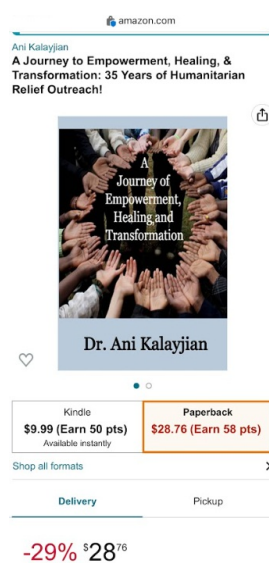


Meaningful World

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



NEW BOOK RELEASE!

Our 6th book is ready for you. Kindly click the link below to order your coffee table book with Dr. Kalayjian's poetry & 35 years of Humanitarian Relief.

[Click HERE for the link](#)

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

Zoom Workshop, Saturday, 20 May 2023

Self-Care & Meaning-Making

EQ, Preventing Vicarious Trauma & Post-Traumatic Growth

Facilitator: Dr. Ani Kalayjian, Founder — ATOP MeaningfulWorld
Visionary Speaker: Jackie Simmons, Teen Suicide Prevention

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

Program Objectives:

- Complete pre-workshop & post-workshop questionnaires
- Identify the importance of self-care
- Identify the impact of trauma, and other variables of trauma
- Review Narrative Exposure, Selfies, Selfies, Trust, Trust, & Trust
- Learn about United Nations' Sustainable Development Goals
- Identify interventions for recovery, healing & integration
- Connect & support self through Mind-Body-Emotion
- Learn ways to create meaningful experiences & personal transformation
- Learn emotional strategies to understand needs, requests & personal transformation
- Learn techniques of ethical evaluation
- Include delivery presentation of these, content, research and techniques

This workshop is recommended for those seeking a greater understanding of emotional management, trauma, learning, 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: Ed.Coordinator@MeaningfulWorld.com
Phone: 201-941-2206
DATE: Saturday, 20 May 2023
TIME: 10:00 AM - 3:30 PM
10:00 AM - 12:00 PM: Welcome, Lecture, Visionary Speaker
Presentation and Discussion
1:00 PM - 3:30 PM: Film, Experiential Soul-Surfing Exercises, Experiential Healing Sessions and Meditations
FEES: Online Participants via Zoom: \$40

Includes: Backflow remedies, pre-post test, collective gratitude

Register early as space in this workshop is limited!
* Pay online securely at: <http://meaningfulworld.com/get-involved/education>
* ALL FEES INCREASE \$10 after 12 May so make your payment early!

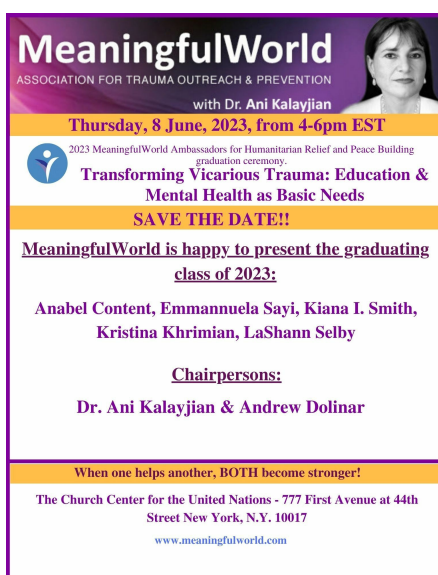
Receive Continuing Education Credits for the following professions: Marriage & Family Therapy, Mental Health Counseling, Creative Arts Therapy, Music Therapy and Psychoanalysis

When one helps another, BOTH become stronger

Upcoming Events

Self-Care & Meaning-Making Workshop
EQ, Preventing Vicarious Trauma & Post-Traumatic Growth
Visionary Speaker: Jackie Simmons, Teen Suicide Prevention
Second Speaker: Prof. Ronald Levant, Ed. D. Former APA President
Research and Theory Presented by Dr. Kalayjian
Saturday, 20 May 2023

RSVP Here



Annual Conference and Graduation at the United Nations
Transforming Vicarious Trauma: Education & Mental Health as Basic Needs
MeaningfulWorld Ambassadors: Anabel Content, Emmannuela Sayi, Kiana I. Smith, Kristina Khrimian, LaShann Selby
Thursday, 8 June 2023, 4-6pm EST

More information



ATOP Meaningfulworld Leadership Positions

The following positions are available:

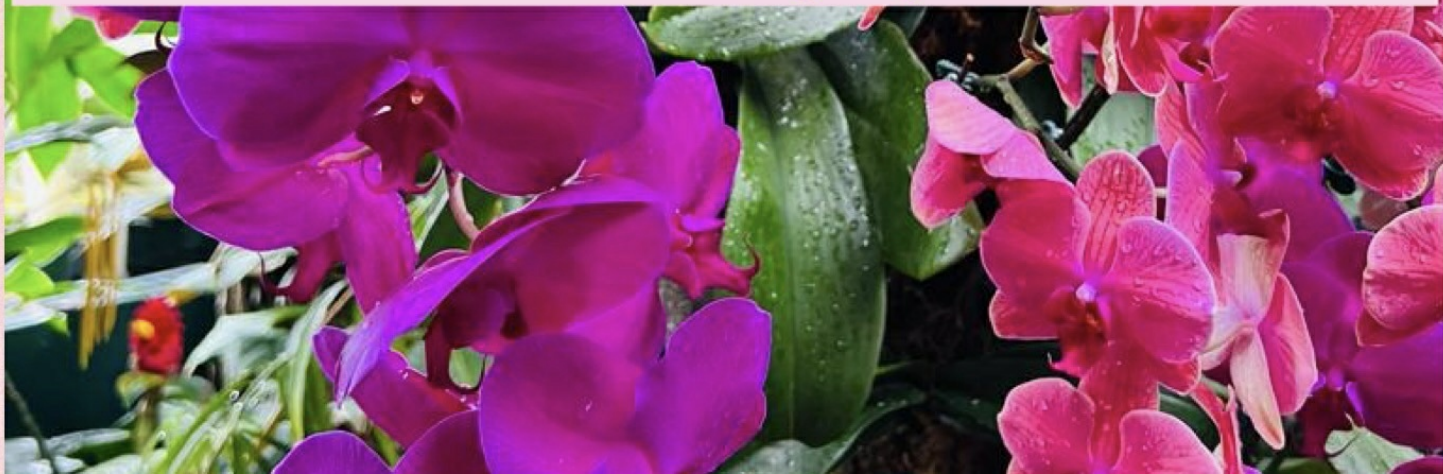
- 1. Outreach and Fundraising Coordinator**
- 2. Grant Coordinator**
- 3. Research Coordinator**

For more information: click [HERE](#)

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



Spring: Sowing seeds of
love & joy!



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](#)



Successful Past Events

TV Program. Epidemics, Nomenclature, and Mass Shooting with Dr. Roy Aranda

Guest Speaker: Dr. Ani Kalayjian

Thursday, 4 May 2023

[View the recording HERE](#)

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

Hybrid Workshop, Saturday, 29 April 2023

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

Facilitator: Dr. Ani Kalayjian, Founder — ATOP MeaningfulWorld
Visiting Speaker: Amy Heller, BA Feldenkrais Awareness Through Movement

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 ethical, equity and environmental concerns
- Learn the 3 pillars impacting on integrity and 3 pillars of service
- Use & describe the 10 steps of mindful leadership
- Integrate benefits of forgiveness with shedding light on myths of forgiveness
- Practice forgiveness and forgiveness contribution and learn about origins 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, trauma healing, 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 Program around the globe.

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

RSVP to: EdCoordinator@meaningfulworld.com
Phone: 301-941-2306
DATE: Saturday, 29 April 2023
TIME: 10:00 AM - 3:30 PM
10:00 AM - 12:30 PM - Welcome, Lecture, Visiting Speaker
Presentation and Discussion
1:00 PM - 3:30 PM - Film, Experiential Soul-Surfing Exercises,
Experiential Healing Session and Medication

Includes: Bach/Flower remedies, pre-post test,
collective gratitude
Register early as space in this workshop is limited!
* Pay online securely at:
<https://www.meaningfulworld.com/levelofdonation>
*ALL FEES INCREASE \$10 after 21 April so
make your payment early!

Receives Continuing Education Credits for the
following professions: Marriage & Family Therapy,
Mental Health Counseling, Creative Arts Therapy,
Music Therapy and Psychoanalytic

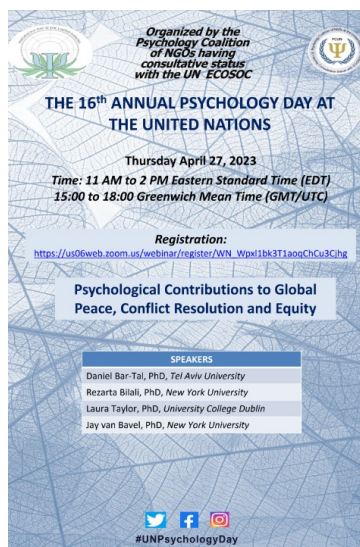
FEES: Online Participants via Zoom: \$40
FEES (In-Person): Fall (\$125), Graduate students or retired (\$75),
Undergraduate students (\$60), ATOP interns (\$30). 4 or more in a
group will receive 20% off

WE LOOK FORWARD TO SEEING YOU IN PERSON!
When one helps another, BOTH become stronger

Mindful Leadership & Forgiveness Workshop
Conscientious Leadership, Forgiveness, MeaningfulWorld View, Logotherapy
Visionary Speaker: Amy Heller, BA Feldenkrais Awareness Through Movement
Second Speaker: Prof. Ronald Levant, Ed. D. former APA President
Research and Theory Presented by Dr. Kalayjian
Saturday, 29 April 2023

RSVP Here

More Information



The 16th Annual Psychology Day at the United Nations
Psychological Contributions to Global Peace, Conflict Resolution and Equity
ATOP MeaningfulWorld was a cosponsor
Thursday, 27 April 2023



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.



MeaningfulWorld
Association For Trauma Outreach and Prevention
Helping people heal for 35 years!

SCAN ME

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.

90% of your donation goes directly to the people!

www.Meaningfulworld.com



Gratitude To Our Visionary Speakers

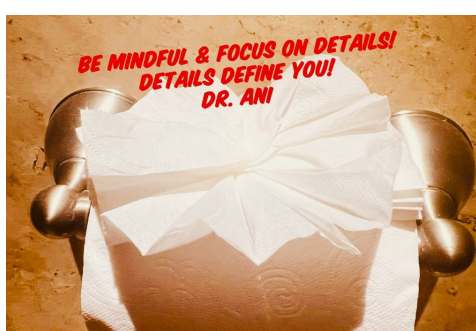
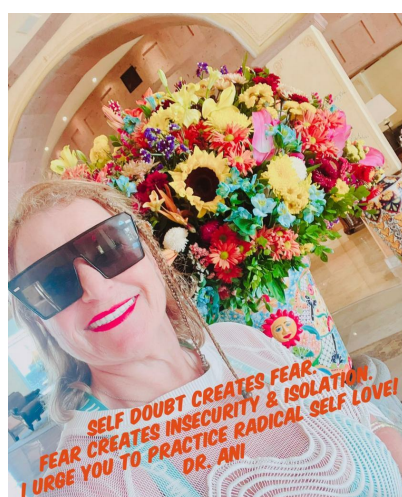
Alexis Brink, Dr. Yolanda Hancock, Dr. Douglas Scherer, Laurie Schwartz, Dr. Linda Marsanico, Nupur Kothari, Paul Jaffe, Simone Coonrod, Linda Turner, Erica Rodriguez, Arthur Jaffe, Christina Nunez Gomes, Cristina Como, Mark Ackerman, Marianne Gunther, Ron Friedman, Kathleen Booker, Lata Cheri-Kennedy,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

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



MeaningfulWorld

Established in 1988

When One Helps Another, BOTH Become Stronger

