

Meaningful World

The Association for Trauma Outreach & Prevention (ATOP)

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Press Release

ATOP Meaningfulworld Humanitarian Certificate Training Program: Conflict Transformation, Peace Building, Anger Management, Assertiveness, Non Violent Communication, Ancestral Healing & Forgiveness

Lorraine Simmons

On Saturday 30 January, 2016, a dynamic group of students, interns, and health practitioners met at the Upper East Side to attend an all day workshop on Conflict Transformation, Peace Building, Anger Management, Assertiveness, Non Violent Communication, Ancestral healing & Forgiveness. On the delightfully and unusually warm January morning the participants began with healing teas and a healthy, homemade, organic breakfast while quietly completing a questionnaire documenting previous traumas or stressful life experiences. Then Lorraine Simmons, clinical coordinator welcomed participants, held a moment of silence to set intentions for the day, shared announcements and invited participants to introduce themselves. Pamela Timmins, a Meaningfulworld Ambassador in Teacher training program, opened the workshop with an interactive lecture on conflict transformation, peace building, anger management, assertiveness, nonviolent communication, ancestral healing and forgiveness. Dr. Ani Kalayjian supervised and shared her own personal experiences while on humanitarian missions and her own research in the field as well as the most up to date research from current professional journals.



Releasing tension



Meaningful World Team



Stretching

Ms. Dawn Bhat was our Visionary Speaker. Participants were treated to a presentation about Somatic Psychotherapy which is a body-based modality. Somatic approaches are holistic incorporating the entire person, body and mind. Dawn shared information about the various nervous systems in the body and how they connect with her work as a Somatic Psychotherapist. Dawn is a licensed mental health counselor (LMHC) in private practice in Hicksville, NY and has published numerous articles on this topic. After her lecture she guided the group with a brief mindfulness/awareness meditation. She expressed that when your state of being is safe, calm and serene you are more able to engage fully in social situations.



Ms. Bhat sharing



Ms. Bhat receiving a gift



Organic fresh veggies

Dr Kalayjian shared her original and moving poem; "Vicarious Trauma." Then participants, while consuming a delicious lunch of completely home cooked, organic food, viewed a film titled, "I Live On Ground Zero" by Schiller, the video focuses on Isabella, who is 10 years old, who lived at ground zero and how she personally processed her shattered neighborhood. Since it was such a lovely day, the participants went outside to enjoy the sunlight while practicing Soul Surfing exercises and repeating positive affirmations combined with visualization, led by Pamela Timmins and Remi Alapo. After the brief reprieve in the fresh air, the group returned indoors and engaged in a healing circle utilizing Dr. Kalayjian's 7-Step Integrative Healing Model. Participants had the opportunity to share personal stories and experience the process. Following each step, participants worked together to provide authentic and heartfelt empathy. With Dr. Kalayjian's guidance two of our aspiring participants gently guided the process, guiding the catharsis and encouraging finding a deeper meaning in their experiences, and on how to be fully present and empathetic with others without giving advice or passing a judgment.



Discussion



Soul Surfing



Co-facilitators grateful of their gifts

The 7-Step Healing Model is a Biopsychosocial& Eco-Spiritual Healing Model. The steps are (1) Assess Levels of Distress, Disagreement, or Conflict, (2) Encourage Expression of Feelings (3) Provide Empathy and Validation (4) Encourage Discovery and Expression of Meaning (5) Provide or gather

Information (6) Instill Eco-Centered Caring and (7) Demonstrate Body Breathing and Movement Centered Healing. Further details are provided on the website www.Meaningfulworld.com.

The training program concluded with a ceremonial Heart-to-Heart-Circle of Gratitude and Love, and Ubuntu circle of Unity and Oneness. This program was organized and sponsored by Association for Trauma Outreach & Prevention (ATOP) Meaningfulworld, which has reached out to over 45 nations since 1990, conducting workshops on healing, resilience, peace building, uplifting individuals and communities through the 7-Step Integrative Healing Model (Kalayjian, 2002, Kalayjian & Eugene 2010), trauma and suffering are transformed into new meaning--the birth place of empowerment. This innovative model incorporates many theories including: psychodynamic (Freud, 1915), interpersonal, (Sullivan, 1953), existential and humanistic (Frankl, 1962), Electromagnetic Field Balancing (EMF, Dubro & Lapierre, 2002), Forgiveness (Kalayjian & Paloutzian, 2010), Learning Theory, flower essences, essential oils, Physical Release Techniques (van der Kolk, 1987), chakra balancing, prayers and meditation.

These programs will continue to take place monthly, through May, with the graduation of the next team of *Meaningfulworld Ambassadors* taking place at the United Nations in June 2016. Our next program is on 27 February, 2016. For those interested, kindly contact Lorraine Simmons, Clinical Coordinator at edcoordinator@Meaningfulworld.com, or visit our website at www.Meaningfulworld.com.



Heart-to-Heart Circle of Gratitude and Love & Ubuntu Circle

Founded in 1990, Meaningfulworld, the Association for Trauma Outreach & Prevention (ATOP), affiliated with the United Nations, has achieved international recognition as a leader in training humanitarian outreach professionals as well as responding to two decades of global and local disasters. Meaningfulworld is committed to global education promoting state-of-the-art scientific theory, peace and consciousness research, 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 laypeople committed to service. Meaningfulworld Humanitarian Outreach teams make a daily difference in 45 countries in people's lives helping to transform tragedy and trauma into healing through post-trauma growth, guidance, empowerment, mindfulness, and meaning-making through a new worldview. Ask yourself... Ask your friends... What makes your world more?

Our Motto: When one helps another, BOTH become stronger