



MEANINGFULWORLD

Newsletter
22

Autumn Issue

November

Thanks For Giving

WORK as if you have no need for the money

LOVE as if nobody ever made you suffer

DANCE as if nobody is watching you

SING as if nobody is hearing you

LIVE as if the paradise is right here

GIVE as if this is your last day on earth

CARE as if you have never been neglected

SHARE as you have so much to share...

On behalf of ATOP of Meaningfulworld We Thank you for your spirit, we thank you for who you ARE

Meaningfulworld at the United Nations



UN Secretary General's Statement on the Occasion of UN day 2012

“On this UN Day, let us reaffirm our individual commitment and our collective resolve to live up to the ideals of the United Nations Charter and build a better world for all.”

***Secretary-General Ban Ki-moon
Message on the occasion of UN Day, 2012***

In 1947, the UN General Assembly declared 24 October, the anniversary of the Charter of the United Nations, as which “shall be devoted to making known to the peoples of the world the aims and achievements of the United Nations and to gaining their support for” its work. In 1971 the General Assembly adopted another resolution (United Nations Resolution 2782), declaring that United Nations Day shall be an international holiday and recommended that it should be observed as a public holiday by all United Nations member states.

You can find more information about UN Day and the official message from the Secretary-General for UN Day 2012 in the link below.

<http://www.un.org/en/events/unday/>

Yours Sincerely,

**NGO Relations, DPI
United Nations**

outreach.un.org/ngorelations

ATOP/MEANINGFULWORLD and United Nations International Day of Peace Gala at the Bronx Museum of the Arts

21 September, 2012

Leysa Cerswell and Katrina Martinez



Queen Mother receiving an award from Dr. Ani

Friday September 21 was a beautiful and memorable celebration of peace at the *Bronx Museum of the Arts*,



located just around the corner from legendary Yankee Stadium. Here the *Association for Trauma Outreach and Prevention (ATOP) Meaningfulworld* held an *International Day of Peace Gala in celebration of the United Nations'* official day of peace observed around the world since 1982. The celebration included the presentation of youth art, hip-hop poetry, and live musical performances featuring a congo, pianist, violinist, and powerful vocalists. The gala also included an awards ceremony honoring local and international peacemakers and a presentation about ATOP's international work promoting peace around the globe.

Over one hundred-and-fifty people gathered to celebrate peace. Throughout the event the sharing of different ideas, beliefs, cultures, and artistry created an atmosphere of joy, peace, inspiration, and positive energy.



ATOP Meaningfulworld staff and interns



Dr. Ani presenting an award to Ambassador

Llatu Wangchuk of Bhutan

Read more at

<http://meaningfulworld.com/images//peace%20gala%202012.pdf>

Preparedness, Impact and Coping: Lessons from Hurricane Sandy

Dr. Ani Kalayjian

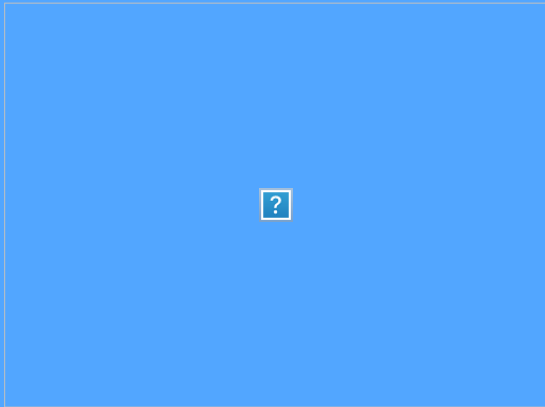


Devastation in New Jersey

Though we had no electricity, it was so enlightening to feel the serenity after 7 P.M. when everything was dark – no electricity, no computers, no appliances running. The darkness silenced people, as they began whispering, slowing down, staying indoors, even altering their circadian rhythm (our inner biological clock). I noticed people went to sleep earlier and woke up earlier with

the sunrise. We had no desktops, laptops, BlackBerries, Bluetooth, Kindles, iPads, iPhones (or other cellular phones), pagers, or faxes. Until, of course, the generators began polluting the air with their exhaust and harsh sound.

Instead we had iHeal, and we used our inner skills to entertain ourselves. We planned events with one another (those in proximity) such as walks, and while walking we helped people in need in our neighborhood; we did yoga with friends, we gathered around candles and told jokes and stories. We stayed calm, meditating and praying. Of course without electricity we could not watch TV, which was a blessing. Others were glued to their TV sets, bearing witness to the media sensationalizing all the atrocities, crying, and getting more and more upset with each news story and eyewitness account.



People waiting for gas, often for several hrs
at one of the few gas stations with working pumps

read more at: http://www.meaningfulworld.com/images//hurricane_sandy.pdf

International Day of Older Persons



"Longevity is a public health achievement, not a social or economic liability. On this International Day of Older Persons, let us pledge to ensure the well-being of older persons and to enlist their meaningful participation in society so we can all benefit from their knowledge and ability."

-Secretary-General Ban Ki-moon

Dear NGO Colleagues,

The theme of the 2012 International Day of Older Persons is "Longevity: Shaping the Future". Ageing and health was also the theme of this year's World Health Day on 7 April. These themes focus on how healthy behaviours throughout life can help older men and women lead full and productive lives and be a resource for their families and communities.

Please find below the message of the United Nations Secretary-General in commemoration of this day.

UNSG Message - International Day of Older Persons

Yours Sincerely,

NGO Relations, DPI
United Nations
outreach.un.org/ngorelations

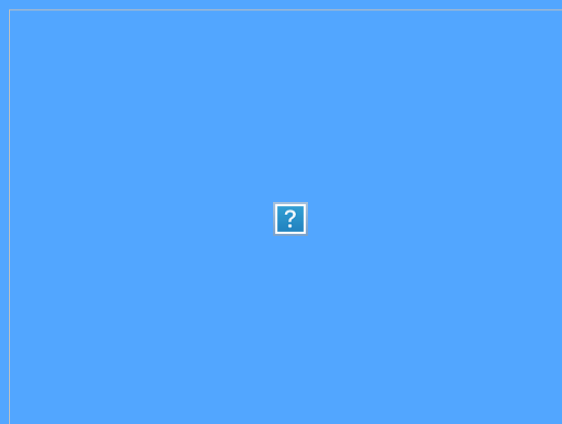
WNGE News

This fall, Dr. Ani Kalayjian gave a webinar presentation to Fielding Graduate University's WNGE (Worldwide Network for Gender Empowerment) regarding Human Trafficking Perspectives from the United Nations, and also incorporated various interventions to prevent and recover from human trafficking. The full webinar is available through WNGE's website and can be viewed by clicking the link below and downloading the video add-on.

<http://www.fielding.edu/whyfielding/ci/wnge.aspx#presentations>

Worldwide Network for Gender Empowerment (WNGE) is a virtual network of scholars and activists from around the world who are committed to research and action in support of knowledge and change, related to women's and gender issues.

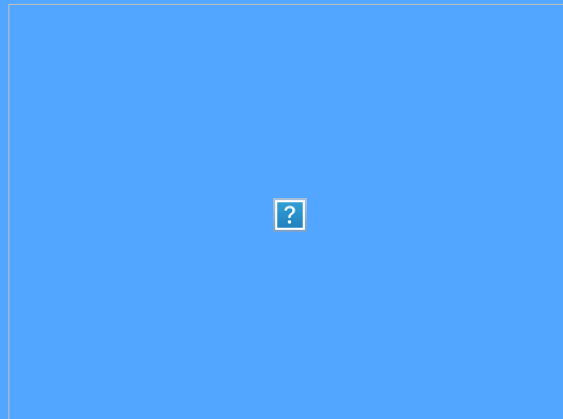
ABC News



During the week Hurricane Sandy hit the American East Coast, Dr. Kalayjian was interviewed on the psychological impact of the hurricane. On November 8th from 5:30-6:00, Dr. Ani spoke to ABC news 7 NY and on November 4th she was interviewed by WSOU 89.5 FM. Although many affected were without power and unable to see the broadcast, the hurricane was reported on frequently so that any helpful word on how to cope was heard

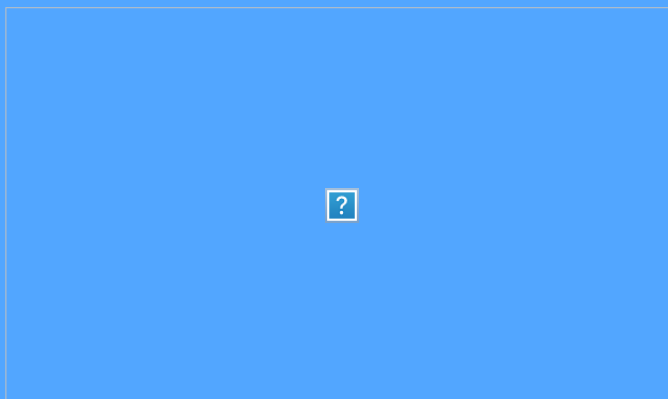
by those who needed.

Meaningfulworld Team Hot Air Balloon Ride!



Meaningfulworld had scheduled an autumn-foliage hot air balloon ride for Sunday morning, and we rescheduled it to Saturday instead. This was an exercise for fun and to help people overcome their fear of heights. In spite of all the concerns, fears, and threats of inclement weather, we were able to fly and had a great time.

Intern Highlight: Michael Reda



Michael Reda (far left) pictured with other ATOP interns at the registration table for International Day of Peace

Michael, a recent undergraduate in psychology from Siena College, had heard of ATOP Meaningfulworld by attending our Eastern Psychological Association conference presentations in Boston in 2011 and again in Pittsburgh in 2012. Upon graduating he joined the ATOP MW team in July 2012 and has aided in fundraising, grant researching, psychological research, and is our current newsletter editor, filling in for Oleg Voronov. Thank you Michael for your hard work and welcome to ATOP Meaningfulworld!

AASSSG LAUNCHES THE EIGHTEENTH ANNUAL KRIEGER ESSAY CONTEST FOR HIGH SCHOOL AND COLLEGE STUDENTS

The Armenian American Society for Studies on Stress & Genocide (AASSSG) was founded in 1988 by Dr. Ani Kalayjian to advance national and international understanding of the generational and intergenerational effects of traumatic experiences, such as genocide, earthquake, and war. In 1995, 80 years after the Ottoman Turkish Genocide of the Armenians (1915-1923), AASSSG established an annual essay contest as part of its commemorative activities.

ESSAY SUBJECT

"What the Legacy of Genocide Means to Me"

AWARD

\$100.00 for High School student winner

\$200.00 for College/University student winner

Deadline:

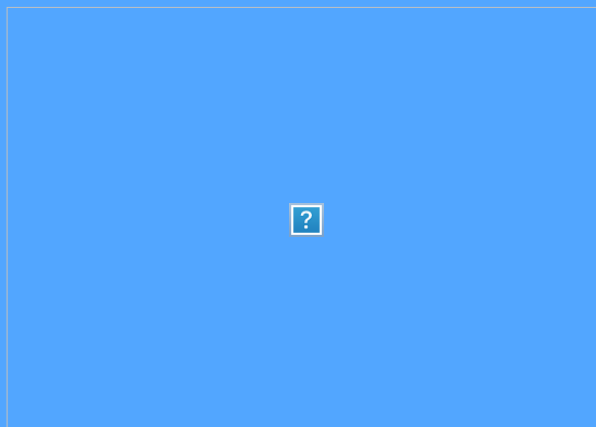
All entries must be postmarked by **February 26, 2013**. The winners will receive personal notifications by April 24, 2013, the anniversary date of the Ottoman Turkish Genocide of the Armenians. Awards will be given in April, at the United Nations.

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 career objectives and mail to:

Dr. Kalayjian, 135 Cedar Street, Cliffside Park, New Jersey, 07010-1003; Phone: 201 941-2266; E-mail: DrKalayjian@Meaningfulworld.com; website: www.Meaningfulworld.com.

For more information please refer to http://www.meaningfulworld.com/index.php?option=com_content&task=view&id=185&Itemid=123

CERTIFICATES WERE AWARDED TO THE ARMENIAN HUMAN RIGHTS SCHOOL “AWAIRNESS FOR EQUOLITY AND JUSTICE” COURSE 25 PARTICIPANTS



On November 16th 2012 the Armenian Human Rights School “Awareness for Equality and Justice” 2 day course participants were awarded certificates in festive ceremony in the ACRPC Educational-Cultural Centre “Zvartounq”.



ATOP MeaningfulWorld at Columbia University

Annual Workshop for Transforming Humiliation and Violent Conflict

Columbia University is again hosting their annual workshop dedicated to the topic of Transforming Humiliation and Violent Conflict on 6-7th December (Thursday and Friday, respectively). This workshop will build on their (and ATOP's) tradition of engaging in dignifying dialogue to find effective ways to address local and global forms of violence fueled by acts and feelings of humiliation. It will include round table discussions, special presentations, creative engagement, and a Public Event open to all! In addition, they will be announcing the recipient of the 2012 HumanDHS Lifetime Achievement Award! ATOP Meaningfulworld staff and interns have been invited and we all pass along this invitation to you!



2011 Workshop at Columbia University

In 2011, Dr. Dr. Kalayjian and Georgiana Sofletea presented on meaningfulworld ancestral healing mission to Romania.

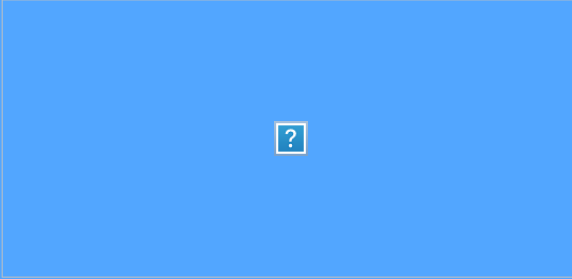
Check out their website for more information

<http://www.humiliationstudies.org/>

24th Greater New York Conference on Behavioral Research

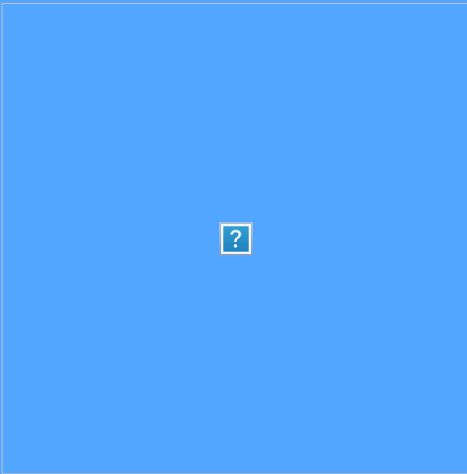
On October 21, 2012, over 140 students and faculty researchers from over 30 institutions as far as Belgrade converged on Fordham University in Manhattan for the 24th Greater New York Conference on Behavioral

Research. This Conference included 52 scientific presentations by 72 researchers in 15 panels, selected



by a review committee of faculty from area colleges. ATOP Meaningfulworld was represented at the conference by interns and staff on our two panels: Panel 1 "Transforming on going political violence and corruption: the Mind-Body-Eco-Spirit Perspectives" was co-chaired by Dr. Kalayjian and Nira Shah, who presented on Perspectives from Palestine/Israel. Victoria Alexander presented

on Perspectives from Haiti and Kelsi Kimball presented on Integrating Mind-Body-Eco-Spirit through 7 step healing model with youth. Panel 2 "UN Declaration of Human Rights: Perspectives from Africa, Latin America and LGBT population in America" was co-chaired by Dr. Kalayjian and Leysa Cerswell. Katrina Kaze presented on Human Rights and UN report on Africa, Jessica Harlow presented on migration challenges and Latin America. Wesley Beeks presented on Using Arts with LGBT community in Bronx, NY.



Leysa Cerswell Co-Chairing panel discussion at Fordham University

To read more about the conference as well as who received the academic awards for the research, kindly view the link below:

<http://meaningfulworld.com/images/researchawardsannouncement%2021%20oct%202012.pdf>

Meaningfulworld at the 2012 APA Convention in Orlando, Florida

Richard Griff and Georgiana Solfetea



Haiti Rehabilitation Panel

The Association for Trauma Outreach and Prevention (ATOP) Meaningfulworld team attended and participated in the 2012 American Psychological Association 120th Annual Convention, which took place in Orlando, Florida. The convention featured internationally known presenters on various topics as well as programs that highlighted the latest research discoveries. Programs and sessions covered issues such as immigration, racism, eating disorders, clinical practice, social networking and psychotherapy. ATOP presented in various symposiums as well as participated in various divisional meetings.



Specifically, ATOP organized and presented on the symposium entitled “Survivors and Consumers of Sexual Trafficking - Research Findings, Causes and Treatment,” co-chaired by Dr. Kalayjian & Dr. Pipinneli. Dr. Kalayjian provided key insights into the psychological issues that lead to the causes of human sexual trafficking, what the United Nations is doing about it, and interventions for healing the survivors. Several key American Psychological Association members attended this symposium including Dr. Philip G. Zimbardo. In fact, Dr. Zimbardo and Dr. Kalayjian had a discussion concerning the topic related to the

consumption of human sex trafficking and its economic and political ramifications.

Educated for Change? Muslim Refugee Women in the West

Written by Patricia Buck and Rachel Silver

Book Review written by Meaningfulworld intern Victoria Alexander

As you turn each page you explore the painfully emotional journey Muslim refugee women face in search of educational freedom. A battle against Westernization and a struggle to maintain Eastern Islam is illustrated through examples of cruel, harsh actions taken against defiant women in search of education. Anyone using tools associated with the West is shamed and disgraced as a way to maintain fundamentally religious Somali culture dominated by males.

In each section of the book, refugee women reveal their challenges by describing their desire to receive the same education as men, as well as their plight to transform this unhealthy system. As our president states: Humanity is like a bird with two wings, one male and the other female. If we cannot receive equality in education our human race will not fly to any meaningful height. They went looking for help and encouragement from their families, refugee camp workers and friends but were often faced with feelings of shame and rejection. By combining Western derived human rights and Muslim inspired ideals, many refugees hope to create a new way of being Somali that will allow equal opportunity.

To read further kindly visit www.meaningfulworld.com

ATOP Meaningfulworld Outreach to the Community

Achieving Energy for All Through Forgiveness & Gratitude

On Thursday 25 October, the Health, Transformation and Spirituality (HTS) working group of the CSVGC-NY, along with ATOP Meaningfulworld staff hosted an event in concordance with the United Nations' Week of Spirituality program. This event co-chaired by Dr. Ani Kalayjian and Leysa Cerswell, MA Psychology candidate 2013 at the New School for Social Research featured activities focusing on achieving energy through forgiveness and for forgiveness, including a flute meditation by David Young and a Heart-to-Heart Circle of Gratitude by Dr. Ani Kalayjian. The spirit of the day is perfectly captured by this quote by Maya Angelou:

"History, despite its' wrenching pain cannot be unlived, but if faced with courage, need not be lived again."



From right to left: Cheryl Lazarus, Dr. Kalayjian, David Young, and Leysa Cerswell

Tool Kit for Working with Veterans

The Department of Veterans Affairs has developed a new online Community Provider Toolkit (www.mentalhealth.va.gov/communityproviders) aimed at delivering support, therapeutic tools, and resources to community providers treating Veterans for mental health concerns. The goal of the Community Provider Toolkit is to enhance the delivery of mental health services to Veterans. This is done by increased communication and coordination of care between community providers and VA. It provides information to veterans about accessing communicating with and making referrals to VA. It also provides tools to assist Veterans who are dealing with a variety of mental health challenges. The toolkit also includes sections intended to future educate providers on military culture. Those interested in further information can go to www.mentalhealth.va.gov or www.ptsd.va.gov to find educational materials including courses for providers and best practices in mental health treatment.

Upcoming ATOP Meaningfulworld Humanitarian Psychosocial Outreach Training Programs

Healing, Peace-Building, Empowerment Training Dates for 2012-2013

7 December Interfaith Healing Circle, no training
26 January 2013
23 February 2013
30 March 2013
27 April 2013
18 May 2013
13 June 2013 Graduation and Annual Conference

Upcoming Event: Pre-Holiday Interfaith Festival

You are invited to the 12th pre-Holiday

Interfaith Festival

Friday, 7 December 2012, 7 PM

@

John Jay College of Criminal Justice

Multi-Purpose Room, **445 W 59th St** (bet 9th & 10th Ave), 2nd floor

**The myriad of people that gather to meditate/reflect/intend truly raises the collective consciousness,
nurtures compassion and helps create peace in the world.**

Healing faculty:

Opening meditation: High Priest of Long Island Buddhist Temple, Muslim Imam, Rabbi, and Priest
Lorne Schussel, Teachers College, Columbia University, The Best-Self Visualization
Rev. Luisa Lorrata, Interfaith Minister, Aromatherapy and Therapeutic Touch

Musical Performances:

Facilitator: Prof. Ani Kalayjian, Founder & President of Association for Trauma Outreach & Prevention, Meaningfulworld

Musical Jam Session with Elizabeth & Lee Tomboulion

RECEPTION WILL FOLLOW KINDLY RSVP

Reception donation: \$10

For information contact Dr. Kalayjian at **201 941-2266** or

Mileka Ackie at E-mail: Milkie2008@gmail.com

www.meaningfulworld.com

Our Motto: Shared Sorrow is Half Sorrow and Shared Joy is DOUBLE Joy!

Past Events, 2012

May

3 May, Psychology on International Humanitarian Outreach Program around the Globe: Healing, Transforming, Developing and Empowering at Teachers College Columbia University. <http://www.tc.edu/Palestine/Israel>

April

12 April - ATOP Meaningfulworld Symposium on Preventing Genocide: Nations Acknowledging their Dark History: Psychological, Economic, and Cultural Perspectives, at the United Nations.

12-14 April, Behavioral Science Conference: Toward a Global Psychology at St. Francis College, Brooklyn NY. <http://www.stfranciscollege.edu/>

8 April, The 8th Annual Morton Deutsch Awards for Distinguished Contributions to Social Justice at Teachers College Columbia University. Please RSVP icccr@tc.edu

March

1-3 March, ATOP organized a panel on International Disaster Relief at the International Program, Eastern Psychological Association at Westin Convention Center, Pittsburgh PA. <http://meaningfulworld.com/images/epa%202012.pdf>

8 March, on the International Women's day and UN commission on the status of women's 56th convention ATOP Meaningfulworld organized a symposium addressing women's issues as they impact humanity at large.

February

29 February, ATOP was one of handful peace and conflict resolution organizations at the Columbia University Internship Fair.

8 & 22 February, Meditation Session with host A. Kalayjian, continuing every other Wednesday.

21-25 February, ATOP Meaningfulworld presented at the Annual Conference of the Trainers of School Psychology, at Philadelphia, PA.

22-25 February, Meeting of Society for Cross-Cultural Research at The Rivera Hotel & Casino, Las Vegas. <http://www.sccr.org/sccr2012/>

15 February, Dr Kalayjian presented a lecture at NYU Medical Center on Transforming Bullying, Teasing, and other Forms of Violence. <http://meaningfulworld.com/images/transforming%20bullying%20at%20nyu%20feb%2012%202012.pdf>

Ancestral Healing CD

Transforming Generational Trauma Into Healing and Meaning-Making, by Dr. Ani Kalayjian.



Ancestral Healing Meditations is available in four languages: English, German, Spanish, and Armenian
Price: \$ 20.00

"This is a gracious and powerful vision which will help anyone relate to the difficulties of this world with deeper purpose and meaning." Andrew Harvey, Hope a Guide to Sacred Activism

"Dr. Kalayjian, through her ancestral meditation CD From War to Peace, guides us through a magical world of transformation. Her vision brings understanding, healing, and peace."--Swamini Sri Lalitambika Devi, Author of Mantra and the Goddess

"The journey is extraordinary! I don't have the words to talk about its transformational healing on me- I just want to say, God bless you dear sister! Your CD has helped me heal."--

Dr. Christine Overton, President & CEO Hanover Area Chamber of Commerce

For more info: http://meaningfulworld.com/index.php?option=com_content&task=blogcategory&id=12&Itemid=18

[New Arrivals at United Nations Bookstore](#)



Committees

Research Committee: Vice President, Jennifer De Mucci

UN Interns & Representatives: Dr. Ani Kalayjian, Jennifer De Mucci, Katherine Kaze, Johnanne Winchester, Mileka Ackie, Katrina Martinez, and Marianne Gunther

Co-Chairs of Publications Committee: Jennifer Doran & Nira Shah

Grant Committee: Elizabeth Tomboulion, Mileka Ackie, Michael Reda, Katrina Martinez, & Victoria Alexander

Chair of Clinical Training Program: Jessica Harlow

Co-Chairs of Fund Raising Committee: Mileka Ackie, Michael Reda & members Johnanne Winchester, Jessica Harlow, Victoria Alexander, & Jessica Harlow

Youth Empowerment Program Director: Crystal Barry

Youth Empowerment Program Team: Jessica Harlow

Secretary: Leysa Cerswall

Press Secretary: Wesley Beeks

Web Master: Yuki Shigemoto

Doctoral International Internship Coordinators: Richard Griff and Shayla Tumbling

Newsletter Editor: Michael Reda

We express deep gratitude
For your volunteer spirit...
For your impassioned endeavors in life ...
For your passion to care ...

For your openness to share ...
For your trust to commit ...
For your outreach to uplift ...
For your loyalty to give...
For your courage to take this journey
Of love, compassion and passion ... and
For your unconditional support to ATOP of Meaningfulworld...

Dr Ani Kalayjian, Officers, Board, Staff, Interns, UN Representatives November 2012