



## Association for Trauma Outreach and Prevention (ATOP) Bulletin, March 2023

MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian

Thursday, 16 March, 2023, at 10 am EST

ATOP Meaningfulworld at United Nations Presents a parallel Program (virtual) at the 67th Commission of Status of Women (CSW) on

**Nurturing Emotional Intelligence & Psychoeducation: Mindful Use of Technology**

Must register for a link; info@meaningfulworld.com deadline: 12 March 2023

Chairpersons: Dr. Ani Kalayjian & Andrew Dolinar

International Faculty:

Prof. Khawla Abu Baker, Alqasemi Academic College, The Intersectional Contributions that Format Gender Inequality in Palestinian Society in Israel

Prof. Maria Del Pilar Graciano, Universidad del Valle de Guatemala, Working with women in Guatemala

Prof. Hrant Avanesyan, Yerevan State University, Gender equity in Armenia

Prof. Frances Boulton, University of Puerto Rico, Challenges with women & technology in Puerto Rico

This symposium will emphasize on gender equality and education for healing trauma, nurturing emotional intelligence, and promoting gender equality and equity. Research from Africa, the Caucasus, the Caribbean, and the Middle East will be shared. Strategies and best practices will be presented. Our research reveals that empowering the girls without focusing on the boys is incomplete. In this program we will focus on how to nurture emotional intelligence in men and boys as well women and girls. Our online educational programs include focus on trauma healing, self-care, nurturing peace within, rippling out to a global positive impact.

When one helps another, BOTH become stronger!

DATE: Thursday, 16 March 2023

Info@meaningfulworld.com

For more information call:

Dr. Kalayjian, 201-723-9578

www.meaningfulworld.com

Cosponsors: Association for Trauma Outreach & Prevention (ATOP) Meaningfulworld, ACRPC, & AGBU

### Upcoming Events

United Nations, 67th Commission of Status of Women, Annual Conference  
MeaningfulWorld presents a panel on "Empowering Women Globally"  
Nurturing Emotional Intelligence & Psychoeducation: Mindful Use of Technology  
The Commission on the Status of Women (CSW) is the principal global intergovernmental body exclusively dedicated to the promotion of gender equality and the empowerment of women.  
Thursday, 16 March 2023  
For zoom link: email [info@meaningfulworld.com](mailto:info@meaningfulworld.com)

RSVP Here

More Information

MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian

**Humanitarian Crisis Urgent:  
Your help is needed Now!**

On February 6th and 6th Syria and Turkey endured a tragic earthquake that has brought much destruction and has taken many from the region. In Syria specifically over 3,000 have been killed and thousands more injured. A total of over 34,000 have been recorded dead from the earthquake.

ATOP MeaningfulWorld is gathering emergency relief funds to help support our Syrian brothers and sisters. The challenges sadly do not stop at the aftermath of the earthquake but also from horrible weather conditions, many citizens being displaced and in the open, no access to clean water. While also including the political challenges of slow action towards Syria with its history of a decade of war & destruction. Our help is needed now more than ever!

Your help is needed now!

95% of all donation will go directly to community leaders in the most effected areas.

Click link below and send your tax deductible donation:  
<https://meaningfulworld.com/get-involved/donation>

[drkalayjian@meaningfulworld.com](mailto:drkalayjian@meaningfulworld.com)  
[www.MeaningfulWorld.com](http://www.MeaningfulWorld.com)

When one helps another, BOTH become stronger

**On February 5th and 6th Syria and Turkey endured a tragic earthquake that has brought massive destruction and has taken many from the region. In Syria specifically, over 3,000 have been killed and thousands more injured.**

**Make your tax-deductible donation [HERE](#)**

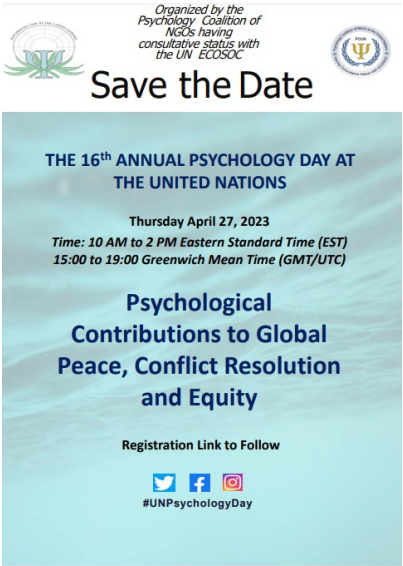
**Conflict Transformation & Peace-Building: MeaningfulWorld Hybrid Workshop**  
**Assertiveness, Anger Management, Non-Violent Communication, & Forgiveness**  
**Saturday, 25 March 2023**  
**10:00am-3:30pm EST**  
**18 March 2023 is the deadline for a discounted fee. \$10 will be added if you register after the deadline!**

**RSVP Here**

**Magical Journey of Manifesting Miracles**  
**HEALING RETREAT in mysterious TATEV, ARMENIA**  
**Integrative healing, success in partnerships with unlimited love & passion.**

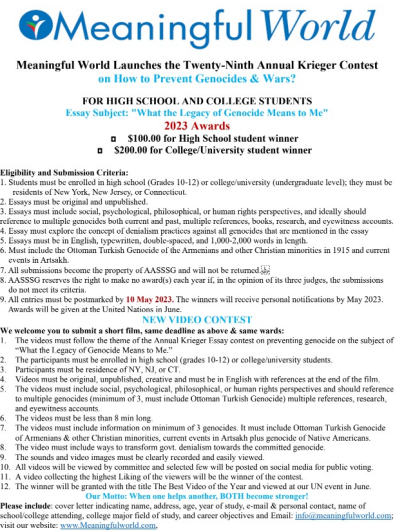
Masterclasses faculty: Dr. Ani Kalayjian, Karine Arshakyan, and Karen Hakobyan  
Yerevan, Tatev Monastery & village  
23-28 June 2023

RSVP Here



The 16th Annual Psychology Day at The United Nations Psychological Contributions to Global Peace, Conflict Resolution and Equity.ATOP MeaningfulWorld is a cosponsorThursday, 27 April 2023  
Time: 10 AM to 2 PM Eastern Standard Time (EST)

More information



More information





# ATOP Meaningfulworld Leadership Positions

The following positions are available:

- 1. Outreach Coordinator
- 2. Fundraising Coordinator
- 3. Grant Coordinator

For more information: click [HERE](#)

For more information on UN Fellowships: click [HERE](#)

## Celebrating Women’s History Month!

### Top 10 Women in Psychology From the Last 10 Years

- |  |                                       |
|--|---------------------------------------|
| 1. <a href="#">Carol Dweck</a>         | 6. <a href="#">Anne Treisman</a>      |
| 2. <a href="#">Susan Blackmore</a>     | 7. <a href="#">Emőke Bagdy</a>        |
| 3. <a href="#">Tara Brach</a>          | 8. <a href="#">Julia Kristeva</a>     |
| 4. <a href="#">Barbara Fredrickson</a> | 9. <a href="#">Gabriele Oettingen</a> |
| 5. <a href="#">Angela Duckworth</a>    | 10. <a href="#">Susan Fiske</a>       |



# 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](mailto: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**



# Successful Past Events

**Mentoring Forum**  
**Fordham University, NY, NY**  
**Friday, 10 March 2023**

**More Information**



**Eastern Psychological Association Conference**  
**Dr. Kalayjian, Nicole K. Bulanchuk, and Kiana Smith ran a symposium on Challenges for Humanitarian Relief Globally: Lessons Learned**  
**3-5 March 2023, Boston, MA**

**More Information**



**Careers in Applied Psychology Forum**  
**Fordham University, NY, NY**  
**Tuesday, 28 February 2023**

**More Information**





**How to Cope With Earthquake Devastation? Coping and Meaning-Making Hybrid Workshop:  
Disaster Relief, Rehabilitation, Mindfulness, & Empathy  
Saturday, 25 February 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

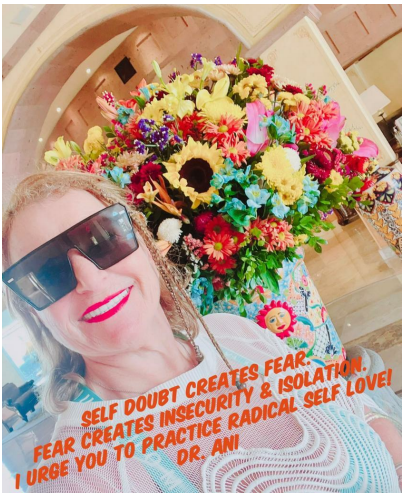
Alexis Brink, Dr. Yolanda Hancock, Dr. Douglas Scherer, Laurie Schwartz, Dr. Linda Marsanico, Nupur Kothari, Paul Jaffe, Simone Coonrod, Linda Turner, Erica Rodriguez, Arthur Jaffe, Christina Nunez Gomes, Cristina Como, Mark Ackerman, Marianne Gunther, Ron Friedman, Kathleen Booker, Lata Cheri-Kennedy,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

~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](#)





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