



Association for Trauma Outreach and Prevention, Meaningfulworld Meaningfulworld.com

Summer Newsletter 2013

23 June, 2013

Meaningfulworld at the United Nations

TOWARD PREVENTION OF GENOCIDE

Nations Acknowledging Their Dark History: Practicing Mindful Non-Violence
Carol Raff, Jane Kearns, Renoude Charles, & Dr. Ani Kalayjian, Zhehan Fan
4 April, 2013, United Nations, New York

This informative, insightful and transformative program began with a moment of silence to honor all those who sacrificed their lives in the genocides from slavery to present political crises in Syria, Mali, Sudan, and DR Congo with a firm commitment for peace and compassion. The event was kicked off with opening remarks by Ambassador Garen Nazarian, Permanent Representative of Armenia to the United Nations, who stated that the horror of genocide is repeating itself in different parts of the world and innocent civilians continue to be persecuted for no other reason than their ethnicity, religion or national origin and international cooperation and action is required to facilitate the timely prevention and punishment of the crime of genocide. He continued that the UN Human Rights Council recently adopted a resolution initiated by Armenia and co-sponsored by almost 60 member states which stresses the importance of the promotion of truth, justice, and reparation, and that perpetrators of genocide crime should be held criminally accountable on the national or international level and affirmed. Ambassador Nazarian emphasized the importance of education,

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including human rights education, in the prevention of genocide. He further noted that the process of international recognition of the Armenian genocide will be continued despite Turkey's denial of that indisputable historical fact. The Ambassador also welcomed the clear position adopted by the many countries on the Armenian Genocide and expressed gratitude to all those, including Turkish scholars, students and simply citizens of that country, who realize the significance of preventing crimes against humanity and support the process of international recognition of that crime. [Read the full press release here](#)

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Voice of Armenians TV NY

Weren't able to attend our 4 April "Toward Prevention of Genocide" event? View it below! Although the video begins in Armenian, the program and the majority of the video is in English and features interviews with various Armenian and United Nations officials, as well as with ATOP Meaningfulworld Founder and CEO Dr Ani Kalayjian



ATOP MEANINGFULWORLD TOWARD PREVENTING GENOCIDE

ATOP Meaningfulworld Mind-Body-Eco-Spirit Festival Engendering Inner Peace & Happiness

Carol Raff, Jane Kearns, Katrina Martinez, Renoude Charles, Amir Khoshkholgh, Dr Ani Kalayjian
6 June, 2013

Meaningful world Quick Highlights

Psychology Day 2013

On 25 April 2013, ATOP Meaningfulworld co-sponsored the 6th Annual Psychology Day at the United Nations! for the full list of those who presented, [click here](#)

Also kindly visit the [Psychology Day Website](#).

American Psychological Association

The latest edition of APA Division 56 Trauma Psychology Newsletter has been released and posted on their website. [Click here for the full newsletter](#)

Say No to Horizontal Violence

While on a Peace building



Dr Kalayjian with the newest ATOP
Meaningfulworld Ambassadors

The most beautiful sunny afternoon set the stage for a warm and inviting Mind-Body-Eco-Spirit Festival. You could feel the stillness yet excitement in the room as speakers arrived, the audience found their seats and the interns and officers, all dressed in black and white, greeted all who arrived. Approximately 100 people filled the UN room which had a beautiful interfaith alter, displaying candles, flowers, aromatherapy and spiritual tokens from around the world. The event began with opening remarks by Leysa Cerswell, Secretary of ATOP Meaningfulworld and Blanka Angyal, Clinical Coordinator intern for ATOP, who stated how this Non-Governmental Organization has achieved international recognition and is committed to global peace and well-being, as they both emphasized how the Festival is about new and complimentary ways to heal.

to read more about this event, [click here](#)

First UN DPI/NGO Youth-led Briefing Raising and Empowering Youth to Break the Cycle of Violence Against Women and Children 25 March 2013

UN DPI NGO Youth Representatives led the 25 March Briefing entitled Raising and Empowering Youth to Break the Cycle of Violence Against Women and Children. This Briefing was the "first ever to be led by NGO Youth Representatives to the Department of Public Information. Its main focus centered on ways in which youth can contribute to efforts toward the elimination of violence against women and children."

Mission to the Middle East, Dr. Ani Kalayjian had written a poem detailing her thoughts, feelings, and experiences during their first four days. [Click here for the full poem](#)

Armenian Compulsory Chess School Curriculum Shows Incredibly Positive Results

Want to know why Armenia is more likely to engineer "super children" than China? Click here to [learn more](#)

ATOP Meaningful world Calendar of events

For a complete schedule of ATOP'S events, visit our home page

Ahmad Alhendawi, the newly appointed UN Youth Envoy, made the opening remarks. He shared statistics and spoke on the complexity of youth issues and of the need to give youth a voice throughout the UN. His priorities this year will be youth employment and civic engagement. Youth Representative **Katrina Martinez** (Association for Trauma Outreach and Prevention) outlined the four topics to be covered during the briefing: domestic and sexual violence, gender-based discrimination, the socio-economic impact of violence against women and children, and legislative boundaries already in place to broaden protection and establish the eradication of violence as a state priority. Youth Representative Gina Leow (The Ribbon International) was the moderator.



Katrina Martinez, ATOP
UN Intern

[Click here](#) to read more

ATOP Meaningfulworld Humanitarian Healing and Peace Building Missions

ATOP Meaningfulworld Humanitarian Healing and Peace Building
Mission in Palestine and Israel May 2013
Blanka Angyal



Meeting with representatives in the Middle East

DAY 1

was very hot, the climate was warm and welcoming, and the political situation was hot with Syria and Israel exchanging bombs and mortar. The plans were reviewed as the team traveled through the windy roads of Ramallah, Palestine. We had our first meeting with Hurryat as well as with representatives of 33 other human rights and civil rights organizations addressing the multiple needs of prisoners. Together, we will address the emotional needs of the prisoners, detainees as well as their families and children. Some of the key issues emerging from our meeting were the unfair arrest and mistreatment of Palestinian citizens, including children from 12-18 years of age, as well as the lack of psychologist/mental health professionals in Palestine. The Israeli government is able to arrest someone without a good reason and hold them without due justice for six months, and repeatedly renew the six month term. This leaves families in distress, feeling fear, uncertainty, anger and frustration. Over 5,000 Palestinians are in this category. Another 270 youth are incarcerated without due process, with imprisoned youth between ages of 12-16 receiving no education. Recommendation: We planned to return to conduct emotional healing workshops with the families and children, including youth who are released from prisons, and the social workers serving this population. Our programs are sensitive to the religious, social, political, and financial issues at hand.

To read more on the team's first four days in the middle east [click here](#)

ATOP Meaningfulworld
Humanitarian Mission to Haiti June 2013
Lisa Schiller, Mileka Ackie, Shayla Tumbling and Dr. Ani Kalayjian



Meaningfulworld team in Haiti

ATOP Meaningfulworld's 2013 follow up humanitarian mission to Haiti began June 9 arriving in Port au Prince. The team, Dr. Ani Kalayjian, Lisa Schiller and Shayla Tumbling arrived to a greatly improved airport complete with efficient entry, luggage conveyor belts and chariots, a remarkable change from last year. We found the Delmas road has been resurfaced with gutters and now has solar street lights. The road still is too narrow to handle its burden of traffic but at least it is better. We hear there are less blackouts, education

access has improved, and that there are new stores and markets. Most importantly, there seems to be more openness to new approaches to old problems. The first day, we visited a tent camp hidden behind a walled school yard, one of the few remaining in the city. We met the 500+ people living there since the earthquake 3.5 years ago in inhumane conditions: plastic tarp make-shift tents, no running water, outhouses without doors, mounds of trash, and no apparent food source. Each tent housed about 5-6 persons. Shayla Tumbling said "It was disheartening walking through the living quarters and experiencing the heat, the dry dust, the close tight quarters and the stagnant unyielding air inside of the plastic tarps".

To read more regarding the team's efforts in Haiti, [click here](#)

ATOP Meaningfulworld Mission to Kenya, Rwanda & Burundi

We are a team of conscientious integrative healers who are trained in the 7-Step Humanitarian Integrative Healing Model at ATOP Meaningfulworld; an international humanitarian organization affiliated with the United Nations. We have decided to share our expertise and tools for healing, and learn from the indigenous healing. We have worked in Africa

for over 5 years, working in Sierra Leone, Kenya, Rwanda, and DR Congo. We are returning this year to Kenya, Rwanda and DR Congo, to continue the healing circles, the peace building workshops, empowering lectures and training programs conducted in the past several years reaching out to many. We work with the youth giving them communication tools, hope and guidance, we work with the women empowering them and transforming their domestic or collective trauma, we work with the older adults, giving them tools for self-healing, encouraging them to find a new meaning in their last stage of development, we work with the men, to empower their communication, transform their generational trauma.



Dr. Kalayjian on mission in Africa

[Click here](#) to see bios of the team heading to Africa this week. Please keep them in your thoughts and prayers

Meaningfulworld in Academia

Meaningfulworld presented two international symposia at the Hunter College Psychology Conference

ATOP (Association for Trauma Outreach and Prevention) Meaningfulworld presented two symposiums at the 41st Annual Hunter Psychology Convention, at Hunter College in NYC on April 21st, 2013. This convention strived to achieve the aim of the Hunter College Psychology Collective: To foster a passion for the ideas of psychology.

Chairing the symposium was Dr. Ani Kalayjian (Meaningfulworld) and Blanka Angyl (Intern). Meaningfulworld presentation topics were: Post-traumatic

Growth and Mindful Healing in DR Congo, and Kenya by Leysa Cerswell (Secretary), and Nira Shah (Intern Coordinator), research exploratory paper on Hurricane Sandy: Coping, Resilience & Preparedness by Wesley Beeks, (Press Secretary) & Michael Reda, (Newsletter Editor), United Nations International Day of Happiness was presented by Jessica Harlow (Clinical Coordinator). Chairing the second symposium was Dr. Ani Kalayjian and Mileka Ackie (UN Representative). The presentation topic was: Youth Leaders at the United Nations Making a Real Difference, presented by Katherine Kaze (UN Representatives). IN addition to over 200 presentations, the conference offered a wide variety of posters from academic institutions with eager students and professors interacting with attendees on the virtues of their experiments.

To read more reflections on this conference by our interns, visit meaningfulworld.com

AASSSG News

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.

The benefactor of this essay contest is Dr. Edmund L. Gergerian, who resolved to establish this award in memory of his late uncle, Father Krikor Guerguerian, aka Krieger. Born in 1911 in Gurin, Sebastia, Turkey, Father Guerguerian was the tenth child of a prosperous Armenian Catholic family, whose ancestors originated from Gargar, a fortress-city dating from the time of the Crusaders. He survived one of the forced death marches, which ended in Syria. He witnessed the murder of his parents as a child, was taken as an orphan to Damascus, Syria, and then moved to Lebanon in 1916. Krieger's own near death experiences compelled him to devote his life to gathering documentary evidence: on the Ottoman Turkish Genocide of the Armenians. In the early 1940's, Father Guerguerian met with Kurd Mustafa Kemal in Cairo, Egypt. Kemal was one of the judges on the War Crime Tribunals convened by the Ottoman government in 1918 and 1919. Since the documents were written in Ottoman, he spent months painstakingly teaching himself Ottoman. He then traveled around the world combing through archives and collections in the United States, Great Britain, France, Italy, Egypt, Israel, and Lebanon. He collected hundreds of documents in Ottoman, authenticated by seals of government agencies and therefore representing incontrovertible evidence of these events as genocide. He had completed about 80% of his work when he died in 1988. Today, his nephew continues his uncle's work.

Deadline for submission is February 26th, 2014

For more details visit meaningfulworld.com

ACRPC SURROUNDED ITS QUARTER CENTURY

25 years ago in June of 1988, hovering in a nationwide struggle the Armenian Constitutional Right-Protective Centre (ACRPC) was founded. It began as the "Constitutional group of Kirovakan" under the system of the "Union of Constitutional Groups" located in Yerevan and became one of the efficient structures of the union. The group was initially focused on Human Rights protection and democratization of the constitution and the government. When it became clear during Armenia's first independent years, that the new authorities would also violate the human rights despite their declared noble aims and assurance of sincerity in Liberty Square, the group was firmly registered as a non-political, right-protective organization. During its quarter century activity ACRPC has implemented more than 80 large and small projects, which makes up about 100,000 direct beneficiaries, and through the indirect beneficiaries, as the independent expert Mr. Rob Watson has mentioned, ACRPC projects' beneficial influence has spread to 6% of the whole population of Armenia. Being faithful to his mission of legal culture development, the Strategy of individual's human rights protection through the Human Rights Education and its main strategic directions (*Armenian Human Rights School, *Human Rights Library Network, *Legal and Constitutional Reforms, *Publications) ACRPC, with its unique culture and consistent principles, continues to pursue its vision: a world living with love and tolerance where law and justice given from Above reign!

To read more visit acrpc.am

Congratulations to Intern Coordinator Nira Shah

ATOP Meaningfulworld Graduate Intern has relocated to Nairobi, Kenya, with a position at CWSGlobal. She started working on 24 June, and the position is for one year. In this position she will be interviewing refugees from all over sub-Saharan Africa to help them apply for citizenship in the US. Though it is not clinical/recovery work, its certainly helping them step toward recovery with the very first step of resettlement

Nira is very excited with her new position; she finds it very interesting as well as challenging: after the first few months, she will be on circuit rides all around sub-Saharan Africa to conduct the interviews to help refugees work toward citizenship/resettlement. The circuit rides are 3-4 weeks long so in addition to working she will be seeing many parts of Africa. ATOP Meaningfulworld Team sends a big heartfelt congratulations, and is looking forward to meeting Nira in Africa while the Team is on their Humanitarian Mission. [Click here](#) to follow CWSGlobal's work around the world

Congratulations to our Master's program Graduates, Justin Oreizi and Leysa Cerswell

ATOP Meaningfulworld in the Community

"Run the Palisades" 5K/10K Run/Walk & Diabetes Health Fair

The Association for Trauma Outreach and Prevention (ATOP) Meaningfulworld participated in the annual "Run the Palisades" 5K/10K Run/Walk and Diabetes Health Fair once again this year, hosted by the Diabetes Foundation. This year it was held on 19 May 2013 at Cliffside Park High School from 9:30AM-12PM. Despite the rainy weather, the turnout was big enough to keep the venue bustling with people all morning. Vendors displayed their health conscious products while runners were in and out of the venue grabbing snacks and indulging in all the wonderful information provided by the participants. Vendors ranged from dental clinics, to pharmacies, health snacks (including for your pets), spas, makeup products, massage therapists, iPhone apps, and more. Health screenings were provided outside of the vendor area. Many products were given out as samples. This year, there were a number of massage chairs being put to work during the health fair. Chiropractors and spas were providing short, soothing massages that everyone seemed to enjoy. Many participants came by the ATOP Meaningfulworld table to pick up the flyer for our 6 June UN event and read some of Dr. Kalayjian's books on disaster and trauma that were displayed. It was a very pleasant and productive way to spend a rainy Sunday morning.

read more at meaningfulworld.com

Past Events 2012-2013

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>
- 4 May - Pace University psychology conference atop presented 3 papers on mental health outreach

April

- 4 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/eventsDetailsNoReg.aspx?Channel=/Channels/Admissions/Admissions%20Content&WorkflowItemID=b478660a-5d90-4bb8-ba6e-8b5e07de6ffa>
- 8 April - The 8th Annual Morton Deutsch Awards for Distinguished

Contributions to Social Justice at Teachers College Columbia University. Please RSVP iccr@tc.edu

- 25 April - Psychology Day at the United Nations, ATOP was one of the cosponsors of this successful event that drew more than 200 people, scholars, diplomats, academicians, and civil society.

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>
- 14 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>
- 9-13 February WNGE Board meeting, and Positive Aging Conference sponsored by Fielding Graduate University, Dr. Kalayjian attended
- 20 February UN Interfaith Harmony week

International Day of Peace 2013

Our next International Day of Peace Festival will take place on Saturday 21 Sept, 2013 at 2 PM once again at the Bronx Museum of the Arts

Friday September 21, 2012 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. This September we are commemorating International Day of Peace once again and would love to have you join us! As the countdown to the day begins we will be sending you occasional uplifting and peaceful quotes, songs, images, all in the spirit of this day where the world pauses all conflicts and truly attempts to make world peace a reality.

For more information on this coming event visit meaningfulworld.com

Future Events

Other Future events to look for from ATOP Meaningfulworld Include:

- United Nations Week of Spirituality, 22th - 29th October
- Spirit of the UN 26 October, Dr Kalayjian is on the planning board
- Forgiveness and Healing 28 October, Cosponsored by ATOP Meaningfulworld

ATOP Meaningfulworld Humanitarian Missions 2013

- May 2-16 Palestine, Israel, Jordan and Lebanon, Peacemaking, Forgiveness, and Forgiveness Garden
- June 8-June 22, Haiti, post-quake psychosocial Rehabilitation follow up, 8th team
- June 26-July 15, Kenya (Nairobi), Rwanda (Kigali), and Burundi, Peace Building, Empowerment, and Forgiveness, follow up 3rd team
- October 15-25, Gender empowerment and forgiveness mission in the Republic of Armenia
- Nov 24-30, Pakistan Education in Psychological First Aide and Emotional Intelligence

Intern Call for Association for Trauma Outreach and Prevention (ATOP) Meaningfulworld 2013- 2014

All internships are conducted under the supervision of both Dr. Ani Kalayjian-Founder and Director of ATOP, Board of Directors of ATOP, & United Nations Representative for ATOP.

Available Positions:

1.Humanitarian Outreach Training Curriculum Coordinator: Responsible for coordinating monthly trainings, managing list of participants, etc

2.PR and Fundraising: Plan events and social gatherings to raise funds

3. Grant Writer/Researcher: Assisting the Grant Committee to research & write grants, apply for awards, disseminate the work through printed materials

4.United Nations Internship: Presence is essential on Thursdays to attend international meetings, & join DPI and CoNGO Committees. One year minimum.

For more info email drkalayjian@meaningfulworld.com

ATOP Meaningfulworld Team Publications of International Research

1. Kalayjian, A. and Cerswell, L. (Spring, 2013). Transforming Trauma from Violence into Healing:

A Nation Responds. Trauma Psychology Newsletter. pp 21-24.
2. Martinez, K. and Kalayjian, A. (Spring, 2013). United Nations Peacekeeping Projects in Africa and ATOP Meaningfulworld Healing and Empowerment Projects in Africa. Volume 17 No. 2, pp 66-70.
3. Ackie, M. and Kalayjian, A. (Spring, 2013). Sexual and Gender-Based Violence: Perspectives From the Democratic Republic of the Congo. Volume 17 No. 2, 59-62.
4. Kaze, K., Kalayjian, A., Toussaint, L., Gonen, M. (Spring, 2013). PTSD Among Youth in Kenya: An Overlooked Phenomenon. Volume 17 No. 2, 63-66.
5. Doran, J, Kalayjian, A., and Toussaint L., (2013 submitted). Posttraumatic Stress and Meaning Making in Mexico City.

Meaningfulworld Committees

Research Committee: Vice President Jennifer De Mucci

UN Interns & Representatives: Dr. Ani Kalayjian, Jennifer De Mucci, Johnanne Winchester, Katrina Martinez, Carol Raff, Jane Kearns, Renoude Charles, Amir Ardavan Khoshkholgh

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

Grant Committee: Justin Oreizi (chair), Michael Reda, Katrina Martinez, Victoria Alexander, & Blanka Angyal

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Fund Raising Committee: Michael Reda & members Johnanne Winchester, Victoria Alexander, & Jessica Harlow

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