

Meaningful World

The Association for Trauma Outreach & Prevention (ATOP)

www.meaningfulworld.com

NY Office

185 E. 85th Street, New York, NY 10028

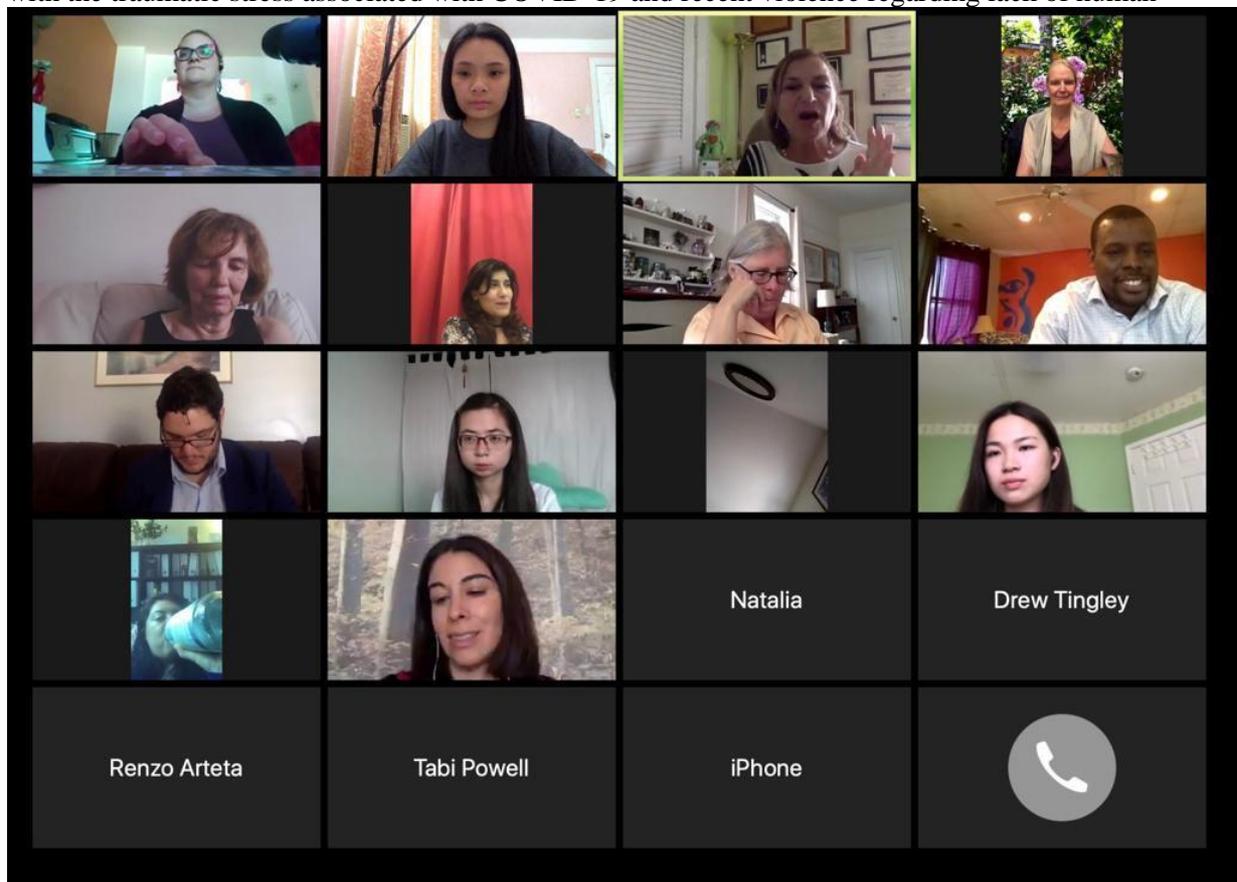
Phone: 1(201) 941 – 2266, drkalayjian@Meaningfulworld.com

ATOP Meaningfulworld Mind-Body-Eco-Spirit United Nations Conference

Educating and Partnering for Global Health: Transforming Global Pandemics

On Thursday, 4 June 2020, ATOP Meaningfulworld held its annual mind-body-eco-spirit conference on the theme, “Educating & Partnering for Global Health: Transforming Global Pandemics.” The conference directly addressed United Nations Sustainable Development Goals (SDG) 1, 3, 4, 5, 8, 10, 11, 16, and 17. As the world continues to be impacted by the human and economic cost of COVID-19, as well as the racial pandemic, many are grappling with the resulting mental and psychological stressors exerted by the pandemics. It’s become quite clear that people across the globe are suffering with the traumatic stress that has accompanied the spread of 2 pandemics: COVID-19 and violence & racism. Thus, the program shared and presented ways to transform and heal trauma through education about emotional intelligence and positive, self-care practices to help augment individual and global mental health.

The conference, which was facilitated via Zoom, was well-attended with approximately 40 participants eager to share and learn more about research, interventions, and coping strategies to deal with the traumatic stress associated with COVID-19 and recent violence regarding lack of human





rights and racism. Ms. Lorraine Simmons began the conference with an enthralling invocation prayer, which was then followed by a moment of silence, led by Ms. Sharon Hamilton-Getz, in observance for George Floyd, who was killed at the hands of Minneapolis police; an incident that sparked nationwide and worldwide protests. Next, the Chair of the event, Dr. Kalayjian Founder & President of ATOP Meaningfulworld, welcomed the lively audience with a beautiful poem about transforming violence through love, entitled, “Let Love Transform You.” Then, the co-chair, Sowmya Kshtriya, ATOP Meaningfulworld Ambassador at the United Nations, introduced the presenters:

1. Luz Maria Utrera, President and Founder of the Luz Maria Foundation, who presented on Empowering and Protecting Women from Domestic Violence and Abuse in the Wake of Global Pandemics. Ms. Utrera, discussed the need to help women with resources as well as donations to prevent violence against them during the spread of the COVID-19 pandemic. Ms. Utrera noted that the rate of domestic violence incidents has spiked globally during the pandemic, and it is imperative that we act and provide economic support for women and girls, who represent 70% of essential workers. Examples of such actions include creating awareness about the severity of domestic violence and providing economic support for women, with microlending programs that will empower women to leave situations where they feel trapped. Ultimately, Ms. Utrera stressed that it is up to all of us, men and women, to protect women in our communities experiencing domestic violence.

2. Jose Rosario, Founder and CEO of The Phoenix Empowered, presented next, and his presentation focused on The Experiences of Minoritized Individuals in Light of COVID-19. Mr. Rosario shed some light on how identity-based stressors like racism and lack of affordable healthcare have impacted the mental health of individuals in minoritized communities, such as migrant workers and members of the LGBTQ community. The effects of these identity-based stressors, which existed before COVID-19, have been exacerbated by the pandemic. Accompanying the exacerbation of these identity-based stressors are disparities in mental health access and economic opportunities for individuals from minoritized communities. The overall effect of these stressors and disparities have led to marginalization and inequity for minoritized individuals. To redress this marginalization and inequity, Rosario drew from the history of activism emphasizing the need for all of us, especially those in positions of influence and power, to take time to let people who have been historically marginalized know that we see them, we acknowledge and respect them.

3. Sowmya Kshtriya, the co-chair, presented on Identifying and Managing Emotions using the 7-Step Integrative Healing Model. The 7-step Integrative Healing Model, Meaningfulworld’s primary intervention model for educating and building emotional intelligence in traumatized individuals across the globe in 48 countries and 26 States in U.S.A. Her presentation focused on the stress of physical

isolation during the COVID-19 pandemic. Ms. Kshtriya highlighted the 7 major steps of the model and explained how the model was a powerful tool to transform traumatic stress into lessons learned through emotional intelligence training, post-trauma healing, meaning-making, forgiveness, mindfulness, and activating the body and creating peace with each breath. Trauma that is not transformed will be transferred through DNA to 14 generations, was reinforced.

After the presentations, Dr. Florence Denmark was honoured as the “2020 Woman of the Year” award for her contributions to the field of psychology and education, specifically in the field of psychology of women and human rights, both nationally and internationally. The numerous awards and recognitions Dr. Denmark has garnered are a true testament to her lifelong commitment to the betterment of individuals everywhere. She was grateful and humbled and said “I am delighted to receive this honor, I am walking on air as I am so happy to be honored by Meaningfulworld for Woman of the Year award. I enjoyed the program as it was very spiritual and insightful.”

Dr. Janelle Junkin followed with a harmonious musical interlude which comprised of musical selections from her *Orchestral Dialogues*, concluding with audience participation in “Lead with Love” by Melanie DeMore.

To conclude an eventful conference, Dr. Kalayjian invited all attendees to participate in a closing Heart-to-Heart-Circle-of-Love. She guided participants to place one hand on their heart, and the other imagining to place it on the other’s heart in a circle, we took a moment of silence and intended peace and health around the globe. Keeping with the conference theme of educating and partnering to transform global pandemics, to help one another cope with the COVID-19, as well as to transform racial pandemics around the globe. Reinforcing our motto: When one helps another, both become stronger.

The Meaningfulworld team had the pleasure of sharing their humanitarian relief work, as well as meeting and networking with many students, faculty, staff who were enthusiastic and expressed deep gratitude. We had diverse and interdisciplinary attendees from Egypt, Jordan, and many states in the United States.

This was a truly inspiring and fulfilling event. Dr. Congress, Associate Dean and Professor at Fordham University, an honorary attendee to the event provided her thoughts about the event: “What a great program you organized today! I certainly enjoyed the speakers, the poem, and the musical interlude and was glad that I was able to join you.”

The following helpful YouTube links were sent to the participants:

1. Here is a 10minute clip I prepared to help strengthen our immune system!
<https://youtu.be/WET34N9htNw>
2. During physical distancing, and beyond, we invite you to do this short exercise in the comfort of your own home called Soul-Surfing!
<https://youtu.be/nk-aedntLWs>
3. <http://voiceofarmenians.com/programs/dr-ani-kalayjian-how-to-manage-stress-and-anxiety-during-this-time-of-crisis>
How to manage our fear, anxiety, and distress in times of global pandemic!
4. APodcast.com, Adrian Sinclair interviews Dr. Kalayjian “How do we transform crises into opportunity” <https://youtu.be/z7WJaeDN8i8>
5. Ecological Consciousness: https://youtu.be/aC8XQ2Z_YGE
6. Meaningfulworld Free Support Groups every Thursday from 12-1 pm: <https://zoom.us/j/428602933>

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 48 countries, and 26 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 Caucasus, Europe, and South and North America.

Our Motto: When one helps another, BOTH become stronger