassion break.

Think of a difficult situation in your life. Put your hand over your heart area, breathe into your heart area and say to yourself something along the lines: "I know it is hard for you. I love and accept you with this struggle. I am here for you. We will get through it together." Keep repeating those sentences for 2-4 minutes while keeping your hand over your heart and breathing into your heart. Do it as many times during the day as you remember. If you would like to be guided through this practice, you can listen to it here: : [http://self-compassion.org/wp-content/uploads/2015/12/self-compassion.break\\_.mp3](http://self-compassion.org/wp-content/uploads/2015/12/self-compassion.break_.mp3)

### Practice # 2: Good night, my love

Use your smartphone to record a message to yourself of love and self-acceptance. You can focus on yourself as a whole person or on an aspect of you that you would like to heal. Here is an example of such a message: "I love you all my parts. I love each and every one of you. I love you with all your struggles and imperfections. I forgive you for all the mistakes you have made so far and will make in the future. I see you bathing in the golden light of love, compassion, and healing. Life is hard at times, and I know that you are doing the best you can with what you have. Thank you for being there for me." This is just an example. Feel free to use it as a basis or create completely different message of love for yourself. Once you develop the message, record it. Now, play this message to yourself every night before the bedtime. Put it on repeated cycle and fall asleep to this message.

**This article will be continued in the December blog post to come out around December 20, 2016.**

## 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 January & February.** It will resume meeting again on March 2, 2017.

**When:** Thursday nights 6:30—7:45 pm.

I am **working on setting up a new format** for the group. Here is what I have in mind. We will continue meeting twice a month in my office. Two other Thursdays a month we will practice yoga for trauma. I will introduce those willing to try to the very simple and effective yoga practices that can be done at home and are compatible with any physical fitness level. This part of the group will be open to other survivors in the community. I would love to hear your feedback about the idea of Yoga for trauma. Please, feel free to email me back or talk to me in the session. More specifically, I am interested in any concerns you might

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