

Meaningful World

The Association for Trauma Outreach & Prevention (ATOP)

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Meaningfulworld 14th Humanitarian Mission to Haiti, 16-25 August, 2019

Stepping into Health with Joy: 7-Steps for Healing our Mind, Body, Spirit & Mother Earth

Dr Kalayjian, Dr Medina, & Lorraine Simmons

In collaboration with Meaningfulworld Haiti Chapter

Ayiti se Lakay Mwen (Haiti is my home)

The Meaningfulworld team, Dr Ani Kalayjian, Dr Justina Medina, Lorraine Simmons and Arthur Jaffe embarked on the 14th Humanitarian Outreach Mission to Haiti in August. With ten days to accomplish numerous goals, we were prepared to work as efficiently and as diligently as possible while maintaining a balance with self-care. An important goal this year was to support and empower the newly formed Haiti chapter, led by Pastor Rubinson Dorce & Marie Donie Carestil.



We attended the 9th Annual International CESSA Conference, sponsored by Center for Spirituality & Mental Health (CESSA), chaired by Fr Jean Charles Wismick. With over 500 people in attendance, the theme of the conference was Trauma and Mental Health in Haiti focusing on gratitude and meaning-making.



During the mission, Arthur Jaffe conducted multiple workshops on Spiral Technique; focusing on mind-body-connection and how emotions are held in the body and exacerbate pain! He guided participants in therapeutic stretches to release tension, pain and regain a healthy body with a sense of well-being.



Meaningfulworld Haiti chapter organized a 2 day intensive training at the Nazareen Theological Seminary. We covered the following topics: Self-care, Post-Traumatic-growth, Emotional Intelligence (EQ), as well as individual, horizontal, generational, collective and vicarious trauma. It was a wonderful opportunity to help professionals feel empowered with knowledge and essential skills, which help them daily. The group included: psychologists, social workers, counselors, teachers and priests.

Our trainings with professionals; coast guard, police, psychologists, medical, teachers, administrators, and social workers, as well as students and children often included the use of role-play to demonstrate challenging concepts such as assertiveness, empathy and mindful leadership. In addition, the 7-step Integrative Model was explained and expression of feelings was encouraged. In the setting of fresh air, cool breeze and majestic mountains we practiced Soul-Surfing, releasing negative emotions which can become lodged in our bodies. Through breath work and affirmations we positivity replaced the negative energy and people reported feeling incredible relief. Frequently expressed feelings were fear, worry and sadness and almost 90% have seen or experienced domestic violence against women.



During the 2019 mission we directly supported over one thousand adults and children, and indirectly affected over a one million Haitians through radio programs and printed media sources. This year we worked very diligently to meet our ambitious goals and are confident that each goal was met:

1. Participated in the annual CESSA Spirituality and Mental Health Post Disasters, International Conference chaired by Fr Wismick, with a lecture and a workshop

2. Taught a three-day intensive training in Mindfulness, Emotional Intelligence, Forgiveness and Meaning-Making to professionals who will continue practicing after we returned
3. Taught & supervised the practicum for intensive program on the 7-Step Integrative Healing Model
4. Collaborated with the Minister of Education, and Minister of Health and Social Welfare to schedule a previously approved training with teachers and parents in northern Haiti; this goal was incomplete due to the upheaval in the government, and new ministers are not yet in position
5. Provided refresher educational programs for the orphanages, police, coast guard, schools, and communities
6. Taught the use of donated flower remedies (FesFlowers.com) and essential oils (Meaningfulworld.com) and discussed the importance of establishing “Peace and Forgiveness Gardens”
7. Continued with the “Crab in the Bucket” campaign transforming Horizontal Violence
8. Continued promoting “Ayiti se Lakay Mwen” campaign to bring awareness of environmental and ecological health, distributed banners to each organization
9. Surveyed multi stake holders (about three hundred) regarding impact of Meaning-Making and Forgiveness on levels of stress and trauma
10. Outreached to women’s protection centers, and made introductory information sharing
11. Provided information on physical release and pain reduction through spiral techniques
12. Reinforced our meaningful connections with all our previous collaborative partners and empowered and assisted the continued development of Meaningfulworld Haiti Chapter.



Before flying back to the USA on the tenth and last day in Haiti, we had rallied over thirty five people to attend a morning meeting of the Haiti Chapter. This show of support is encouraging and energizing for the few dedicated people who kept the chapter alive throughout the year. We expressed sincere gratitude to Pastor Rubinson Dorce, Kathleen Dorce, and Ms Valmond for holding the chapter together and for making the 14th mission to Haiti a success; with special gratitude to Donie Marie Carestil for taking on the leadership of the local chapter.



The good news is that the Meaningfulworld Haiti Chapter is now formally registered as a local Haitian NGO with the Ministry of Justice in Haiti. Stay tuned for information regarding upcoming programs in Haiti.



Our gratitude to our sponsors; Flower Essence Services, Shulamit Lazarus, Lisa Schiller, Arthur Jaffe, Anonymous, Gene Bourquin, Lisa Chin, Alma Daniel, Sonja Geismar, Randy Giudice, Amna Khan, Sowmya Kshtriya, Percy Lambert, Palak Shah, Lorraine Simmons, Lory Lazarus, Victoria Sirota, Dr Takooshian, Lisa Tan, Marjorie Witherspoon.

Our motto is: When one helps another, BOTH become stronger!

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 and a half decades of global and local disasters. ATOP is committed to health, justice, peace, transformation and global education promoting state-of-the-art scientific theory on 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 47 countries, and 25 states in USA 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, artful collaborations, establishing Peace & Forgiveness Gardens to create a new and Meaningfulworld view. We work locally and globally in Africa, Asia, the Caribbean, Europe, the Middle East, The Caucuses, Europe, and South and North America.