

Meaningful World

**Association for Trauma Outreach and Prevention
(ATOP)**

Bulletin, November 2023



Humanitarian Trauma Healing Mission to Armenia

Last month MeaningfulWorld embarked on a Humanitarian Relief Mission to Armenia. We urge you to support us. Click the link to [GoFundMe](#) and donate from your heart. Your donations are tax-deductible & greatly appreciated.

https://www.gofundme.com/f/atop-meaningfulworld-armenia-mission-trip?utm_campaign=p_lico+share-sheet&utm_medium=copy_link&utm_source=customer

More Information

[Upcoming Events](#)

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

Hybrid Workshop, Saturday, 18 November 2023

Mindful Leadership & Forgiveness
Conscientious Leadership, Forgiveness, MeaningfulWorld View, Logotherapy

Facilitator: Dr. Ani Kalayjian, Founder - ATOP Meaningfulworld
Visionary Speaker: Lo Anne Mayer, B.S., Treasures in Grief: 7 Spiritual Gifts

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

Program focus:

- Review the importance of service
- Learn to integrate mind-body-spirit-soul-environment connection
- Learn the 5 shadows impacting us negatively and 5 pillars of service
- List & describe 12 steps of mindful leadership
- Integrate benefits of forgiveness while shedding light on myths of forgiveness
- Practice forgiveness and forgiveness meditation and learn about religions and forgiveness
- Learn healthy patterns of connecting with ourselves, the world, those we serve, and the universe
- 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.

RSVP to: EdCoordinator@Meaningfulworld.com
Phone: 201-941-2266
DATE: Saturday, 18 November 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 09 November
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

Hybrid workshop on Mindful Leadership and Forgiveness
Facilitator: Dr. Ani Kalayjian
Visionary Speaker: Lo Anne Mayer
Saturday, 18 November 2023
10:00AM-3:30PM

RSVP HERE

MeaningfulWorld
Pamper Yourself Holiday Gratitude Healing Party
Saturday 9 December 2023
4-6:30 pm Personalized Healing, and 6:30-10 pm Party


Meaningfulworld's
Annual Holiday
Gratitude Healing
Party
Kindly, join us for an
afternoon of celebration as
we remember all that we
have accomplished as a team
and as a community in the
world this year!


Date: Saturday 9 December 2023
4-6:30 PM
Pampering & Integrative Healing
with invited healers:
Jin Shin acupuncture without
needles - Alexis Brink,
Spiral Technique - Art Jaffe,
Reiki - Natalia Tomassini,
Meditation - Paul Jaffe,
Crystal Healing-Tanya Vartanyan
Flower Remedies- Dr. Ani


Live music! Tatev & Campbell
Offering: \$39 includes 7
healing modalities, food,
drinks, music, & desserts

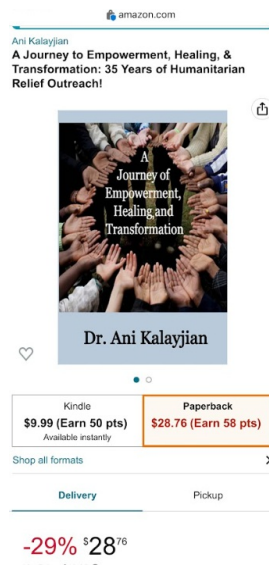
RSVP by 2 Dec 2023: Info@
Meaningfulworld.com
Dr. Ani Kalayjian
Phone: 201-941-2266


6:30-7:00 PM: Films & Photos
from Missions
7-10:00 PM: Food, Drinks, Music
and Games


SCAN ME

MeaningfulWorld's Holiday Gratitude and Healing Party
Saturday 9 December 2023
4-6:30PM PersonalizedHealing and 6:30-10PM Party

RSVP HERE



COFFEE TABLE BOOK RELEASE

A review from David Dawud said: "I love your writings in the coffee table book. I'm reading a poem everyday, and traveling to a new country with beautiful photos of your humanitarian volunteer service. You make me think, reflect, release and it helps me clear my thoughts."

[Click HERE for the link](#)

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

Creating Inner Peace Through Meaning Making Workshop

11 November 2023

Collaborative event with The Center for Conscious Living

[More Information](#)



**International Psychology Forum at Fordham University
1 November 2023**

Presenters: Dr. Ani Kalayjian, Elaine Olaoye, Rosanne L Flores



**Coping with Azeri Ethnic Cleansing in Artsakh: Resilience & Healing
12 November 2023**

**St. Gregory the Enlightener Armenian Church, White Plains, New York
Guest Speaker: Dr. Ani Kalayjian**



**Briefing for the civil society by the President of the Human Rights Council,
Vaclav Balek**

2 November 2023

United Nations Headquarters, New York

MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian

Hybrid Workshop, Saturday, 28 October 2023

Peace Building & Conflict Transformation

Assertiveness, Anger Management, Non-Violent Communication, & Forgiveness

Facilitator: Dr. Ani Kalayjian, Founder - ATOP Meaningfulworld
Visionary Speaker: Amy Anthony, Aromatherapy for Health & Healing

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
- Focus on United Nation's Sustainable Development Goals #3, #4, #16, & #17

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*ALL FEES INCREASE \$10 after 19 October 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

Peace Building & Conflict Transformation Hybrid Workshop
28 October 2023
Facilitator: Dr. Ani Kalayjian
10:00AM- 3:30PM

More Information

The Association for Trauma Outreach & Prevention (ATOP)
www.meaningfulworld.com
185 E. 85th Street, New York, NY 10028
Phone: 1 (201) 941-2266 E-mail: drkalayjian@Meaningfulworld.com

Intern Call: 2023

Association for Trauma Outreach and Prevention (ATOP)

Mission:
At Meaningfulworld, the ultimate goal is to prepare a generation of conscientious individuals who are guided by love, peace, passion, and meaning. Meaningfulworld is dedicated to fostering a meaningful, peaceful, and just world in which every individual enjoys physical, mental, social, economic, and spiritual health. A sense of meaning, peace, and justice, although unique to each individual, is achieved through a transformation journey that integrates knowledge and experience with sense of responsibility and reflection. We have monthly clinical workshop, annual humanitarian missions, and accredited at the United Nations.

Available Postions: All internships are conducted under the supervision of Dr. Ani Kalayjian- Founder and CEO.

1. Grant Writer-Assisting the Grant Committee to research & write grants, apply for awards, disseminate the work through printed materials
2. United Nations Intern: Presence is essential on Thursdays to attend international meetings & join DGC and CoNGO Committes. One-year commitment.
3. Graduate Research Fellow: Taking part in our active research team with local and international research from around the world.
4. Fundraising Intern: To maintain sustainability of our organization, organizing fundraising events for social gatherings to raise funds.
5. Website Support: Responsible for website updates, upload, and development.

Location: Although based in New York Metropolitan Tri-State area, USA, international internships are also welcomed. Internship requirements can be fulfilled from home (own state of country) and may lead to travel opportunities. Monthly teleconferences are mandatory, first Monday of the month, evening. Monthly workshops on the last Saturday of each month are mandatory on Zoom (\$20 fee).
Time commitment: 12 months-2 years, 5-7 hours per week (some internships require fewer hours).

Kindly send your resume, statement of purpose, internship position of interest, 3 goals consistent with our mission, and names & contact of 2 references to Dr. Kalayjian
DrKalayjian@meaningfulworld.com. Kindly visit: www.meaningfulworld.com

INTERN CALL: PART TIME INTERNS NEEDED

Looking for experience in research? UN? Humanitarian Work? Fundraising?
Social Media? Only 4-5 hours a week!
Be the change you want to see in the world!



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.**
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 **MeaningfulWorld**
Association For Trauma, Childhood 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

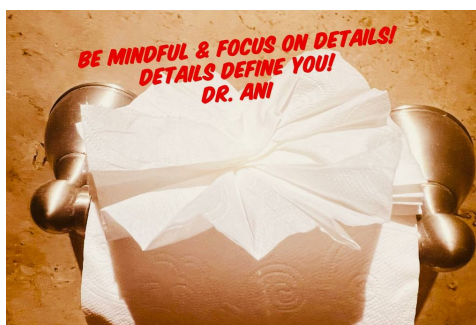
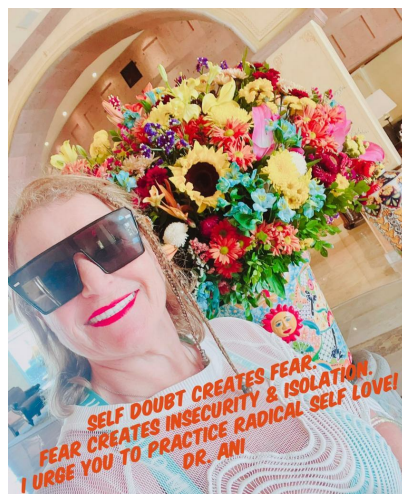
Alexis Brink, Dr. Yolanda Hancock, Dr. Douglas Scherer, Laurie Schwartz, Dr. Linda Marsanico, Nupur Kothari, Paul Jaffe, Simone Coonrod, Linda Turner, Erica Rodriguez, Arthur Jaffe, Christina Nunez Gomes, Cristina Como, Mark Ackerman, Marianne Gunther, Ron Friedman, Kathleen Booker, Lata Cheri-Kennedy,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

~March 2023: Gender Equity. Transforming Gender Stereotypes. View it [HERE](#)

~March 2023: 12th Annual Mentoring Forum at Fordham University. View it [HERE](#)

~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](#)

~2020 Dignity Workshop 27.2: Message tot he World from Dr. Ani Kalayjian. View it [HERE](#)



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 Share on Twitter

