



The Association for Trauma Outreach & Prevention (ATOP)

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Conflict Transformation and Peacebuilding Workshop

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The Association for Trauma Outreach and Prevention (ATOP) MeaningfulWorld workshop series continued 29 January 2022. The important topic of Conflict Transformation and Peacebuilding was presented to a group of enthusiastic participants that included Interns, professionals, and United Nations Fellows. 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 an original poem. The lecture portion of the program highlighted the importance of peacebuilding both within ourselves and globally. As well as how to deal with conflicts in an effective and transformative way. Dr. Ani Kalayjian 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 creates opportunity for Post Traumatic Growth. Dr. Ani Kalayjian shared the eighth step process to conflict transformation, 1.) Know thyself + take care of self, 2.) Clarify personal needs threatened by the dispute, 3.) Identify a safe place for negotiation, 4.) Take a listening stance into the interaction, 5.) Assert your needs clearly + specifically, 6.) Approach Problem-Solving with flexibility, 7.) Manage with calmness, patience, and respect, 8.) Build on an agreement that works. As well as the steps of processing which are as follows, 1.) Anger and Frustration, 2.) Isolation and Conceptualization, 3.) Interaction and Brainstorming, 4.) Selecting Resolution Strategy, 5.) Outcome Formation. Following are two knowledgeable quotes from Dr. Ani Kalayjian on the topic, "Anger is one letter away from Danger", and "Holding on does more damage than letting go," to emphasize the importance of healing your conflicts. 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.

Invited Visionary Speaker, Molly Kroeker, a specialist in Nutrition and Physical Therapy, was gracious enough to share a presentation with the group. Molly Kroeker spoke to attendees about the importance of physical wellness. She brought attendees through a series of simple, yet

beneficial stretches to take care of one's back, lower back, neck and hips. She knowledgeably responded to attendees' questions on how to properly perform the stretches that she exemplified, as well as maintaining overall health and wellbeing.

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 was a healing session 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 Exercise, and a short meditation session. Dr. Kalayjian led the session with affirmations chanted by Mary Ryan Garcia.

We look forward to seeing you at the next workshop on 26 February 2022. Kindly email edcoordinator@meaningfulworld.com and visit 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 Caucuses, Europe, and South and North America.

Our Motto: When one helps another, BOTH become stronger