



The Association for Trauma Outreach & Prevention (ATOP)

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Press Release

Happiness, Resilience, and Meaning-Making: Transforming Violence Globally, Meaningfulworld's symposium at The 27th Greater New York Conference on Behavioral Research

Lyla Parvez, Lorraine Simmons, Dr Ani Kalayjian

The 27th Greater New York Conference on Behavioral Research opened with remarks by keynote speaker Michael Wessells, Ph.D. at St. Francis College, Brooklyn, New York. The theme of this year's conference was *Promoting Peace for Children and Adults*. Dr. Wessells presented his work, "Getting beyond the Humanitarian Silos: An Integrated Approach for Supporting the Resilience of War-Affected Children." Dr. Wessells's presentation was captivating and promising in its efforts to provide assistance to children affected by trauma associated with war. Approximately one hundred students and fifteen professors gathered with curiosity and acceptance.

Meaningfulworld, with the leadership of Dr. Kalayjian, organized a symposium on: Happiness, Resilience, and Meaning-Making: Transforming Violence Globally. **Lorraine Simmons**, Vice President of Education and Training at Meaningfulworld welcomed the audience with a moment of silence to set the intention for the duration of symposium. She then introduced **Lyla Parvez**, Publications Coordinator, **Raman Kaur**, Conference Coordinator and **Jessica Harlow**, Research and Fundraising Intern.



Keynote Speaker Dr. Wessells



Lyla Parvez presenting



Raman Kaur Presenting

The 1st panelist, **Lyla Parvez** discussed research relating to Meaningfulworld's humanitarian outreach in Africa. Specifically, she presented on *Posttraumatic Growth and Mindful Healing in DR Congo, Rwanda & Kenya*, highlighting various ways in which the organization provided assistance to those suffering in these regions of Africa. Meaningfulworld's humanitarian outreach in DR Congo, Kenya and Rwanda offers multicultural approaches to health, healing, peacebuilding and happiness. These multicultural approaches are rooted in the 7-Step Integrative Healing Model (Kalayjian, 1999, 2002, 2012), the organizational cornerstone and guideline on how to heal wounds of trauma. The team's arrival in Nairobi, Kenya was discussed as it proved to be a success, as the work extended to participants in various disciplines, such as business, law, academic institutions, non-governmental organizations such as the organized crime gangs, and displaced children. Through various techniques including, but not limited to, energetic healing, mindfulness, breathing exercises, Reiki, Soul-Surfing, chakra balancing and meditation, the positive impact of the team's mission was very much evident. The presentation concluded with recommendations for research, clinical practice and policy revisions especially placing emphasis on the United Nations Declaration for Human Rights, as well as the United Nations Day on Happiness.

The second panelist, **Raman Kaur** presented on *Post-Earthquake Rehabilitation in Haiti: Transforming Horizontal Violence*. On 30 June 2015, the Meaningfulworld Ambassadors completed the 9th Humanitarian Mission to Haiti focusing on Sustainable Health through Emotional Intelligence, Meaning-Making, Forgiveness, Heart-Hug Dolls, and Establishing Peace and Forgiveness Gardens. Raman shared the goals: to rehabilitate post-earthquake Haiti and to transform horizontal violence. Raman provided anecdotes of her time in Haiti, discussing the devastation of the 2010 earthquake, highlighting how the people of Haiti show a strong face in the struggle against an unorganized and unstable government, lack of adequate housing, running water, and stable electricity, high unemployment (80% of the people live in poverty), and inadequate education (the illiteracy rate is 60%).



Participants



Meaningfulworld Interfaith Alter



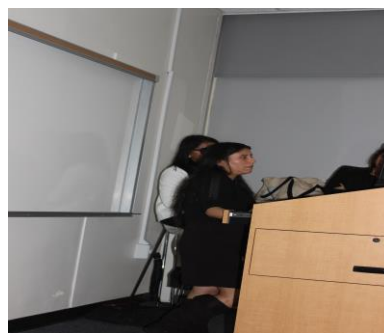
Presentations

The last panelist, **Jessica Harlow** presented on the United Nations & Meaningfulworld working together for International Day of Happiness. Jessica shared on how the United Nations passed a resolution in 2013, declaring the 20th of March an “International Day of Happiness.” Jessica went on to discuss how the date was chosen; on the 20th of March the sun is on the same plane as the earth’s equator, so that day and night are of equal length, creating balance in the earth’s celestial coordinate systems. As the UN website states “After years of happiness research, one thing has proved fundamental - the importance of our connections with other people. But modern societies are built as if the opposite was true. The effects are devastating.”

The International Day of Happiness is an annual global day of awareness with activities that will strive to provide connectivity and education. The United Nations states, “The International Day of Happiness is a movement to promote happiness as a universal goal and aspiration in the lives of human beings around the world. The United Nations was founded and intended to be a peace-keeping guardian, promoting respect for human rights, eradication of poverty, with Millennium Development Goals, and Sustainable Development Goals, are all to create peaceful and happy world. At Meaningfulworld, we facilitate the process of discovering our inner happiness, through educational programs on self-care, self-love, unconditional love for others, positive psychology, post traumatic growth, transforming Horizontal Violence, and sacred activism. We offer certificate programs on empathy, Emotional Intelligence, as well as on mindfulness that are all vehicles for finding our inner happiness and peace.



Jessica Harlow Presenting



Attendees taking notes

Lorraine then invited the audience to engage in Q & A. During this portion, the audience inquired about internships opportunities and other ways to be involved with the organization. Prospective interns asked questions relating to the responsibilities of interns, ways to contribute and why one would choose to be a part of Meaningfulworld.

The event culminated with Dr. Kalayjian's signature Heart-to-Heart-Circle of Love and Gratitude. Lorraine guided the group to extend the energy of love from one individual to another, one heart at a time, expanding this circle of love and gratitude to the whole of humanity, and all living things.

Meaningfulworld's next Pamper Yourself Festival and Holiday Party is on 12 Dec, 2015. RSVP is essential. Kindly visit our website: www.Meaningfulworld.com



Heart-to-Heart-Circle of Gratitude and Love

Founded in 1990, Meaningfulworld, the Association for Trauma Outreach & Prevention (ATOP), affiliated with the United Nations, has achieved international recognition as a leader in training humanitarian outreach professionals as well as responding to two decades of global and local disasters. Meaningfulworld is committed to global education promoting state-of-the-art scientific theory, peace and consciousness research, and the development of technical skills to train mental health professionals, teachers, psychologists, art therapists, nutritionists, alternative medicine practitioners, clergy, nurses, mediators, interfaith ministers, and lay persons committed to service. Meaningfulworld Humanitarian Outreach teams make a daily difference in 45 countries in people's lives helping to transform tragedy and trauma into healing through post trauma growth, guidance, empowerment, mindfulness, and meaning-making through a new world view. Ask yourself ...Ask your friends...What makes your world more meaningful?

Our Motto: When one helps another BOTH become stronger