

March 1, 2017

HEALING TRAUMA NEWS

Dr. Irina Diyankova Newsletter



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I am excited to welcome new billing specialist to my practice. Her name is **Melissa Carter** and her short bio is posted below. You can contact Melissa with any billing questions via:

email: premierhealthcarebilling@gmail.com

phone: 865-740-1392 (call or text)

The roots of Premier Healthcare Billing began in 2011 when sole proprietor, Melissa Carter, began her own medical billing company. Realizing the need for dedicated mental health billing services, Melissa decided to use her extensive experience to establish one of the Knoxville area's only billing companies specializing in mental health billing and reimbursement. Melissa has worked in the healthcare industry since 1998 and in the field of practice management and medical claims billing since 2006. Melissa has received training over the years from Covenant Health, Peninsula Behavioral Health, in addition to innumerable continuing education billing and reimbursement related seminars and conferences and is a Certified Medical Reimbursement Specialist. Melissa was born and raised in Knoxville, TN and currently resides with her husband of 28 years in Anderson County, TN. She has two adult sons, Brendan and Will, and two grandsons, Greyson age 5 and Griffen age 16 months.



Few billing highlights, reminders, and changes:

- In the past year, many of my clients have accumulated significant balances on their accounts due to not making payments consistently. In order to remedy this situation, I ask that you **make a payment EVERY TIME you come in**. We will do it in the beginning of every session. If you would like to save your session time, you are welcome to make a payment prior to your visit at:

<http://www.dr-irina.com/Makeapayment.en.html> by entering the amount you would like to pay (it will not tell you what you owe, just allows you to make a payment of any amount).

- Melissa Carter will send out statements in mail in the end of each month to inform you what your outstanding balance is and request a payment. Please, **keep your balance under \$200 if at all possible**. If you are not sure what your balance is or what your current benefits are, please, contact Melissa (see above).

- **In case of financial hardship**, please, talk to me and/or Melissa, and we will be happy to come up with manageable payment plan for your situation. As with any issues involving more than one person, **communication is key here**.

www.dr-irina.com
Cell: 865-250-0728, text or
voice
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Yoga for healing trauma

Regular practice of yoga has been shown to effect positive changes in the brain and nervous systems of trauma survivors. It helps build new neuronal pathways and connect areas of the brain that got disconnected as a result of traumatic experiences. It re-sets the nervous system and helps practitioner learn tools for regulating their affective states. In order to help you learn therapeutic aspects of this practice and help you integrate those tools in your life, I will be offering **yoga for healing trauma class** starting the first week in April. Open to all levels of physical ability & fitness.

When: Mondays, 7:15—8:30 pm starting on April 3, 2017

Where: 9111 Cross Park Dr., D-200, conference room A

How much: \$70/month or \$20 drop-in (space permitting)

Registration & sign-up are coming up in mid-March on my website. With questions and interest e-mail me or talk to me in session. To read more about use of yoga in the treatment of trauma, please, read my latest blogpost at: <http://healingt.blogspot.com/>

Healing 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.

Schedule for the SPRING 2017:

Two Saturday mornings: April 8 and April 15 from 9 am to 12 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 March 15) than for general public (March 20), so, please, take advantage of it!

OTHER NEWS—STAY TUNED

Therapeutic Retreats to Costa Rica will be offered once or twice a year starting October 2017. A week-long trip to the rainforest in the South of the country will be filled with IFS therapy, yoga, fresh air, & healthy vegetarian food. More information in the next newsletter on eligibility, costs, and specific schedules.

Healing Trauma support group. All eligible clients will receive survey in the next 3 weeks. Please, reply to the survey to determine format, schedule, & feasibility of the group in Spring and Summer.

Healing Journey Blog. I would like to hear from you with requests of the topics you would like to see covered in the blog. Just a reminder that blog is devoted to recovery from the impact of trauma. You can read it here:

<http://healingt.blogspot.com/> Please, e-mail me with your ideas and requests at: dririnadiyankova@gmail.com



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