


Meaningful World

Association for Trauma Outreach and Prevention (ATOP) Bulletin, March 2023



ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION
with Dr. Ani Kalayjian

Thursday, 16 March, 2023, at 10 am EST

ATOP MeaningfulWorld at United Nations Presents a parallel Program (virtual) at the 67th Commission of Status of Women (CSW) on
Nurturing Emotional Intelligence & Psychoeducation: Mindful Use of Technology

Must register for a link; info@meaningfulworld.com deadline: 12 March 2023

Chairpersons: Dr. Ani Kalayjian & Andrew Dolinar

International Faculty:
Prof. Khawla Abu Baker, Alqasemi Academic College, The Intersectional Contributions that Format Gender Inequality in Palestinian Society in Israel
Prof. Maria Del Pilar Graciano, Universidad del Valle de Guatemala, Working with women in Guatemala
Prof. Hrant Avanesyan, Yerevan State University, Gender equity in Armenia
Prof. Frances Boulton, University of Puerto Rico, Challenges with women & technology in Puerto Rico

This symposium will emphasize on gender equality and education for healing trauma, nurturing emotional intelligence, and promoting gender equality and equity. Research from Africa, the Caucasus, the Caribbean, and the Middle East will be shared. Strategies and best practices will be presented. Our research reveals that empowering the girls without focusing on the boys is incomplete. In this program we will focus on how to nurture emotional intelligence in men and boys as well women and girls. Our online educational programs include focus on trauma healing, self-care, nurturing peace within, rippling out to a global positive impact.

When one helps another, BOTH become stronger!

DATE: Thursday, 16 March 2023 info@meaningfulworld.com For more information call: Dr. Kalayjian, 201-723-9578 www.meaningfulworld.com	Cosponsors: Association for Trauma Outreach & Prevention (ATOP) MeaningfulWorld, ACRPC, & AGBU
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Upcoming Events

United Nations, 67th Commission of Status of Women, Annual Conference
MeaningfulWorld presents a panel on "Empowering Women Globally"
Nurturing Emotional Intelligence & Psychoeducation: Mindful Use of Technology
The Commission on the Status of Women (CSW) is the principal global intergovernmental body exclusively dedicated to the promotion of gender equality and the empowerment of women.

Thursday, 16 March 2023

For zoom link: email info@meaningfulworld.com

[RSVP Here](#)

[More Information](#)



ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION
with Dr. Ani Kalayjian

**Humanitarian Crisis Urgent:
Your help is needed Now!**

 On February 5th and 6th Syria and Turkey endured a tragic earthquake that has brought much destruction and has taken many from the region. In Syria specifically over 3,000 have been killed and thousands more injured. A total of over 34,000 have been recorded dead from the earthquake.

 ATOP MeaningfulWorld is gathering emergency relief funds to help support our Syrian brothers and sisters. The challenges sadly do not stop at the aftermath of the earthquake but also from horrible weather conditions, many citizens being displaced and in the open, no access to clean water. While also including the political challenges of slow action towards Syria with its history of a decade of war & destruction. Our help is needed now more than ever!

Your help is needed now!

95% of all donation will go directly to community leaders in the most effected areas.
Click link below and send your tax deductible donation:
<https://meaningfulworld.com/get-involved/donation>
drkalayjian@meaningfulworld.com
www.MeaningfulWorld.com

When one helps another, BOTH become stronger

Humanitarian Crisis Urgent: Your help is needed NOW!!

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Make your tax-deductible donation HERE

MeaningfulWorld
ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION
with Dr. Ani Kalayjian

Hybrid Workshop, Saturday, 25 March 2023

Conflict Transformation & Peace-Building
Assertiveness, Anger Management, Non-Violent Communication, & Forgiveness

Facilitator: Dr. Ani Kalayjian, Founder — ATOP MeaningfulWorld
Visionary Speaker: Karine Arshakyan, Art Therapy, Neurographica

HOW CAN YOU MAKE YOUR LIFE MORE MEANINGFUL?
Attend this program & become a Meaningful World Ambassador for Humanitarian Relief & Peace-Building

Program focus:

- Understand the impact of our past on our present
- Learn methods to release emotional, physical, & spiritual anger & pain
- Describe methods of dialogue
- Learn & integrate assertiveness skills
- Regain healthy relationships with ourselves & others
- Learn & practice listening skills
- Care for self on mind-body-spirit levels

* Earns on United Nation's Sustainable Development Goals #3, #4, #16, & #17
abundance, mindfulness, meditation, and surfing/yo-yo, Emotional Intelligence, improving memory, biking, healing games, historic/cultural insights, historical site seeing and much more for Humanitarian Relief & Peace-Building.

This workshop is recommended for those seeking a greater understanding of emotional management, trauma beyond, transforming various traumas and Historical Violence, peace building, creating meaning and transcendence.
This is also for those planning to become MeaningfulWorld Ambassadors and for joining our Humanitarian Outreach Program around the globe.

RSVP to: Ed.Coordinator@MeaningfulWorld.com
Phone: 501-941-2266
DATE: Saturday, 25 March 2023
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 Seat-Surfing Exercises, Experiential Healing Session and Meditations.
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 30% off.

* Pay online securely at:
<https://meaningfulworld.com/get-involved/donation>
* ALL FEES INCREASE \$10 after 18 March to make your payment easy!
Receive Continuing Education Credits for the following professions: Marriage & Family Therapy, Moral Health Counseling, Creative Arts Therapy, Music Therapy and Psychoanalysis

When one helps another, BOTH become stronger

Conflict Transformation & Peace-Building: MeaningfulWorld Hybrid Workshop Assertiveness, Anger Management, Non-Violent Communication, & Forgiveness Saturday, 25 March 2023

10:00am-3:30pm EST

18 March 2023 is the deadline for a discounted fee. \$10 will be added if you register after the deadline!

RSVP Here

MeaningfulWorld
ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION
with Dr. Ani Kalayjian

HEALING RETREAT in mysterious TATEV, ARMENIA

A Magical Journey of Manifesting Miracles
Integrative healing, success in partnerships with unlimited love & passion
Masterclasses faculty: Dr. Ani Kalayjian, Karine Arshakyan and Karen Hakobyan

6-days of intensive training, discussion & workshops on building success, nurturing abundance, mindfulness, meditation, and surfing/yo-yo, Emotional Intelligence, improving memory, biking, healing games, historic/cultural insights, historical site seeing and much more for Humanitarian Relief & Peace-Building.

Program Overview:
Day 1- Networking, introductions, and self-assessments.
Day 2- Identifying limitations, transforming internal obstacles & fears.
Day 3- The secret of being Loved and receiving empathy & validation.
Day 4- Visualizing success and learning how to nurture abundance.
Day 5- Integrating love, health, and success.
Day 6- My backpack for Love, Health, and Success.

A great opportunity to take time away from the stresses of daily life and focus on self-care and restoration in the unique atmosphere of ancient Citadel of Knowledge and Spirit of Tatev Monastery and University in Armenia.

RSVP to: Ed.Coordinator@MeaningfulWorld.com
PHONE: 501-941-2266
DATE: 25-28 JUNE 2023
PLACE: Yerevan, Tatev Monastery & village
LANGUAGE: Armenian, English translation provided
PARTICIPATION FEE includes transportation, workshops, food, hotel, programs & site seeing!
EARLY BIRD FEE: Payment before March 31, 2023: 200,000 Dram for Armenian residents, \$1,200 USD for others.
AFTER MARCH 31: 300,000 Dram for Armenian residents, \$1,500 USD for all others.

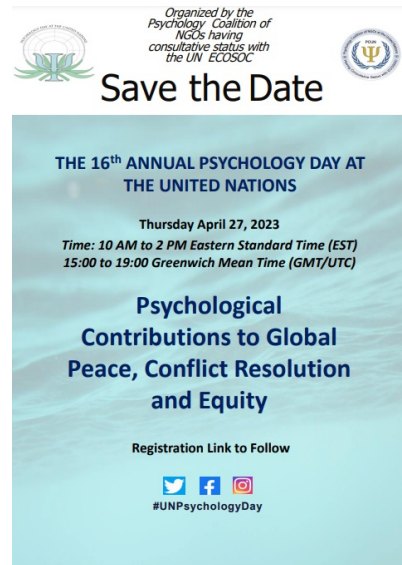
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Magical Journey of Manifesting Miracles HEALING RETREAT in mysterious TATEV, ARMENIA Integrative healing, success in partnerships with unlimited love & passion.

Masterclasses faculty: Dr. Ani Kalayjian, Karine Arshakyan, and Karen Hakobyan
Yerevan, Tatev Monastery & village
23-28 June 2023

RSVP Here



The 16th Annual Psychology Day at The United Nations Psychological Contributions to Global Peace, Conflict Resolution and Equity. ATOP MeaningfulWorld is a cosponsor Thursday, 27 April 2023
Time: 10 AM to 2 PM Eastern Standard Time (EST)

More information



Meaningful World Launches the Twenty-Ninth Annual Krieger Contest
on How to Prevent Genocides & Wars?

FOR HIGH SCHOOL AND COLLEGE STUDENTS
Essay Subject: "What the Legacy of Genocide Means to Me"
2023 Awards

- \$100.00 for High School student winner
- \$200.00 for College/University student winner

Eligibility and Submission Criteria:
1. Students must be enrolled in high school (grades 10-12) or college/university (undergraduate level); they must be residents of New York, New Jersey, or Connecticut.
2. Essays must be original and unpublished.
3. Essays must include social, psychological, philosophical, or human rights perspectives, and ideally should reference to multiple genocides both current and past, multiple references, books, research, and eyewitness accounts.
4. Essay must explore the concept of dehumanization practices against all genocides that are mentioned in the essay.
5. Essays must be in English, typewritten, double-spaced, and 1,000-2,000 words in length.
6. Must include the Ottoman Turkish Genocide of the Armenians and other Christian minorities in 1915 and current events in Artsakh.
7. All submissions become the property of AASSSG and will not be returned.
8. AASSSG reserves the right to make no award(s) each year if, in the opinion of its three judges, the submissions do not meet its criteria.
9. All entries must be postmarked by 10 May 2023. The winners will receive personal notifications by May 2023. Awards will be given at the United Nations in June.

NEW VIDEO CONTEST

We welcome you to submit a short film, same deadline as above & same awards:
1. The videos must follow the theme of the Annual Krieger Essay contest on preventing genocide on the subject of "What the Legacy of Genocide Means to Me."
2. The participants must be enrolled in high school (grades 10-12) or college/university students.
3. Participants must be residence of NY, NJ, or CT.
4. Videos must be original, unpublished, creative and must be in English with references at the end of the film.
5. The videos must include social, psychological, philosophical, or human rights perspectives and should reference to multiple genocides (minimum of 3, must include Ottoman Turkish Genocide) multiple references, research, and eyewitness accounts.
6. The videos must be less than 8 min long.
7. The videos must include information on minimum of 3 genocides. It must include Ottoman Turkish Genocide of Armenians & other Christian minorities, current events in Artsakh plus genocide of Native Americans.
8. The videos must include ways to transform genocidal hatred towards the committed genocide.
9. The sounds and video images must be clearly recorded and easily viewed.
10. All videos will be viewed by committee and selected few will be posted on social media for public voting.
11. A video collecting the highest Likings of the viewers will be the winner of the contest.
12. The winner will be granted with the title The Best Video of the Year and viewed at our UN event in June.
Due Notice: When you help another, YOU become stronger!
Please include: cover letter indicating name, address, age, year of study, e-mail & personal contact, name of school/college attending, college major field of study, and career objectives and Email: info@meaningfulworld.com
visit our website: www.MeaningfulWorld.com.

2023 Kreiger Essay and Film Contest Preventing Genocide
For high school and college students
Essay Subject: "What the Legacy of Genocide Means to Me"
10 May 2023 deadline to submit!
Contact: info@meaningfulworld.com for more information

More information



ATOP Meaningfulworld Leadership Positions

The following positions are available:

1. Outreach Coordinator
2. Fundraising Coordinator
3. Grant Coordinator

For more information: click [HERE](#)

For more information on UN Fellowships: click [HERE](#)

Celebrating Women's History Month!

Top 10 Women in Psychology From the Last 10 Years

1. [Carol Dweck](#)
2. [Susan Blackmore](#)
3. [Tara Brach](#)
4. [Barbara Fredrickson](#)
5. [Angela Duckworth](#)
6. [Anne Treisman](#)
7. [Emőke Bagdy](#)
8. [Julia Kristeva](#)
9. [Gabriele Oettingen](#)
10. [Susan Fiske](#)

MeaningfulWorld invites you to share your love!



REUSABLE CANVAS BAGS

Let's reduce the use of plastic and raise money for those in need! We want to continue to help launch a suicide lifeline in Armenia, educate others on emotional intelligence, and deploy our teams for humanitarian relief missions! There are 4 different colors to choose from! Buy a reusable bag and help us help others!

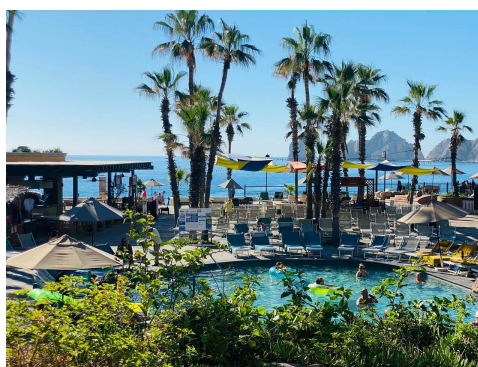


MEANINGFULWORLD TSHIRTS

Show off your MeaningfulWorld spirit by wearing our newly designed t-shirts! You can choose from a range of colors and styles! Show off your MeaningfulWorld pride while simultaneously helping others! Proceeds will help us help others!

Reusable Canvas Bags

T-Shirt Sale



A Vacation Opportunity of a Lifetime! MeaningfulWorld Raffle

By purchasing a \$25 raffle ticket, you buy a chance for a hotel (location of your choosing), 2-6 people for one week! This is your chance to make your dream vacation come true!

Buy Tickets



Weekly Meetings

Free Weekly Support Groups

Managing stress, anxiety, fear, and uncertainty in times of global crises

When: Every Thursday

Time: 12:00 - 1:00 PM (EST)

Where: info@meaningfulworld.com for zoom link

[RSVP Here](#)

Meet Up Zoom Yoga & Soul Surfing with Dr. Ani

ATOP MeaningfulWorld offers yoga and meditation during these times of panic and unrest.

Join us every Tuesday & Friday at 10:00 AM EST on Zoom, by appointment.

[RSVP Here](#)

[More Information](#)



Successful Past Events

Mentoring Forum
Fordham University, NY, NY
Friday, 10 March 2023

More Information



Eastern Psychological Association Conference
Dr. Kalayjian, Nicole K. Bulanchuk, and Kiana Smith ran a symposium on Challenges for Humanitarian Relief Globally: Lessons Learned
3-5 March 2023, Boston, MA

More Information



Careers in Applied Psychology Forum
Fordham University, NY, NY
Tuesday, 28 February 2023

More Information



How to Cope With Earthquake Devastation? Coping and Meaning-Making Hybrid Workshop: Disaster Relief, Rehabilitation, Mindfulness, & Empathy Saturday, 25 February 2023

[More Information](#)



ATOP Latest Publishing

1. Kshtriya, S., Kalayjian, A., Lowe, S. R., Diakonova-Curtis, D., Toussaint, L. (2022). Exploring the Association between Forgiveness, Meaning-Making, Post-Traumatic Stress Symptoms: The Case of Hurricane Maria in Puerto Rico. *International Journal of Educational Research*.
2. Kalayjian, A., Huang, K., Sabbour, S., & Yasin, M. (2022). Grassroots Collaborations to Address the Trauma of Suicide: Establishing the First Suicide Prevention Lifeline in the Republic of Armenia. *International Journal of Mental Health*.
<https://doi.org/10.1080/00207411.2022.2983392>. View [HERE](#)
3. Toussaint, L., Kshtriya, S., Kalayjian, A., Cameron, E., & Diakonova-Curtis, D. (2022). Christian Religious Affiliation is Associated with Less Posttraumatic Stress Symptoms Through Forgiveness but Not Search for Meaning After Hurricane Irma and Maria. American Psychological Association.



 **MeaningfulWorld**
Association For Trauma Outreach and Prevention
Helping people heal for 35 years!

  **SCAN ME**

1. Sponsor a Child in Haiti or Armenia.
2. Suicide Prevention in Armenia.
3. Mental Health, Supporting Psychologists in War Torn Areas of Ukraine & Armenia.

 90% of your donation goes directly to the people!

www.Meaningfulworld.com



Gratitude To Our Visionary Speakers

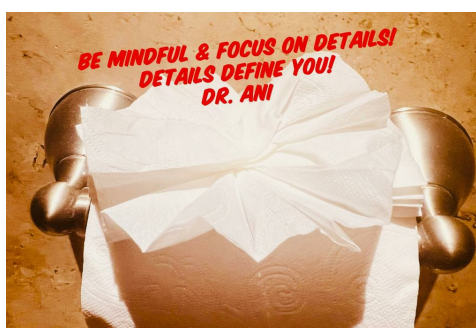
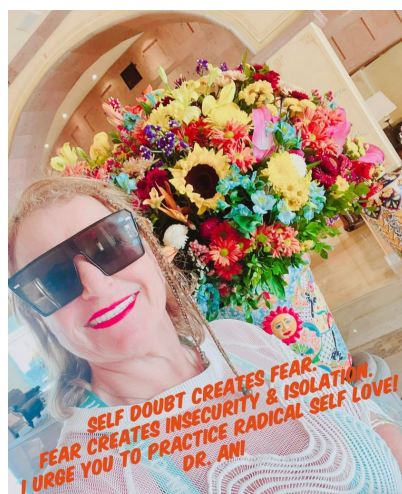
Alexis Brink, Dr. Yolanda Hancock, Dr. Douglas Scherer, Laurie Schwartz, Dr. Linda Marsanico, Nupur Kothari, Paul Jaffe, Simone Coonrod, Linda Turner, Erica Rodriguez, Arthur Jaffe, Christina Nunez Gomes, Cristina Como, Mark Ackerman, Marianne Gunther, Ron Friedman, Kathleen Booker, Lata Cheri-Kennedy, Anisa Keith, Dr. Deborah Barbieri, & Ali Fischer

Gratitude To 2022 Donors

Anonymous; Armenian Constitutional Rights Protective Center; Armenian General Benevolent Union of America; Kari Akgulian; Dr. Maggie Avedissian; Lola Aznavur; Vanessa Billups; Ara & Joyce Boghosian; Dr. Garen & Diana Boghosian; Zarmine & Missak Boghosian; Mark Chenian; Jacob Yahiyayan; Suzanne Crespo; David Dawud; Dr. Dominique Eugene; FesFlowers.com; Mary Ryan Garcia; Taleen Gergerian; Randolph Giudice; Anisa Goz; Dr. Andrew Hahn; Dr. Noyemi Isnar; Art Jaffe; Dr. Marianne Jeffreys; Dr. Ani Kalayjian; Nayri Kalayjian; Dr. Mallika Kamana; Jackie Kazarian; Syla Koroglu; Betty Labine; Carol Lachman; The Life Centered Therapy Training Institute; Long Island Psychological Consulting (Dr. Roy Aranda); Eric Manigian; Talin Manukian; Janet Marcarian; Yeran Marcoosi; Linda Marsanico; Jinnie & Chuck McCormick; Siroun Terzian Meguerditchian; Alice Movsesian; Ray Paloutzian; Dr. Sreeram Parupudi; Kailash Peri; Psychology Coalition at United Nations; Supriya Reddy; Betty Anne Rougier; Margie Satian; Lisa Schiller; Dr. Geetha Seerangan; Ilene

Serlin; Lorraine Simmons; Deborah Stiles; Karri Swathi; Prof. Harold Takooshian; Irene Tananyan; Randal E Tellalian; Suresh Tipimani; Natalia Tomassini; Lynne Tracey; Carla Tufenkdjian; Kevork Ucaryan; Kiranmai Valluri; Tanya & Siroun Vartanian; Sree Venuthurupalli; P. Vinaya; Marian Weisberg; & Rita Zoroghlian.

This QR Code is for donating to our various fundraising efforts and workshops. Please, help us to help others around the world by donating [HERE](#).



ATTENTION: Additional Media

~February 2023: Photography Exhibit Opening Ceremony. View it [HERE](#)

~January 2023: MLK Day poem by Dr. Ani:

I have a dream
Dr. Kalayjian

*Martin Luther King, Jr., you were the youngest man to have received the Nobel Peace Prize.
You were the King, but you led the people humbly;
You were the King, using your peaceful leadership to actualize your dreams.
You had a dream, your dream inspired us all.*

Unfortunately, 60 years later, we are still dreaming with the hopes that "Justice will roll down like water;" and we will live in

harmony.

*You defined peaceful resistance,
You were the colossal of the civil rights movement.
You motivated thousands to stand with you,
In peace & justice, with faith and love!*

~January 2023: Poem by Dr. Ani:

Thrust forward! Enjoying the lessons from the past. Release the negative, imagine they are clouds, let the tears clear your view, as you are now the best version of yourself!

~January 2023: Forget Me Not by Dr. Ani Kalayjian - book review & Lachin corridor humanitarian crisis. View it [HERE](#)

~January 2023: Dr. Ani Kalayjian wrote a beautiful poem for the start of the New Year. View it [HERE](#)

~July 2022: Humanitarian Outreach Mission to Guatemala, video by Lorraine Simmons. View it [HERE](#)

~9 November 2022: Belle Unobe and Kristina Khrimian discussing the objectives and activities of MeaningfulWorld's Genocide Prevention Committee. View it [HERE](#)

~9 November 2022: Shubhrata Shukla interviewing Dr. Ani Kalayjian on her experiences with trauma and healing. View it [HERE](#)

~9 November 2022: Kristina Khrimian and Rishi Guntur bringing awareness on the topic of suicide. View it [HERE](#)

~September 2022: Dr. Ani Kalayjian, President, MeaningfulWorld & Marietta Khurshudyan, Psychologist discuss: Anger Management: In Armenia Nurturing Emotional Intelligence. View it [HERE](#)

~September 2022: Dr. Ani Kalayjian and Marietta Khursduhyan have an informative conversation about Horizontal Violence in Armenia. View it [HERE](#)

~2 May 2022: Dr. Ani Kalyajian, Lorraine Simmons, and Andrew Dolinar spoke about Self Care and Peace Building: Healing the Self, Mother Nature, and the World. View it [HERE](#)

~25 April 2022: Dr. Ani Kalayjian was interviewed by freelance writer Chelsea Greenwood about the effectiveness of EMDR treatment.

~13 April 2022: Dr. Ani Kalayjian and Outreach Coordinator Paige McDonald met for part two of their discussion on Horizontal Violence. View it [HERE](#)

~30 March 2022: Dr. Ani Kalayjian and Outreach Coordinator Paige McDonald met for a series of Instagram Lives to discuss Horizontal Violence. View part one [HERE](#)

~24 March 2022: Interns Nola Sheehan and Alyssa Curcio spoke together about empathy and what it means. View the video [HERE](#)

~ 15 March 2022: Dr. Ani Kalayjian sat down and spoke with intern Will Robbins about SAD. View the video [HERE](#)





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