

# MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



## Hybrid Workshop, Saturday, 30 September 2023



## Post Trauma Healing and & Meaning-Making

Disaster Relief, Rehabilitation, Mindfulness, & Empathy

**Facilitator: Dr. Ani Kalayjian, Founder - ATOP Meaningfulworld**

**Visionary Speaker: Richard Katz, Ph.D., FES Flowers, Flower Power**

### 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 disaster on survivors: children, adults, families, & communities
- Identify the interventions for rehabilitation, recovery, healing, & integration
- Mentor, empower, & support professionals & the next generation
- Empower self through Mind-Body-Eco-Spirit for health & peace-making
- Disseminate global tool, 7-Step Integrative Healing Model (Biopsychosocial and Eco-Spiritual Model)
- Describe and practice mindfulness meditation
- Describe and list stages of disaster relief



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.

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

Phone: 201-941-2266

DATE: Saturday, 30 September 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 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/getinvolved/donation>

\*ALL FEES INCREASE \$10 after 21 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

**When one helps another, BOTH become stronger**