

Meaningful World

Association for Trauma Outreach and Prevention (ATOP)
Bulletin, July 2024

Upcoming Events

MeaningfulWorld

Pamper Yourself Garden Gratitude Party
Saturday, 17 August 2024
4-6 pm Personalized Healing, and 6-10 pm Party
The application deadline is 12 August 2024



MeaningfulWorld's Garden Gratitude Party is here again! Kindly join us for an afternoon of celebration as we remember all that we have accomplished as a team and learn about our mission to Armenia and Uganda.



Saturday
17 August, 2024
4-6:30 PM
Treat yourself with Pampering & Integrative Healing
Healers:
Natalia M. Tamasini, Reiki; Art
Jaffe, Deep Tissue Spiral
Technique; Paul Jaffe,
Meditation;
Dr. Ani Kalayjian, Flower
Remedies; Janet Milian, Tapping
Solution (EFT); Sarkis Chuljian,
hypnosis.

Address: At Dr. Ani's
Offering: \$39 includes 4
healing modalities, food,
drinks, music, & deserts.
RSVP:
Info@Meaningfulworld.com
Phone: 201-941-2266

6:30-7:00 PM
Films & photos of
Mission in Armenia and Uganda.
7-11:00 PM
Food, Drinks, Music, Games and
more (rain or shine) dancing and
fun.



[RSVP HERE](#)

MeaningfulWorld invites you to explore our Social Justice theme this July! Join us while we dive into this month's theme, participate in meaningful discussions and access helpful information. How do you nurture social justice? We love to share your stories!

[More Information](#)



MeaningfulWorld Launches 2024 Peace essay contest! The awards will be given at the ATOP Annual UN International Day of Peace on 21 September. Entries are due 25 August 2024.

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 restoration to those traumatized and to those treating traumatized populations. Bullying has devastated millions of children around the world, and more specifically in NYC.

ESSAY/POEM/RAP/SKIT SUBJECT

"Creating Inner Peace: Transforming Bullying"

AWARD

540 Grade School Winner, \$50 Fine Junior High Winner
575 High School Winner, \$150 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 a lasting trauma, and the scars can last not only a lifetime, but it transmits generationally.

One third of teens reported being bullied while at school. About 60% of middle school students say that they have been bullied, an estimated 11 million children aged 6 to 17 were victims of cyber bullying and 5 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 6 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 the school system and must be residents of New York, New Jersey or Connecticut.
2. Essays/poems, raps or skits 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 **25 August**. The winners will receive personal notifications & awards will be given at the ATOP Annual UN International Day of Peace 21 Sept.

Forms include cover letter indicating name, address, state, year of study, e-mail & personal contact, name of school/college attending, college major field of study, and career objectives and e-mail to: E-mail: info@MeaningfulWorld.com; website: www.MeaningfulWorld.com; questions? Phone: 201-941-2266

28 September 2024 Self-Care & Meaning-Making, Hybrid Workshop
Facilitator: Dr. Ani Kalayjian, Founder, ATOP Meaningfulworld
Visionary Speaker: Stella Badalyan, LMHC, CLC, Healing with Breathwork

RSVP HERE

MeaningfulWorld
ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION
with Dr. Ani Kalayjian

Hybrid Workshop, Saturday, 28 September 2024

Self-Care & Meaning-Making
EQ, Preventing Vicarious Trauma & Post-Traumatic Growth

Facilitator: Dr. Ani Kalayjian, Founder — ATOP Meaningfulworld
Visionary Speaker: Stella Badalyan, LMHC, CLC, Healing with Breathwork

HOW CAN YOU MAKE YOUR LIFE MORE MEANINGFUL?
Attend this program & become a Meaningful World Ambassador for Humanitarian Relief & Peace-Building

Program focus:

- Complete pre-workshop & post-workshop questionnaires
- Identify the importance of self-care
- Identify the impact of stress, and other variables of trauma
- Review theories: Erickson, Sullivan, Kohlberg, Freud, Frankl, & Ratz
- Learn about United Nations' Sustainable Development Goals
- Identify interventions for recovery, healing, & integration
- Connect & empower self through Mind-Body-Energy
- Learn ways to nurture Emotional Intelligence (EQ)
- Learn Emotional Connections to understand family dynamics & generational transmissions
- Learn techniques of mindful meditation
- Include didactic presentation of theory, method, research, and techniques

This workshop is recommended for those seeking a greater understanding of emotional management, lessons learned, transforming vicarious trauma and Horizontal Violence, peace building, meaning-making and transcendence. This is also for those planning to become MeaningfulWorld Ambassadors and for joining our Humanitarian Outreach Programs around the globe.

RSVP to: EdCoordinator@MeaningfulWorld.com
Phone: 201-941-2266
DATE: Saturday, 28 September 2024
TIME: 10:00 AM - 3:30 PM
10:00 AM - 12:30 PM - Welcome, Lecture, Visionary Speaker
Presentation and Discussion
1:00 PM - 3:30 PM - Film, Experiential Soul-Surfing Exercises, Experiential Healing Session and Meditation.
FEES: Online Participants via Zoom: \$40

Includes: Bach/Flower remedies, pre-post test, collective gratitude
Register early as space in this workshop is limited!
* Pay online securely at: <http://www.meaningfulworld.com/get-involved/donations>
*ALL FEES INCREASE \$10 after 21 September so make your payment early!
Receive Continuing Education Credits for the following professions: Marriage & Family Therapy, Mental Health Counseling, Creative Arts Therapy, Music Therapy and Psychoanalysis

When one helps another, BOTH become stronger

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](#)



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!

[Reusable Canvas Bags](#)



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!

[T-Shirt Sale](#)



Successful Past Events

18 June – 1 July 2024 Meaningfulworld Humanitarian Mission to Uganda. Our teams worked with 500 people directly and 7+ million indirectly, transforming lives, planting trees, sponsoring girl children's tuitions, and uplifting communities at large!

Summary

MeaningfulWorld
ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian

Thursday, 6 June 2024 5-7pm at UN Interfaith Chapel

**Partnering for SDGs:
Mind-Body-Eco-Spirit Integrative Healing**
Sustainable Developmental Goals: #3 #4 #5 #8 #10 #11 #16 #17

Chairpersons: Dr. Ani Kalayjian & Andrew Dolinar
Invocation: Mr. Eric Shókei Manigian, M.Div. Union Theology Seminary

Faculty:
Dr. Douglas Scherer, Columbia University, Mindfulness
Dr. Lorne Schussel, Columbia University, Contemplative Practices in Human Connectivity
Dr. Mitchell Saskin, Columbia University, Integration of Spiritual Meditation
Dr. Ruth Rosenbaum, TC Columbia University, Tibetan Buddhist Philosophy and Psychology
Mr. David Babigian & Ms. Terri Lao, ATOP MeaningfulWorld, 7-Step Integrative Healing Model

29th Annual Krieger Contest on Genocide Prevention
High School Winners: Yeva Grigoryan (USA), Vladimir Mkrtychian (USA), Diana Antonyan (Armenia)
College Winners: Ezgi Güllistan Gül (Armenia-Germany), Shushan Barsaghyan (Armenia)

Culture of peace is achieved through integration of mind, body, ecology, and spirit. This program focuses on integrative and holistic approaches to healing. Multidisciplinary, rights-based, gender-sensitive, and ecological approaches will be shared to address inequalities and good health for humans and all living things. Our aim is to empower individuals to achieve greater health, resilience, and inner peace - even in times of crisis. Join us as we explore transformative practices that unite mind, body, ecology, and spirit. We support, educate, and disseminate the Sustainable Development Goals to foster a healthier, peaceful, and sustainable world.

2024 MeaningfulWorld Ambassadors for Humanitarian Relief and Peace Building Graduation ceremony
Graduating Class: David Babigian, David Kryzhanovskiy, and Terri Lao

When one helps another, BOTH become stronger!

Location: 777 United Nations Plaza, New York, NY 10017 (44 St Corner and 1st Ave, NYC) RSVP Required: info@meaningfulworld.com www.meaningfulworld.com	Co-sponsors: ATOP Meaningfulworld, AGBU, Armenia Bar Association, & ACRPC Cosponsoring Healers: Next Step Strategies LLC, Stella Badalyan (Breath Work), Dr. Rosenbaum, Kathleen Booker (Jedi of Calm), & Sarkis Chuldjian (Hypnosis)
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Partnering for SDG's: Mind-Body-Eco Spirit Integrative Healing
Thursday, 6 June 2024, 5:00
Graduating class: David Babigian, David Kryzhanovskiy, & Terri Lao

Event Summary

Winners of Essay Contest

Graduates

18 May 2024 Mindful Leadership & Forgiveness, Hybrid Workshop
Facilitator: Dr. Ani Kalayjian, Founder, ATOP Meaningfulworld
Visionary Speaker: Deanna Danielian, LMFT, Somatic Experiencing Practitioner
Dr. Douglas Scherer

MeaningfulWorld
ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION
with Dr. Ani Kalayjian

Hybrid Workshop, Saturday, 18 May 2024

Mindful Leadership & Forgiveness
Conscious Leadership, Forgiveness, MeaningfulWorld View, Logotherapy

Facilitator: Dr. Ani Kalayjian, Founder — ATOP MeaningfulWorld
Visionary Speaker: Deanna Danielian, LMFT, Somatic Experiencing Practitioner

HOW CAN YOU MAKE YOUR LIFE MORE MEANINGFUL?
Attend this program & become a Meaningful World Ambassador for Humanitarian Relief & Peace-Building

Program Focus:

- Review the importance of service
- Learn to integrate mind-body-spirit-soul-environment connection
- Learn the 5 shadows impacting us negatively and 5 pillars of service
- List & describe 12 steps of mindful leadership
- Integrate benefits of forgiveness while shedding light on myths of forgiveness
- Practice forgiveness and forgiveness meditation and learn about religious and forgiveness
- Learn healthy patterns of connecting with ourselves, the world, those we serve, and the universe
- Includes didactic presentation of theory, method, research, and techniques

This workshop is recommended for those seeking a greater understanding of emotional management, lessons learned, transforming vicarious trauma and Horizontal Violence, peace building, meaning-making and transcendence. This is also for those planning to become MeaningfulWorld Ambassadors and for joining our Humanitarian Outreach Programs around the globe.

For details to participate, contact: EdCoordinator@meaningfulworld.com

RSPV to: EdCoordinator@Meaningfulworld.com
Phone: 201-941-2206
DATE: Saturday, 18 May 2024
TIME: 10:00 AM - 3:30 PM
10:00 AM - 12:30 PM - Welcome, Lecture, Visionary Speaker
Presentation and Discussion
1:00 PM - 3:30 PM - Film, Experiential Soul-Surfing Exercises, Experiential Healing Session and Meditation.
FEES: Online Participants via Zoom: \$40
FEES (In-Person): Full (\$125), Graduate students or retired (\$75), Undergraduate students (\$50), ATOP interns (\$30), 4 or more in a group will receive 20% off

Includes: Bach/Flower remedies, pre-post test, collective gratitude
Register early as space in this workshop is limited!
* Pay online securely at: <https://meaningfulworld.com/ed/online/ed/donation>
* ALL FEES INCREASE \$10 after 11 May so make your payment early!
Receive Continuing Education Credits for the following professions: Marriage & Family Therapy, Mental Health Counseling, Creative Arts Therapy, Music Therapy and Psychoanalysis

When one helps another, BOTH become stronger

Humanitarian Mission to Armenia returns with great success



Summary



MeaningfulWorld's Humanitarian Relief Post Azeri Ethnic Cleansing in Nagorno-Karabakh, Armenia Film!

Watch Film Here!

INTERN CALL: PART TIME INTERNS NEEDED

Looking for experience in research? UN? Humanitarian Work? Fundraising? Social Media? Only 4-5 hours a week!
Be the change you want to see in the world!

More Information

Part-Time INTERNS NEEDED!

"MEANINGFULWORLD'S GOAL IS TO PREPARE A GENERATION OF CONSCIENTIOUS INDIVIDUALS WHO ARE GUIDED BY LOVE, PEACE, PASSION, JUSTICE, AND MEANING"



Looking for experience in research? UN? humanitarian work? Fundraising? Social Media? Only 4-5 hours a week!

Be part of an innovative team of change makers who foster a meaningful, peaceful, and just world in which every individual enjoys physical, mental, social, economic, ecological, and spiritual health!



Scan this code to open our page and see available positions!

For more information, visit meaningfulworld.com



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

Lo Anne Mayer, 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 Our 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 Yahiyayan; 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



MeaningfulWorld
 Association for Trauma, Crisis, and Prevention
 Helping people heal for 35 years!



SCAN ME

90% of your donation goes directly to the people!

1. Sponsor a Child in Haiti or Armenia.
2. Suicide Prevention in Armenia.
3. Mental Health, Supporting Psychologists in War Torn Areas of Ukraine & Armenia.

www.Meaningfulworld.com



SCAN ME

Jaffe; Dr. Marianne Jeffreys; Dr. Ani Kalayjian; Nayri Kalayjian; Dr. Mallika Kamana; Jackie Kazarian; Syla 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

~February 2024: Intern Introductions from David Babigian and Terri Lao. View it [HERE](#)

~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.

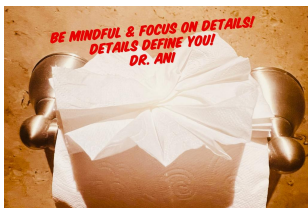
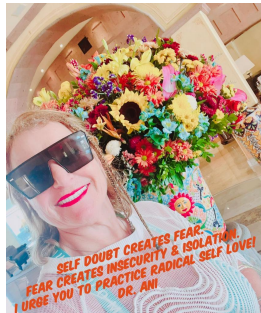
You motivated thousands to stand with you,

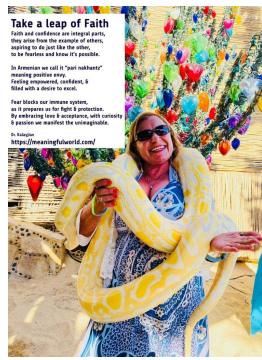
In peace & justice, with faith and love!

~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 Khurshudyan 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.

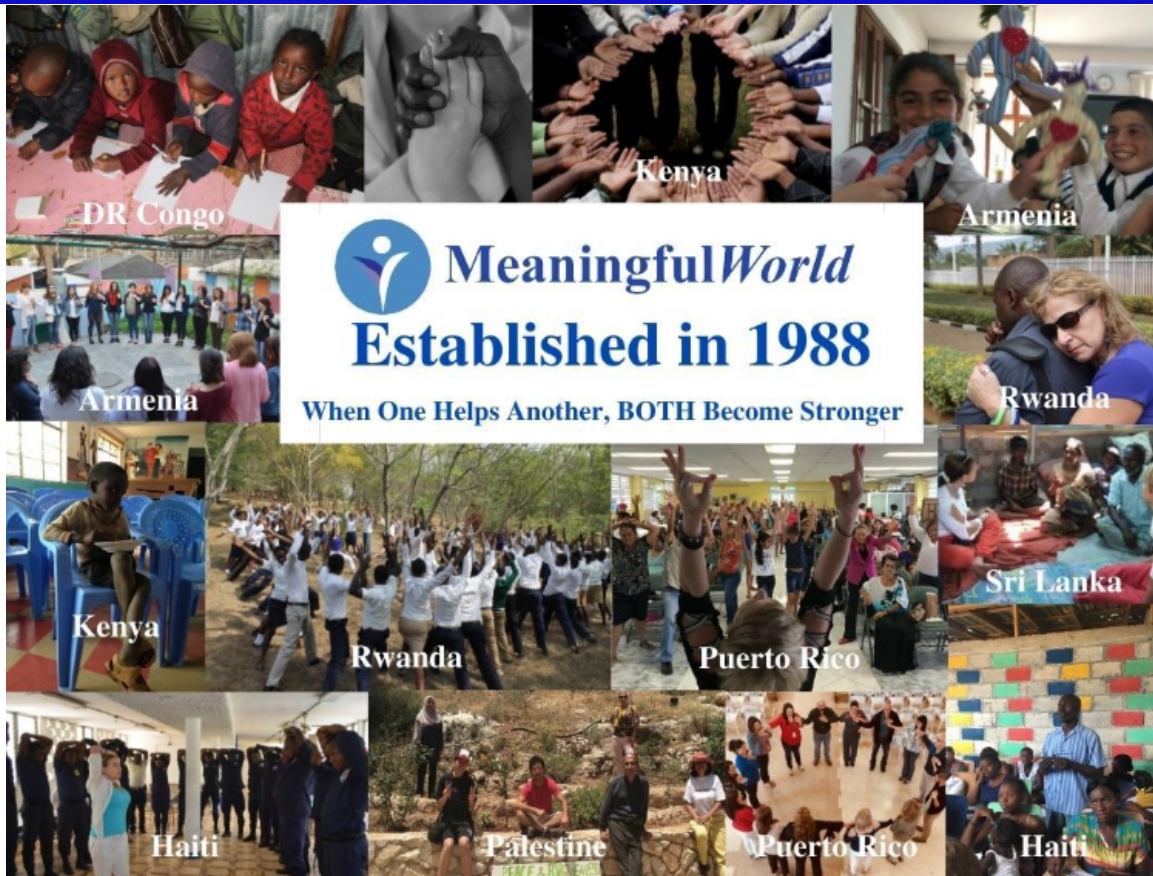
~13 April 2022: Dr. Ani Kalayjian and Outreach Coordinator Paige McDonald met for part two of their discussion on Horizontal Violence. View it [HERE](#)

~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 to the World from Dr. Ani Kalayjian. View it [HERE](#)



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