



## ATOP Meaningfulworld Humanitarian Mission to Armenia

**Trauma healing, human rights education, gender empowerment, transforming Domestic, Horizontal & Generational Trauma, & nurturing Emotional Intelligence.**

### Pre-Press Release

From 5-22 October 2023, MeaningfulWorld team will travel to Armenia for a Humanitarian Outreach Mission. Dr. Ani Kalayjian initiated and led the first outreach mission immediately after the devastating earthquake in 1988; since then, we have continued to volunteer consistently in Armenia. Our team will be comprised of Dr. Ani Kalayjian, Margo Sargsyan (Armenia), and Natalia Maria Tomassini. Throughout this mission, we will emphasize on sharing Integrative Modalities. Specifically, the 7-step Integrative Healing Model, fearlessness, tapping solution, meditation, breathwork, Reiki, energy healing, & Soul-Surfing.

Why do we plan to return to Armenia? There have been multiple traumatic events taken place with bordering Azerbaijan. The second Nagorno-Karabakh War, also known as the 44-day War, was a military conflict between Armenia and Azerbaijan over the Nagorno-Karabakh area that took place from late September - November 2020. The conflict resulted in the deaths of about 6700 soldiers, with about 3800 of them being Armenian. Approximately 70,000 people were displaced from their homes. Russia mediated a cease-fire that brought the war to a conclusion, and as a result, Azerbaijan took control of a sizable portion of the territory that had previously been held by Armenian forces in Nagorno-Karabakh. As a result of this war, many people have lost their family members in battle or have been forced to relocate. In December, the borders to Artsakh were blockaded by Azerbaijan. This blockade has had devastating consequences on the population, as the importation of food, fuel, and medicine is blocked. About 120,000 residents are trapped, which has created a humanitarian crisis. The blockade started over six months ago and remains intact to this day.

Our objectives are 1. Transforming trauma of the border conflict, 2. Transform Horizontal Violence, 3. Transform domestic violence, 4. Continue suicide prevention awareness, 5. Continue Ecological awareness, 6. Provide Reiki experiential sessions, 7. Teach 7-step modality, 8. Nurture Gender empowerment, 9. Teach human rights education & UN SDG's.

While in Armenia, we are invited to conduct workshops at an international conference at Yerevan State University.



**Dr. Ani Kalayjian**, a licensed multi-lingual and multicultural clinician, scientist, practitioner, professor of psychology at Columbia University, international consultant, Fellow of the APA, Fellow of New York Academy of Medicine, Ambassador of Psi Chi, author of 6 major books and over a hundred of research articles, 35 years of leadership within the United Nations and its NGO community working closely with others in 50 countries, and 26 states in USA, to expand human rights, peace building, conflict transformation, nurturing emotional intelligence, healing from individual, collective, vicarious, intergenerational & horizontal trauma, and integrating mind body-eco-spirit. Certified in EMDR, Electromagnetic Field Balancing, Yoga, & Red Cross. She has been volunteering in Armenia since the devastating earthquake in 1988.



**Margo Sargsyan** is a certified psychologist who graduated with honors from Yerevan State University with an MA in Personality Psychology and Counseling. She has been working for ATOP MeaningfulWorld since 2021. Combining her previous background in English, she has started her career in the field of mental health by translating psychological training sessions, materials, and guidelines for EMDR Armenia, Brainspotting LLC, AACEP, AASPA, and private individuals. She is currently being trained in Transactional Analysis and Psychiatry for psychologists. Her mission is to disseminate and create opportunities for psychoeducational for Armenians (and not only) all over the world.



**Natalia Maria Tomassini** is a certified Learning Disabilities Teacher's Consultant who graduated with a M.Ed. in Education in Psychoeducational Processes and Counseling and worked as a psychotherapist in the criminal justice system and in the field of addictions. She has been volunteering for ATOP MeaningfulWorld since 2015 as a Reiki master at fund raising events. She graduated from MeaningWorld's Ambassadors for Humanitarian Relief and Peace Building program. She was trained in the 7-Step Integrative Healing Model and shares her skills as a Reiki master. Natalia combines her knowledge of the energy healing and trauma psychology modalities to assist individuals with trauma. Her mission is to share her skills in Armenia to transform trauma.

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

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