

MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



Saturday, 25 September 2021



Self-Care & Transforming Vicarious Trauma

EQ, Preventing Vicarious Trauma & Post-Traumatic Growth

Facilitator: Dr. Ani Kalayjian, Founder – ATOP Meaningfulworld

Visionary Speaker: Molly Kroeker, Physical Therapist and Health & Wellness Coach

HOW CAN YOU MAKE YOUR LIFE MORE MEANINGFUL?

Attend this program & become a Meaningful World Ambassador for Humanitarian Relief & Peace-Building transformation



Program Focus:

- * Complete pre-workshop & post-workshop questionnaires
- * Identify the importance of self-care
- * Identify the impact of, kinds, and other variables of trauma
- * Review theorists: Erickson, Sullivan, Kohlber, Freud, Frankl, & Ruiz
- * Learn about United Nation's Sustainable Development Goals
- * Identify interventions for recovery, healing, & integration
- * Connect & empower self through Mind-Body-Eco-Spirit
- * Learn ways to nurture Emotional Intelligence (EQ)
- * Learn Emotional Genograms to understand family dynamics & generational transmissions
- * Learn techniques of mindful meditation with Special Guest Nupur Kothari- Heartfulness Institute
- * 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

Program Via Zoom

RSVP to: EdCoordinator@Meaningfulworld.com

PHONE: 201-941-2266

DATE: Saturday, 25 September 2021

PLACE: ZOOM

TIME: 10:00 am – 3:30 pm - Welcome, Lecture, Visionary Speaker presentation and discussion, Film, Experiential Soul-Surfing Exercises, Experiential Healing Session and Meditation.

FEES: Full (\$90), Graduate students or retired (\$75), Undergraduate students (\$60), ATOP interns via zoom (\$20), 4 or more in a group will receive 20% off

Includes: Research package, handouts, aroma therapy, Bach/Flower remedies, pre-post test, collective gratitude, & celebration gift.

Register early as space in this workshop is limited!

*Pay online securely at: <http://meaningfulworld.com/getinvolved/donation>

*ALL FEES INCREASE \$10 after 18 September so make your payment early!

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

We are adhering to strict physical distancing guidelines due to covid

When one helps another, BOTH become stronger