

# Meaningful World

The Association for Trauma Outreach & Prevention (ATOP)

[www.meaningfulworld.com](http://www.meaningfulworld.com)

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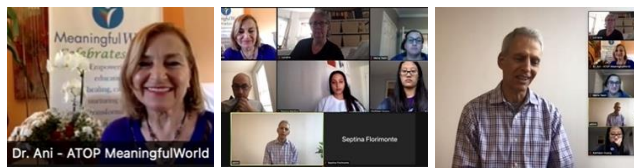
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## Self-Care and Transforming Trauma Workshop

30 October 2021

Meira Yasin

The Association for Trauma Outreach and Prevention (ATOP) MeaningfulWorld workshop series resumed on 30 October 2021 after a summer hiatus. The important topic of Self-Care and Transforming Trauma was presented to a team of new and enthusiastic interns, United Nations Fellows, and other professionals. These workshops are also open to the public and are part of a 4-part series to certify Meaningfulworld Humanitarian Outreach Ambassadors to qualify for mission outreach with our teams. Dr. Ani Kalayjian, president, and founder of Meaningfulworld began the program with a moment of silence, followed by her poem inspired by the autumn leaves and changing seasons. The lecture portion of the program highlighted the importance of self-care and how it is essential for people to take an active role in healing through transforming trauma. Dr. Kalayjian said “You may not be responsible for your creating your wounds, but you are responsible to heal them, so that they are not passed on to 14 generations.” She emphasized the importance of changing one’s thought patterns to bring in positive thoughts to change the neuro-pathways in the brain thus eliminating automatic negative thoughts (ANTS). Dr. Viktor Frankl’s Logotherapy is also important for transformation from Victim to Victor and the participants learned that being aware of positive changes create opportunity for Post Traumatic Growth. Holistic healing is encouraged and Dr. Kalayjian shared several beneficial herbs and supplements, star of Bethlehem, lavender, honeysuckle, rosemary, sweet chestnut, white chestnut, and ginger, along with probiotics and magnesium. Additionally discussed was the book, “The Four Agreements” by Don Miguel Ruiz, which include 1) Be impeccable with your word, 2) Don’t take things personally, 3) Don’t make assumptions, and 4) Do your best. Which are important practices to increase and strengthen emotional intelligence. Dr. Kalayjian emphasizes that our thoughts, words, and actions have the potential to influence and impact our ancestors for 14 generations so, she asks – “Where are your flower seeds, where are your bulbs, where are you planting them and how are you nurturing them?”



Dr. Ani Kalayjian   Program Participants   Paul Jaffe, VS

Invited Visionary Speaker, Paul Jaffe was gracious to offer a discussion of the benefits of meditation and he offered that there is no “right or wrong” way to meditate. He suggested that there is no right or wrong way to meditate and stated that whatever feels best for you as an individual is okay. You can sit on the floor or in a chair, and you can have background meditation music or silence, whatever is your preference. The benefits of meditation discussed included improving sleep, stress reduction, emotional awareness, helping with addictions, decreasing blood pressure, and increasing empathy, among others. Paul led our group through an exercise in which focused on breathing and bringing awareness to the various parts and functions of the body.

During our lunch break, attendees viewed a film from the humanitarian outreach mission to Haiti in 2019. The film documented various experiences, while in Haiti the Meaningfulworld team was able to provide workshops to teach about emotional intelligence, help develop resilience, and provided support for healing from trauma. The team discussed gender related violence and conducted a radio interview discussing the need to break the negative patterns and cycles of generational trauma. One of the most important accomplishments of the 2019 mission was the solidification of the MeaningfulWorld Haiti chapter. The most important goal of MeaningfulWorld when working with people is to help them become sovereign and empowered to help themselves and their communities heal during and after crises. Therefore, to have a strong chapter in Haiti was a celebratory accomplishment. With a MeaningfulWorld chapter present in Haiti, they were prepared and deployed on a mission to Les Cayes, Haiti to help victims of trauma process the earthquake that occurred in August 2021. This mission focused on empowering the surviving community, teaching the Emotional Freedom Technique (EFT), teaching the 7-Step Integrative healing model to the community, and helping them process and release negative emotions. The groundwork that has been laid over the previous years in the Haiti Meaningfulworld chapter has helped to move the work forward and expand the efforts to reach more communities in Haiti.

The afternoon portion of the program integrated each step of the 7-Step Integrative healing model, including 1) assessing level of distress, disagreement, or conflict, 2) Encouraging expression of feelings, 3) providing empathy and validation, 4) Encouraging discovery and expression of meaning, 5) provide information, 6) instill eco-centered healing, and 7) demonstrate breathing, movement centered healing and meditation. All participants practiced the 7-step Integrative Healing Model in a group where personal experiences were shared in a safe and confidential setting. We concluded with a Soul-Surfing Exercises, and a short meditation session.

We look forward to seeing you at the next workshop on 20 November 2021. Kindly email [edcoordinator@meaningfulworld.com](mailto:edcoordinator@meaningfulworld.com) and visit [www.meaningfulworld.com](http://www.meaningfulworld.com).

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 of 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 and 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, and 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**