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Meaningfulworld Humanitarian Outreach Project (MHOP)
Utilizing the 7-Step Integrative Healing Model
in Haiti

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Upcoming Mission: Post-Earthquake Follow Up Rehabilitation Mission in Haiti
Healing, Peace Building, Disaster Rehabilitation, Empowering, and Practicing Forgiveness
9 June - 22 June 2013

Shayla Tumbling, Dr. Ani Kalayjian, Lisa Schiller, Richard Griff, & Mileka Ackie

We are a team of conscientious integrative healers who are trained in the 7-Step Humanitarian Integrative Healing Model at ATOP Meaningfulworld; an international humanitarian organization affiliated with the United Nations. We have decided to share our expertise and tools for healing, and learn from the indigenous healing. We have worked in Haiti for 3 years. Haiti still is struggling to recover from the devastating earthquake of January 2010 -- 230,000 people lost their lives in this devastating earthquake, 2.3 million people missing; over half of the Haitian population found themselves without homes, 70% of people's homes were destroyed. Many NGO's are leaving and the Haitians are struggling to take control of their own recovery. We feel we can help.

We are returning this year to Haiti, to continue the healing circles, the peace building workshops, empowering lectures, and training programs conducted in the past several years reaching out to many. We work with the youth giving them communication tools, hope and guidance, we work with orphans to empower them and help them create inner peace, we work with community members and local mental health professionals to provide training and support in their work to aid their communities in psychological/emotional healing, growth, forgiveness, and restoration of hope.

The 2013 Haiti ATOP Team will focus on several different aspects of outreach and service in Haiti. First, we will participate in a conference at the Universite de Notre Dame on Spirituality and Mental Health. Dr. Kalayjian is invited to give a key note address on Forgiveness and Self-Healing. In addition to presenting at the annual conference, Dr. Kalayjian and Meaningfulworld team: Shayla Tumbling, Lisa Schiller, Richard Griff, and Mileka Ackie will provide training programs with staff members of a local trauma center in Haiti: URAMEL, Unite de Rescherche et d'Action Medeco Legale, (PSYCH TRAUMA CENTER) where Roseline Benjamin serves as the Director. The URAMEL mission is to promote legal medicine and health law with legal and medical actors in particular, as well as the general public; through advocacy, training, production and research, lobbying and advocacy, and care delivery. The ATOP team will also conduct a two day training sponsored by the Mind-Body-Center with the Center's Director Linda Metayer, staff, and other community members. The training will be provided for 45 people from the Ministry of Health, physicians, psychologists and health care workers.

The ATOP Meaningfulworld 2013 Haiti Team will be able to train the staff on two levels, each training is for a full day: One level of training focuses on disaster mitigation, preparedness, and rehabilitation, and the second level will focus on conflict transformation, peace building, and forgiveness, we will also integrate leadership skills as needed. The 7-step Integrative Healing Model is central to all of our training. We have used this model for the workshops we conducted last several missions and participants were enthusiastic in their response.

In addition to the professional trainings, our team will conduct several workshops: with students of psychology and social work, with the community members at the Universite de Notre Dame's new Wellness Center, as well as working at the orphanage where we worked last year.



Lisa Schiller



Shayla Tumbling



Dr Ani Kalayjian

Dr. Ani Kalayjian, Team Organizer and Leader: Dr Ani is a graduate of Teachers College, Columbia University with Masters and Doctoral degrees. As a pioneering multilingual therapist, educator, United Nations Consultant over the past 20 years, traumatologist, genocide scholar, director and author, she has devoted her life to bringing healing to those who have survived the devastation of disaster, whether human-made or natural. Her 7-step Integrative Healing Model has been used in over thirty countries globally to transform the trauma into healing, through mindfulness, forgiveness and meaning-making. She has 4 internationally acclaimed books on Disaster & Mass Trauma, Chief Editor of an international book on Forgiveness & Reconciliation: Psychological pathways to conflict transformation and peace building (Springer Publishing, 2009, paperback 2010), and Chief Editor of II Volumes on Emotional Healing around the World: Rituals and practices for resilience and meaning-making (Greenwood, ABC-CLIO, 2010), a CD on Ancestral Healing Meditation (in 4 languages).

Lisa Schiller, Team Leader and Project Coordinator: Ms. Schiller graduated with a degree in Anthropology at the University of Michigan and has always had an interest in people and their cultures. For the last 24 years Ms. Schiller has been a partner in Schiller & Bodo Gallery, specializing in European paintings of the 19th and 20th century. Travel, art and culture are her passions and she has done volunteer work related to all. When the earthquake struck Haiti she had an urge to help and found it through joining the team of ATOP Meaningfulworld serving as team leader in 2012. Ms. Schiller is graduating in June 2013 as a Meaningfulworld Ambassador.

Shayla D. Tumbling, MS, PhD Candidate, and Graduate Research Intern: Ms. Tumbling holds a Master's degree in Mental Health Counseling. She is currently pursuing her doctorate degree in Counseling Psychology at Tennessee State University. She has many research interests, including the effects of intergenerational trauma. She plans to integrate her interests in women's issues and international travel into her life's work of therapeutic healing and education. Shayla is a member of APA International Division 52. She plans to participate in many upcoming Humanitarian Missions with ATOP Meaningfulworld. Shayla is a Graduate Research Intern for ATOP of Meaningfulworld and a Meaningfulworld Ambassador.



Richard Griff, PhD Candidate, Graduate Intern: Mr. Griff is a PhD candidate at Carlos Albizu graduating in 2014. He participated in the 2012 ATOP Meaningfulworld Humanitarian Mission to Haiti. Currently he is working at the Public Schools in Miami, providing special education to children. In his practicum, Mr. Griff provides psychotherapy to children and adults with co-morbid disorders, conducting psychological evaluations. He has over 4 years of experience facilitating psychoeducational groups at a residential treatment center & over 12 years in both sports coaching & peak performance training. Mr. Griff has led several sports teams to national championships & world titles. He was a personal trainer for the United States Navy Morale Welfare & Recreation. His passion is to nurture and help develop each person's potential. He is a Meaningfulworld Ambassador and a Graduate Intern at ATOP Meaningfulworld.

Mileka Ackie, BA, United Nations and Public Relations Intern: Ms. Ackie graduated Magna Cum Laude from Howard University where she majored in Film Production and minored in Political Science. She has served as a United Nations Representative and Public Relations Intern at ATOP Meaningfulworld. She currently works as a Mediator in the Bronx, NY. Ms. Ackie is a committed change agent, who knows her life's purpose is to advocate for fairness, agency, and peace. She is currently enrolled at Columbia University's School of Social Work planning to graduate in 2015 with Masters in Social Work. Future goals include pursuit of a career in human rights, global health advocacy and clinical social work. Ms. Ackie has volunteered for post-disaster projects in New Orleans, LA, and Tohoku, Japan and looks forward to the upcoming mission to Haiti with ATOP Meaningfulworld.

Founded in 1990, the Association for Trauma Outreach & Prevention (ATOP) at Meaningfulworld, charitable organization affiliated with the United Nations Dept of Public Information, has achieved international recognition as a leader in training humanitarian outreach professionals as well as responding to two decades of global and local disasters. ATOP is committed to health and global education promoting state-of-the-art scientific theory, peace, forgiveness and consciousness research, internship, and the development of technical skills to train mental health professionals, teachers, psychologists, art therapists, nutritionists, alternative medicine practitioners, clergy, nurses, mediators, interfaith ministers, and lay persons committed to service the self and humanity. Meaningfulworld Humanitarian Outreach teams have helped rehabilitate survivors from over 45 calamities, making a daily difference in people's lives helping to transform tragedy and trauma into healing and meaning-making through post trauma growth, resilience, emotional intelligence, mind-body-eco-spirit health, visionary leadership, empowerment and artful collaboration through a new world view.

Our Motto: When one helps another BOTH become stronger