



The Association for Trauma Outreach & Prevention (ATOP)

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Meaningfulworld Humanitarian Outreach Training Program: Post Trauma Healing & Meaning-Making

28 January, 2017

Lorraine Simmons, VP, Meaningfulworld

Meaningfulworld held its first full day humanitarian workshop of 2017 on 28 January. It was a day of high energy and excitement with most participants attending for the first time.

We were proud to successfully launch our program on WebEx which was attended by graduate students from Chicago, Atlanta, and Beirut, Lebanon. Participants were able to actively join in all aspects of the lecture and interactive portions of the workshop. The program was recorded so, students from a different time zone were able to join at a different time.

With the help of a wonderful new team of Meaningfulworld interns, set up was efficient, smooth, and lively. When the participants from PA, NJ & NY arrived we were well prepared to welcome them with cleansing sage and confident calmness.



Dr. Ani Kalayjian presenting - all day workshop - 28 January, 2017

After the welcome and introductions, Dr. Ani Kalayjian began her lecture/presentation on Post Trauma Healing & Meaning Making with a recitation of her original poem "Let Love Transform You." She then shared information on the various types of trauma, and ways to make meaning in one's life. Dr. Ani imparts her vast knowledge and experience with passion and fascinating gusto and by inserting stories of past humanitarian missions and life experiences, she captivated attention and helped the students integrate the information holistically. Dr. Ani encouraged students to familiarize themselves with the United Nations Declaration for Human

Rights, as well as the 17 Goals of the SDG's, which can be found on the UN website: www.UN.org. Dr. Ani also emphasized the urgent need for forgiveness in one's life – As she often quotes her mentor, Victor Frankl– “How long you plan to wait”?



Rebecca Suzanne Scott - Visionary Speaker - sharing “Havening Technique” Robin, Dr. Ani, Rebecca & Lorraine

The Visionary Speaker for the day was Rebecca Suzanne Scott she gave us an interactive lecture on Havening technique. Rebecca describes Havening Techniques as a process to engage our inherent biological system to permanently heal, strengthen and empower our minds and bodies. She was gracious and enthusiastic and we appreciate her generous spirit.

Breakfast & Lunch were delicious homemade organic dishes of healthy fresh fruit, kale, beans, rice, chicken, broccoli – lovingly prepared by Dr. Ani and Lorraine, consumed with gusto and given rave reviews. While we ate our hearty lunch we watched Brene Brown's – short YouTube video on Empathy as well as a Meaningfulworld video showcasing the 2015 Haiti Humanitarian mission. The video on Empathy was an excellent example of how to offer empathy to others in preparation to practice the 7-Step Integrative Healing model in the afternoon healing session.

In my opinion, the most rewarding and challenging opportunity of the workshop is the group healing session. In this session participants are given the opportunity to share trauma and feelings, share empathy and learn positive lessons about themselves. All of which can be daunting and people often approach the session with trepidation and uncertainty, thus this session is treated with care and respect with the promise that a “a safe space” is created. Lorraine Simmons and Dr. Kalayjian co-facilitated our group healing session with several people sharing life experiences with the understanding of how their participation would help them heal as well as give the group an opportunity to learn and practice the 7-Step Integrative Healing Model. The themes of sharing included loss of loved ones, airplane crash, childhood traumas, abandonment issues, disregard for one's own needs while caring for others and denial of needs of the self with a false sense that “moving on” rather than facing one's past or feelings is the best way to continue living/thriving. (Without regard for how the negative feelings and loneliness is a direct result of old traumas) In my experience of participating in several years of healing sessions – I have witnessed that there is much healing and trust built within these groups.

Resources and ideas for “step 5: Sharing information and Resources” were: Daily OM.Com for daily inspirational emails, Journaling, writing down thoughts and worries and putting them into a box before sleeping, natural supplements, the following flower essence: Rescue remedy for stress, Star of Bethlehem for death and loss, honeysuckle for letting go, aspen for fear, walnut for change, white chestnut for overwhelming thoughts, and cherry plum for control issues. Ideas for resources also include books on healing and transformation (Dr. Ani's suggested reading list can be found on the www.Meaningfulworld.com website).



“Soul Surfing” to release negative energy held in the physical and energetic body

Chakra balancing –Soul Surfing exercises invigorated everyone after an emotional healing session – the movement allowed the blocked energies in the body to be released and transformed while allowing the energy centers to be realigned and strengthened. Positive affirmations allowed for the possibility of re-framing thoughts and beliefs and re-wiring our brains. It is recommended that this physical practice be done daily with intention, visualization, diaphragmatic breath, and mindful repetition.



Group photo



Heart to Heart Circle



Natasha sharing a hug

After Meditation with a CD by Vasken Kalayjian – we united our energy with the “heart to heart circle” and when we were untied – sent our energy out to our families, friends, NYC, our country, the world – all humanity and living things. We were reminded that this healing energy is available to refresh and renew us whenever we need. Our Ubuntu circle of gratitude was offered and zealous hugs were shared. People were reluctant to leave and put an end to a remarkable day. Eventually we left with a promise to reunite and continue the healing which began within the safety and trust of the Meaningfulworld family.

Founded in 1990, the Association for Trauma Outreach & Prevention (ATOP) Meaningfulworld, charitable organization affiliated with the United Nations Dept. of Public Information, has achieved international recognition as a leader in training humanitarian outreach professionals as well as responding to two decades of global and local disasters. ATOP is committed to health and global education promoting state-of-the-art scientific theory, peace, forgiveness, consciousness research, internship, 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 the self and humanity. Meaningfulworld Humanitarian Outreach Teams have helped rehabilitate survivors from over 45 calamities, making a daily difference in people's lives helping to transform tragedy and trauma into healing and meaning-making through post trauma growth, resilience, emotional intelligence, mindfulness, mind-body-eco-spirit health, visionary leadership, empowerment and artful collaboration through a new world view.

Our Motto: When one helps another BOTH become stronger