



## **ATOP MeaningfulWorld Humanitarian Mission to Guatemala**

**10 – 24 June 2022**

### **Humanitarian Empowerment and Healing**

**Dr. Ani Kalayjian & Lorraine Simmons**

The Association for Trauma Outreach and Prevention (ATOP) MeaningfulWorld will lead a humanitarian mission to Guatemala 10-24 June 2022. The team will be led by MeaningfulWorld Ambassadors Dr. Ani Kalayjian and Lorraine Simmons. The goals for this mission are transforming horizontal violence, leading trauma healing workshops, teaching emotional intelligence (EQ), conducting collaborative research, and nurturing resilience and ecological consciousness, with tree planting.

Several concerning recent and ongoing issues in Guatemala present an urgent need for action. These include 1) The ongoing impact of generational trauma stemming from colonialism, 2) Political violence, including violence against journalists and activists, 3) Domestic violence and other forms of Gender Based Violence, 4) Human rights violations against LGBT+ persons, 5) An increase in homicide and interpersonal violence, 6) Horizontal violence (intragroup violence stemming from historical oppression), 7) Land disputes and the displacement of indigenous people, particularly by corporations, 8) Human trafficking and political impunity, 9) Continued denialism around human rights atrocities committed during the Guatemalan Civil War.

ATOP MeaningfulWorld has served vulnerable populations in 51 countries, working with local collaborators to identify and facilitate intervention strategies addressing mental health, conflict resolution and humanitarian needs. Building off the lessons of these past missions, our team will be working with non-profit organizations, universities, community leaders and government officials to nurture healthy relationships, promote forgiveness, decrease trauma symptoms, transform horizontal violence, and facilitate meaning-making. This is largely accomplished through our 7-Step Integrative Healing Model. This Bio-Psycho-Social and Eco-Spiritual model is taught to students, disaster survivors, educational faculty, advocates, seminarians, and administrators at full or half-day workshops. In addition to the 7-Step Integrative Healing Model, we wish to continue inspiring healthy communication and connection through workshops, group discussions, collaborative research, meditation, and energetic chakra balancing Soul-Surfing exercises.

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 decades of global and local disasters. ATOP is committed to health and global education promoting state-of-the-art scientific theory, 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 45 countries, 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 and artful collaboration through a new world view.

**Our Motto: When one helps another BOTH become stronger**