

# MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



Saturday, 18 May 2019



## Self-Care & Transforming Vicarious Trauma

EQ, Preventing Vicarious Trauma, & Post-traumatic Growth

Facilitator: Dr. Ani Kalayjian, Founder — ATOP Meaningfulworld

Visionary Speaker: Ali Fischer -- Somatic Healing

**HOW CAN YOU MAKE YOUR LIFE MORE MEANINGFUL?**

Attend this program & become a Meaningful World Ambassador for

**Humanitarian Relief & Peace-Building transformation**

Program Focus:

- \* 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 to develop Emotional Genograms to understand family dynamics & generational transmissions
- \* Learn techniques of mindfulness & meditation
- \* Includes didactic presentation of theory, method, research, and techniques



**For details to participate contact: [EdCoordinator@meaningfulworld.com](mailto:EdCoordinator@meaningfulworld.com)**

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.

RSVP to: [EdCoordinator@Meaningfulworld.com](mailto:EdCoordinator@Meaningfulworld.com)

Phone: 201-941-2266

DATE: Saturday, 18 May, 2019

PLACE: 185 East 85th Street, Mez #4, 2nd floor, Corner of 3rd Avenue,

New York, NY

TIME: 9:00 am – Breakfast & Registration

9:30 am – 5 pm - Welcome, Lecture, Visionary Speaker Presentation and Discussion, Film, Experiential Soul-Surfing Exercises, Experiential Healing Session and Meditation.

FEES: Full (\$125), Graduate students or retired (\$75), Undergraduate students (\$60), ATOP interns (\$30), 4 or more in a group will receive

Includes: Breakfast, homemade organic lunch, 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/get-involved/donation>

\*ALL FEES INCREASE \$10 after 21 April so make your payment early!

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

**When one helps another, BOTH become stronger**