

# MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



## Hybrid Workshop, Saturday, 24 September 2022



### Self-Care & Transforming Vicarious Trauma

EQ, Preventing Vicarious Trauma & Post-Traumatic Growth

Facilitator: Dr. Ani Kalayjian, Founder — ATOP Meaningfulworld

Visionary Speaker: Dr. Douglas Scherer, Mindfulness based stress reduction

### HOW CAN YOU MAKE YOUR LIFE MORE MEANINGFUL?

Attend this program & become a Meaningful World Ambassador  
for Humanitarian Relief & Peace-Building



#### Program Focus:

- \* Complete pre-workshop & post-workshop questionnaires
- \* Identify the importance of self-care
- \* Identify the impact of, kinds, and other variables of trauma
- \* Review theorists: Erickson, Sullivan, Kohlberg, Freud, Frankl, & Ruiz
- \* Learn about United Nation's Sustainable Development Goals
- \* Identify interventions for recovery, healing, & integration
- \* Connect & empower self through Mind-Body-Eco-Spirit
- \* Learn ways to nurture Emotional Intelligence (EQ)
- \* Learn Emotional Genograms to understand family dynamics & generational transmissions
- \* Learn techniques of mindful meditation
- \* Includes didactic presentation of theory, method, research, and techniques

This workshop is recommended for those seeking a greater understanding of emotional management, lessons learned, transforming vicarious trauma and Horizontal Violence, peace building, meaning-making and transcendence.

This is also for those planning to become Meaningfulworld Ambassadors and for joining our Humanitarian Outreach Programs around the globe.

For details to participate, contact: [EdCoordinator@meaningfulworld.com](mailto:EdCoordinator@meaningfulworld.com)

RSVP to: [EdCoordinator@Meaningfulworld.com](mailto:EdCoordinator@Meaningfulworld.com)

Phone: 201-941-2266

DATE: Saturday, 24 September 2022

TIME: 10:00 AM - 3:30 PM

10:00 AM - 12:30 PM - Welcome, Lecture, Visionary Speaker Presentation and Discussion

1:00 PM - 3:30 PM - Film, Experiential Soul-Surfing Exercises, Experiential Healing Session and Meditation.

FEES: Online Participants via Zoom: \$40

FEES (In-Person): Full (\$125), Graduate students or retired (\$75), Undergraduate students (\$60), ATOP interns (\$30), 4 or more in a group will receive 20% off

Includes: Bach/Flower remedies, pre-post test, collective gratitude

Register early as space in this workshop is limited!

\* Pay online securely at:

[http://meaningfulworld.com/get\\_involved/donation](http://meaningfulworld.com/get_involved/donation)

\*ALL FEES INCREASE \$10 after 17 September so make your payment early!

Receive Continuing Education Credits for the following professions: Marriage & Family Therapy, Mental Health Counseling, Creative Arts Therapy, Music Therapy and Psychoanalysis

## WE LOOK FORWARD TO SEEING YOU IN PERSON!

When one helps another, BOTH become stronger