

Meaningful World



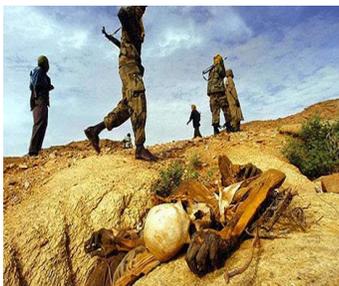
Spring 2008

ATOP Mission to Darfur, Sudan: Women Empowerment & Trauma Outreach and Prevention Project

The Association for Trauma Outreach and Prevention's (ATOP) Mental Health Outreach Project (MHOP) is embarking on a humanitarian mission to Darfur, Sudan in May, 2008. The first team to be deployed comprises Dr. Ani Kalayjian, the President of ATOP, Danielle Reid, the VP of Public Relations, Peter Lien, Videographer, and possibly Georgina Galanis, VP of Development.

The team will provide psychological empowerment training to women who have been affected by the genocide. Programs will include postwar/genocide humanitarian outreach and recovery training for more than 500 women at the Kassab (one who has developed good sense) Women's Center in Khartoum, Sudan. Five days of training will take place in El Fasher, and another five days in Nyala, both in Darfur. The team will be collaborating with Dr. Muhamad Ahmed, Founder of Amal Center for Development, who has been delivering trauma relief to Darfur. The Darfur Peace & Development NGO, with its able leader Suliman Giddo, will be sponsoring the team in Darfur. The team will provide training in mass-trauma healing, generational healing, and prevention of genocide.

The team will conduct training programs for women, deliver lectures in different centers, and assist institutions in need of aid. The purpose of this mission is to assess, aid, and empower the community suffering from the devastating impact of the genocide/war; help the mental-health system; educate people about human rights best practices; as well as learn from the surviving community. The therapeutic modalities that will be shared are: women-empowerment therapy, conflict resolution and alternative-dispute therapy, healing from mass trauma utilizing the Biopsychosocial and Spiritual Model, play therapy, meditation, yoga, and physical relief.



ATOP is a not-for-profit charitable organization that works around the globe to bring healing to traumatized people. More than 15 countries have benefited from ATOP's MHOP programs and outreaches. Your donation will assist ATOP in delivering their expertise to the country of Sudan, and building peace in the Darfur region. Please send your donations to ATOP via mail to Dr. Kalayjian at: 139 Cedar Street, Cliffside Park, NJ 07010-1003. You may also visit our website, www.meaningfulworld.com. Our motto is, "When one helps another, BOTH are made stronger."

xxxx Picture by Armenian Girl Will Be Depicted on UN Postal Stamps

Mariam Marukian, a 13 year-old girl from Armenia, won a UN competition called "We Can Eradicate Poverty". The UN contest was held in some 60 countries and 12,000 children sent their pictures, including 475 pictures from Armenia. Ten of Armenian children's pictures were included among best 100 works.

<http://www.un.org/esa/socdev/social/art/exhibit.html>



Street Theater Scares Children, Shocks Nation

Celebrations in Aşkale, Erzurum, include workers dressed up as Armenians acting out hanging an imam and murdering a family before being killed themselves by high school students playing the Turkish militia.

While the mayor defends the event as educational, experts, commentators and newspapers call for an end to such displays of animosity.

<http://www.turkishdailynews.com.tr/article.php?newsid=98038>

Intern Spotlight: Amanda Fogle



Amanda Fogle joined ATOP at the end of September 2007 as our graduate intern holding the title of Program Coordinator. The role Amanda has played is a little of everything; however her main focus is: supervising and organizing the work of undergraduate interns, fundraising, and developing community sponsorship programs with partners of ATOP, as well as assisting Dr. Kalayjian in her various post disaster humanitarian training programs as well as Mental Health Outreach Projects .

Amanda holds a Bachelor's of social work with a minor in communications from Bluffton University, and is currently a graduate student at Fordham University in New York, studying Social Work and specializing in administration of not-for-profit organizations; she plans to complete her program on 1 July 2008. Along with her involvement with Meaningfulworld and her graduate studies, Amanda also serves as the assistant to the National Director of North Korea programs at World Vision International's United Nations Office. We celebrate Amanda Fogle and grateful to her gifts and talents.

If you wish to speak with Amanda concerning related areas in Meaningfulworld, kindly feel free to email her at: AmandaFogle9482@yahoo.com

Kalayjian Featured in *The Family Psychologist*



Dr. Kalayjian article, Family Challenges for Post Tsunami Survivors in Sri Lanka : The Bio-Psychosocial, Educational, and Spiritual Approach, is found in the 23rd Volume of *The Family Psychologist*.
<http://www.apa.org/divisions/div43/news/NewsArchives/Spring07TFP.FINAL.PDF>

AASSSG Celebrates 20th Anniversary!

The Armenian American Society for Studies on Stress & Genocide (AASSSG, pronounced "azk," meaning "nation" in Armenian) was founded in 1988 by Dr. Ani Kalayjian to advance national and international understanding of the generational and inter-generational effects of traumatic experiences, both human-made, such as genocide, terrorism, and war, and naturally occurring, such as hurricanes, earthquakes, and tsunamis.



Immediately after the earthquake in Armenia, AASSSG mobilized several teams of mental-health professionals to help the recovery process, and continued to offer aid for one year after the quake. For more information about the organization and future events, kindly visit www.meaningfulworld.com



Upcoming Events

April 18

NEAA Teachers College Columbia University , 8:30-4:30. 45th Annual Isabel Maitland Stewart Conference on Research in Nursing and Awards Luncheon. Theme: "Restructuring the Nursing Environment: Self Sufficiency, Innovation, and New Directions".

April 24

General Committee meeting of the UN NGO Committee on Spirituality, Values, and Global Concerns. Dr. Kalayjian will be the Keeper of the Sacred. 12-2 PM at the Church Center 44th @ First, all are welcome.

May 17

Fordham University, 10-5pm Room 910. ATOP Training on Empowerment , Anger Management and Forgiveness. RSVP ASAP

@ kalayjiana@aol.com.

May 29-31

Santa Barbara, California. WNGE Board of Directors Retreat at Fielding Graduate University.

Meaningful World's Quote of the Day

Please join us at Meaningfulworld.com to enjoy our inspirational daily quotes!

February 26 Forgiveness Training Program

In a safe and trusting setting, ATOP's training sessions bring out deep and moving stories of ordinary individuals like you and me. These trainings are one of a kind life experiences, told in an authentic spontaneous way to allow the group to practice their new found skills of compassion, empathic listening, broadening perspectives and seeking connection to new solutions and behaviors in relation to trauma. Body mind and spirit connections are healed through replacing the negative with the positive one step at a time. Through this exchange and experience, the individual can be released from long held secrets and embedded negative beliefs that can allow one to shift energies and change their life choices.

On February 26, in addition to the usual program, Dr. Kalayjian invited Lynn Jericho, who mesmerized with her exercise on Resurrecting the Victim and Redeeming the Perpetrator-- to find the true self within. Her demonstration allowed each of us to free the victim within and seek out the perpetrator lurking deep inside each of us. Living these two roles fully through an exaggerated dramatized display we can unleash these feelings allowing one to become the objective middle, the true self within in an empowering stance situated at the core of our being. You can learn more about this powerful exercise at www.lynnjericho.com. It has been said a few times in our discussions, "I don't have a trauma or my trauma is smaller than what others would consider trauma." And one by one participants shared multiple traumas such as parental abandonment, separation, divorce, parental fatal illness, interpersonal deceits, accidents, 9/11, and other personal and collective traumas. Releasing traumatic feelings can serve us in a positive way through this transformative training session and through use of the Biopsychosocial and Spiritual Model developed by our President Dr. Ani Kalayjian. Through these trainings, and healing circles groups of volunteers are prepared to serve communities in post disaster areas; and therefore, survivors begin healing from their trauma, which is our mission at Meaningfulworld. The next program will take place on April 26, KINDLY REGISTER ASAP.

A Meaningful Thank You...

After speaking at Brookdale College on March 26, 2008, Dr. Kalayjian received a thank you that was very meaningful to her.

Dr. Kalayjian,

I wanted to send you a note of gratitude on behalf of the Psi Beta group at Brookdale. We greatly appreciated your time and enjoyed your presentation this past week. You have an obvious passion for your work and certainly have made a positive impact on countless lives throughout the world. I hope you can continue to make time for the group in the future.

On a personal note, I am graduating from Brookdale and am continuing into a psychiatric rehabilitation program this fall. I hope you won't mind if I keep in touch. Your work through the UN intrigues me immensely. I look forward to learning more and finding ways to get involved as my education continues in the field.

Bill Cole

... *Thank You* _____

Past Events

April 4

Fordham Law School , Room 312 (W. 62nd St. & Columbus Ave.) Hrant Dink (1954-2007) and Raket Dink were the recipients of the 2008 AASSSG Outstanding Achievement Award. The 8th Grade class of the Hovnanian Armenian School contributed a special presentation dedicated to Mr Dink and his non-violence approach to resolving conflicts and to educating on human rights. Over 170 people participated in this timely program.

April 10-13

Columbia University Friday April 11, 11.20am - 1.20pm Room 1219: Special panel on Ben Kiernan's *Blood and Soil*. Dr. Kalayjian was the first to present an in-depth analysis of the book on Genocide, and draw some parallels and place emphasis on the denial of genocide not only on the survivors and their offsprings, but also to Turkey and its citizens.

Announcement for Internship Availability!!

All internships are conducted under the supervision of Dr. Ani Kalayjian - Founder and Director of the ATOP.

Internships include the following:

Fundraising
Public Relations
Videography & Photography
Research

Any creative contributions are welcomed and greatly appreciated. A preceptor will guide you initially and as needed throughout your term. Kindly send your resume and short statement of purpose and length and kind of internship.

E-mail: kalayjiana@aol.com