

# Meaningful World

The Association for Trauma Outreach & Prevention (ATOP)

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## Humanitarian Relief around the World

Fordham University Collaborative Lecture

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What is humanitarian relief and what are some of the challenges while going through pandemic, wars, and discrimination?

This and other topics were presented by Dr. Kalayjian, who was invited speaker, and was introduced by Maria Vanmoni, MA, President of Fordham University Psi Chi Chapter at the Lincoln Center, in New York City. Prof. Rosanna Mazzaferro, was the moderator, hosted by Fordham School Psychology Program, and Psi Chi, in cooperation with SPSSI-NY, Manhattan Psychological Association and Psychology Coalition at the United Nations.



Dr. Kalayjian receiving certificate from President Vanmoni ~ During the informative lecture

Graduate students and faculty gathered to hear and experience Dr. Kalayjian's talk. She is the President of Association for Trauma Outreach & Prevention, ATOP Meaningfulworld. ATOP Has volunteered in over 50 countries and 26 states in USA, rehabilitating communities in distress after both natural and human-made disasters. Dr. Kalayjian first focused on 5 kinds of trauma: 1. Individual, 2. Collective, 3. Vicarious, 4. Generational, and 5. Horizontal Violence. The last two traumas were foreign to the majority, even in the psychology field. Not too many psychologists discuss their generational trauma, not reflect on the ongoing issue of Horizontal Violence. Dr. Kalayjian described the 7 Steps of our Integrative Healing Model which integrates mind-body-spirit-& Mother Earth. In addition, the importance of developing and nurturing Emotional Intelligence was emphasized.

\ Who is most susceptible to trauma? The very young and the very old, and those who rely on others for their livelihood, health, and well-being. Post disaster gender issues were also discussed in that usually women are children are left without safety and security, and without the allocated funds for disaster relief.

What is the United Nations doing about it? Dr. Kalayjian described the 17 goals of the Sustainable Development Goals and elicited those that are closely related to humanitarian relief. Such as goals numbers: 1. No Poverty, 3. Good Health & Well-being, 4. Quality Education, 5. Gender Equality, 10. Reduced Inequalities, 11. Sustainable Cities, 13. Climate Action, 16. Peace, Justice, and Strong Institutions, & 17. Partnerships for Achieving these Goals.

What are the continued challenges? Poverty, illiteracy, political and other forms of violence, gang groups, terrorism, limited resources, poor Emotional Intelligence (EQ), poor mindfulness, no research process in some countries, fear of change, high levels of post-traumatic stress disorder. Dr. Kalayjian emphasized the importance of nurturing mindfulness and EQ.

Participants were extremely engaged, and it was an interactive and lively session, where every participant asked a question or shared their stories. A very active and engaged Q&A followed, and Prof. Mazzaferro congratulated Dr. Kalayjian and they both committed to continue collaborations.



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