



*Association for Trauma Outreach and Prevention (ATOP)*  
**Bulletin, July 2023**

**CONGRATULATIONS**

**to Dr. Ani Kalayjian for receiving a FES Practitioner Certificate from The Flower Essence Society**






## Upcoming Events



PLEASE POST

**Association for Trauma Outreach & Prevention (ATOP) ANNOUNCES YOUTH EMPOWERMENT PROGRAM (YEP) ESSAY (POETRY, RAP, SKIT) CONTEST**



The Association for Trauma Outreach and Prevention (ATOP) Meaningfulworld, and YEP was founded by Dr. Ani Kalayjian to advance the knowledge about the immediate and long-term human consequences of traumatic events and promote effective methods of prevention, relief and remedies to those traumatized and to those treating traumatized populations. Bullying has devastated millions of children around the world, and specifically in NYC.

**ESSAY/POEM/RAP/SKIT SUBJECT**

**"Creating Inner Peace: Transforming Bullying"**

**AWARD**

\$40 Grade School Winner, \$50 for Junior High Winner  
\$75 High School Winner, \$120 College Student Winner

The early years of a child's life are crucial for healthy cognitive, social and emotional development. Incorporating a "bully free" message in the classroom by encouraging acceptance, kindness, empathy, and love is essential in that development. In schools where there are bullying programs bullying is reduced by 50%. Bullying has become an epidemic in our nation's schools and streets. Many children are robbed of the opportunity to learn because they are bullied and victimized daily. It is a problem in virtually all schools. Bullying causes lasting trauma, and the scars can last not only a lifetime, but it transmits generational.

One third of teens reported being bullied while at school. About 60% of middle school students say that they have been bullied. An estimated 13 million children aged 6 to 17 were victims of cyber bullying and 9 percent of those affected by cyber bullying try to commit suicide. According to the NEA, it is estimated that 160,000 children miss school every day due to fear of attack or intimidation by other students. A bully is 4 times more likely to be incarcerated by the age of 24.

Giving students a voice is the number one factor that influences a change in culture, climate, and academic performance. Teaching them Emotional Intelligence (EQ) is essential for their health. Writing exercises about bullying makes children part of the healing process, empowers them, and creates sustainable change in their lives.

**Eligibility and Submission Criteria:**

1. Students must be enrolled in school system and must be residents of New York, New Jersey, or Connecticut.
2. Essays/poems, rap or skit must be original and unpublished.
3. Essays must include own experiences, feelings, and recommendations for healthy and peaceful solutions.
4. Essays must be in English, typewritten, double-spaced, and 500-750 words in length, no guidelines for poems, skits or rap.
5. No more than one entry per year, and per family.
6. All entries become the property of ATOP/YEP and will not be returned.
7. ATOP/YEP reserves the right to make no award(s) each year if, in the opinion of its three judges, the submissions do not meet its criteria.

**Deadline:** All entries must be postmarked by **21 Sept. 2023**. The winners will receive personal notifications & awards will be given at the ATOP Annual UN International Day of Peace 21 Sept 2023.

Please include cover letter indicating name, address, age, year of study, e-mail & personal contact, name of school/college attending, college major field of study, and where you received and e-mail to: E-mail: [info@MeaningfulWorld.com](mailto:info@MeaningfulWorld.com) website: [www.MeaningfulWorld.com](http://www.MeaningfulWorld.com) phone: 201-941-2266

**Youth Empowerment Program (YEP) Essay (Poetry, Rap, Skit) Contest**  
**Subject: "Creating Inner Peace: Transforming Bullying"**  
**Award: \$40 Grade School Winner, \$50 Junior High Winner, \$75 High School Winner, \$120 College Student Winner**  
**Deadline: 21 September 2023**

**More Information**



# Post Trauma Healing & Meaning-Making Hybrid Workshop Disaster Relief, Rehabilitation, Mindfulness, & Empathy Facilitator: Dr. Ani Kalayjian Visionary Speaker: Richard Katz, Ph.D., FES Flowers, Flower Power Saturday, 30 September 2023

RSVP Here

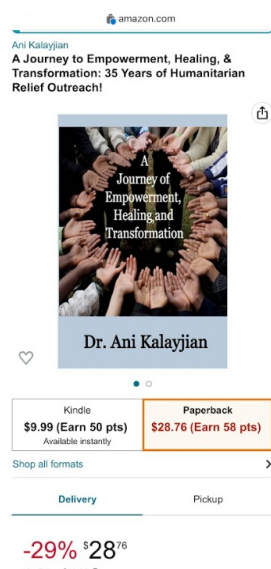


## Humanitarian Outreach Mission to Armenia Led by Margo Sargsyan, Dr. Ani Kalayjian, and Natalia Tomassini Objectives:

1. Transforming trauma of the border conflict
2. Transform Horizontal Violence
3. Transform domestic violence
4. Continue suicide prevention awareness,
5. Continue Ecological awareness
6. Teach strategies for self-care
7. Teach 7-step modality
8. Nurture Gender empowerment
9. Teach human rights education & UN SDG's

5-22 October 2023

Read the Pre-Press Release HERE



COFFEE TABLE BOOK RELEASE

A review from David Dawud said: “I love your writings in the coffee table book. I’m reading a poem everyday, and traveling to a new country with beautiful photos of your humanitarian volunteer service. You make me think, reflect, release and it helps me clear my thoughts.”

Click HERE for the link



MeaningfulWorld invites you to share your love!



REUSABLE CANVAS BAGS

Let's reduce the use of plastic and raise money for those in need! We want to continue to help launch a suicide lifeline in Armenia, educate others on emotional intelligence, and deploy our teams for humanitarian relief missions! There are 4 different colors to choose from! Buy a reusable bag and help us help others!



MEANINGFULWORLD TSHIRTS

Show off your MeaningfulWorld spirit by wearing our newly designed t-shirts! You can choose from a range of colors and styles! Show off your MeaningfulWorld pride while simultaneously helping others! Proceeds will help us help others!

Reusable Canvas Bags

**T-Shirt Sale**



## **A Vacation Opportunity of a Lifetime! MeaningfulWorld Raffle**

**By purchasing a \$25 raffle ticket, you buy a chance for a hotel (location of your choosing), 2-6 people for one week! This is your chance to make your dream vacation come true!**

**Buy Tickets**



## **Weekly Meetings**

**Free Weekly Support Groups**

Managing stress, anxiety, fear, and uncertainty in times of global crises

When: Every Thursday

Time: 12:00 - 1:00 PM (EST)

Where: info@meaningfulworld.com for zoom link

RSVP Here

Meet Up Zoom Yoga & Soul Surfing with Dr. Ani

ATOP MeaningfulWorld offers yoga and meditation during these times of panic and unrest.

Join us every Tuesday & Friday at 10:00 AM EST on Zoom, by appointment.

RSVP Here


More Information

MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian

Thursday, 8 June 2023, from 4-6pm EST



Transforming Vicarious Trauma:  
Education & Mental Health as Basic Needs

SDG #3, #4, #5, #8, #11, #10, #16, #17

Chairpersons: Dr. Ani Kalayjian & Andrew Dolinar

Invocation: Mr. Eric Shōkei Manigian, M.Div., Union Theological Seminary, Buddhist Action Coalition

Faculty: Prof. Ronald Levant, Ed.D., former APA President, "Whither Masculinity: Man up or Human up?"

Dr. Gloria Horsley and Dr. Heidi Horsley, PsyD, Open to Hope, "Healing & Education after Loss: Utilizing peer support"

LaShann Selby, M.S., Intern Coordinator, MeaningfulWorld, "MeaningfulWorld Education & Healing with SDG's"

Convocation: Mr. Eric Shōkei Manigian, M.Div., Union Theological Seminary, Buddhist Action Coalition

2023 MeaningfulWorld Ambassadors for Humanitarian Relief and Peace Building  
Graduation ceremony.

Graduating Class: Anabel Content, Emmannuela Sayi,  
Kiana I. Smith, Kristina Khrimian

When one helps another, BOTH become stronger!

Virtual Program

RSVP to receive the zoom link:  
info@meaningfulworld.com  
www.meaningfulworld.com

Co-sponsored by: ATOP  
Meaningfulworld, Armenian General  
Benevolent Union (AGBU), and  
Armenian Constitutional Rights  
Protective Center (ACRPC)

## Successful Past Events

Interfaith Conference: 170th "Healing Prayer for Humanity" by the Worldwide Religious and Spiritual Leaders

Speakers: Imam Arif Huskic, President CWA and MASCH Program Moderator, & Dr. Ani Kalayjian, Scholar and Researcher

Congratulations MeaningfulWorld Ambassadors: Anabel Content, Emmannuela Sayi, Kiana I. Smith, Kristina Khrimian, Dr. Wael Mustafa Abu-Hassan

Annual Conference and Graduation at the United Nations

Transforming Vicarious Trauma: Education & Mental Health as Basic Needs

Chairpersons: Dr. Ani Kalayjian & Andrew Dolinar

Invocation: Mr. Eric Shōkei Manigian, M.Div., Union Theological Seminary, Buddhist Action Coalition

Faculty: Prof. Ronald Levant, Ed.D., former APA President, "Whither Masculinity: Man up or Human up?"

Dr. Gloria Horsley and Dr. Heidi Horsley, PsyD, Open to Hope, "Healing & Education after Loss: Utilizing peer support"

LaShann Selby, M.S., Intern Coordinator, MeaningfulWorld, "MeaningfulWorld Education & Healing with SDG's"

Convocation: Mr. Eric Shōkei Manigian, M.Div., Union Theological Seminary, Buddhist Action Coalition

**Thursday, 8 June 2023, 4-6pm EST**



**Self-Care & Meaning-Making Workshop**  
**EQ, Preventing Vicarious Trauma & Post-Traumatic Growth**  
**Research and Theory Presented by Andrew Dolinar**  
**Saturday, 20 May 2023**

## More Information



## ATOP Latest Publishing

1. Kshtriya, S., Kalayjian, A., Lowe, S. R., Diakonova-Curtis, D., Toussaint, L. (2022). Exploring the Association between Forgiveness, Meaning-Making, Post-Traumatic Stress Symptoms: The Case of Hurricane Maria in Puerto Rico. *International Journal of Educational Research*.
2. Kalayjian, A., Huang, K., Sabbour, S., & Yasin, M. (2022). Grassroots Collaborations to Address the Trauma of Suicide: Establishing the First Suicide Prevention Lifeline in the Republic of Armenia. *International Journal of Mental Health*.  
<https://doi.org/10.1080/00207411.2022.2983392>. View [HERE](#)
3. Toussaint, L., Kshtriya, S., Kalayjian, A., Cameron, E., & Diakonova-Curtis, D. (2022). Christian Religious Affiliation is Associated with Less Posttraumatic Stress Symptoms Through Forgiveness but Not Search for Meaning After Hurricane Irma and Maria. *American Psychological Association*.



## Gratitude To Our Visionary Speakers

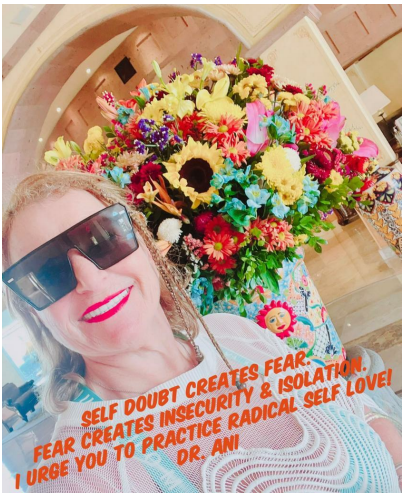
Alexis Brink, Dr. Yolanda Hancock, Dr. Douglas Scherer, Laurie Schwartz, Dr. Linda Marsanico, Nupur Kothari, Paul Jaffe, Simone Coonrod, Linda Turner, Erica Rodriguez, Arthur Jaffe, Christina Nunez Gomes, Cristina Como, Mark Ackerman, Marianne Gunther, Ron Friedman, Kathleen Booker, Lata Cheri-Kennedy, Anisa Keith, Dr. Deborah Barbieri, & Ali Fischer

## Gratitude To 2022 Donors

Anonymous; Armenian Constitutional Rights Protective Center; Armenian General Benevolent Union of America; Kari Akgulian; Dr. Maggie Avedissian; Lola Aznavur; Vanessa Billups; Ara & Joyce Boghosian; Dr. Garen & Diana Boghosian; Zarmine & Missak Boghosian; Mark Chenian; Jacob Yahiaayan; Suzanne Crespo; David Dawud; Dr. Dominique Eugene; FesFlowers.com; Mary Ryan Garcia; Taleen Gergerian; Randolph Giudice; Anisa Goz; Dr. Andrew Hahn; Dr. Noyemi Isnar; Art Jaffe; Dr. Marianne Jeffreys; Dr. Ani Kalayjian; Nayri Kalayjian; Dr. Mallika Kamana; Jackie Kazarian; Sylia Koroglu; Betty Labine; Carol Lachman; The Life Centered Therapy Training Institute; Long Island Psychological Consulting (Dr. Roy Aranda); Eric Manigian; Talin Manukian; Janet Marcarian; Yeran Marcoosi; Linda Marsanico; Jinnie & Chuck McCormick; Siroun Terzian Meguerditchian; Alice Movsesian; Ray Paloutzian; Dr. Sreeram Parupudi; Kailash Peri; Psychology Coalition at United Nations; Supriya Reddy; Betty Anne Rougier; Margie Satian; Lisa Schiller; Dr. Geetha Seerangan; Ilene

Serlin; Lorraine Simmons; Deborah Stiles; Karri Swathi; Prof. Harold Takooshian; Irene Tananyan; Randal E Tellalian; Suresh Tipimeni; Natalia Tomassini; Lynne Tracey; Carla Tufenkdjian; Kevork Ucaryan; Kiranmai Valluri; Tanya & Siroun Vartanian; Sree Venuthurupalli; P. Vinaya; Marian Weisberg; & Rita Zoroghlian.

This QR Code is for donating to our various fundraising efforts and workshops. Please, help us to help others around the world by donating [HERE](#).



**ATTENTION: Additional Media**

~March 2023: Gender Equity. Transforming Gender Stereotypes. View it [HERE](#)

~March 2023: 12th Annual Mentoring Forum at Fordham University. View it [HERE](#)

~February 2023: Photography Exhibit Opening Ceremony. View it [HERE](#)

~January 2023: MLK Day poem by Dr. Ani:


*I have a dream  
Dr. Kalayjian*

*Martin Luther King, Jr., you were the youngest man to have received the Nobel Peace Prize.*

*You were the King, but you led the people humbly;  
You were the King, using your peaceful leadership to actualize your dreams.  
You had a dream, your dream inspired us all.  
Unfortunately, 60 years later, we are still dreaming with the hopes that “Justice will roll down like water;” and we will live in harmony.  
You defined peaceful resistance,  
You were the colossal of the civil rights movement.  
You motivated thousands to stand with you,  
In peace & justice, with faith and love!*

- ~January 2023: Poem by Dr. Ani:  
*Thrust forward! Enjoying the lessons from the past. Release the negative, imagine they are clouds, let the tears clear your view, as you are now the best version of yourself!*
- ~January 2023: Forget Me Not by Dr. Ani Kalayjian - book review & Lachin corridor humanitarian crisis. View it [HERE](#)
- ~January 2023: Dr. Ani Kalayjian wrote a beautiful poem for the start of the New Year. View it [HERE](#)
- ~July 2022: Humanitarian Outreach Mission to Guatemala, video by Lorraine Simmons. View it [HERE](#)
- ~9 November 2022: Belle Unobe and Kristina Khrimian discussing the objectives and activities of MeaningfulWorld's Genocide Prevention Committee. View it [HERE](#)
- ~9 November 2022: Shubhrata Shukla interviewing Dr. Ani Kalayjian on her experiences with trauma and healing. View it [HERE](#)
- ~9 November 2022: Kristina Khrimian and Rishi Guntur bringing awareness on the topic of suicide. View it [HERE](#)
- ~September 2022: Dr. Ani Kalayjian, President, MeaningfulWorld & Marietta Khurshudyan, Psychologist discuss: Anger Management: In Armenia Nurturing Emotional Intelligence. View it [HERE](#)
- ~September 2022: Dr. Ani Kalayjian and Marietta Khursduhyan have an informative conversation about Horizontal Violence in Armenia. View it [HERE](#)
- ~2 May 2022: Dr. Ani Kalyajian, Lorraine Simmons, and Andrew Dolinar spoke about Self Care and Peace Building: Healing the Self, Mother Nature, and the World. View it [HERE](#)
- ~25 April 2022: Dr. Ani Kalayjian was interviewed by freelance writer Chelsea Greenwood about the effectiveness of EMDR treatment.
- ~13 April 2022: Dr. Ani Kalayjian and Outreach Coordinator Paige McDonald met for part two of their discussion on Horizontal Violence. View it [HERE](#)
- ~30 March 2022: Dr. Ani Kalayjian and Outreach Coordinator Paige McDonald met for a series of Instagram Lives to discuss Horizontal Violence. View part one [HERE](#)
- ~24 March 2022: Interns Nola Sheehan and Alyssa Curcio spoke together about empathy and what it means. View the video [HERE](#)
- ~ 15 March 2022: Dr. Ani Kalayjian sat down and spoke with intern Will Robbins about SAD. View the video [HERE](#)
- ~2020 Dignity Workshop 27.2: Message tot he World from Dr. Ani Kalayjian. View it [HERE](#)



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