



The Association for Trauma Outreach & Prevention (ATOP)

www.meaningfulworld.com

Phone: 1 (201) 941- 2266

E-mail: info@Meaningfulworld.com

ATOP Meaningfulworld Humanitarian Mission to Armenia

Trauma healing, Transforming Horizontal & Generational Trauma, & Nurturing Emotional Intelligence.

Dr. Kalayjian

Pre-Press Release

From 30 April to 12 May 2024, MeaningfulWorld team will travel to Armenia for a follow up 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 over 22 humanitarian missions. Our team will be comprised of Dr. Ani Kalayjian & Margo Sargsyan. Throughout this mission, we will place emphasis on collecting oral histories, and helping heal the survivors who were thrown out of their homes in Artsakh, (AKA Nagorno-Karabagh). Trauma that is healed will help nurture Post-Traumatic-Growth (PTG) and prevent transmission of post-traumatic stress disorder (PTSD) to the next seven generations. We will be specifically using the 7-step Integrative Healing Model, tapping solution, meditation, breathwork, energy healing, essential oils, & Soul-Surfing.

Why do we plan to return to Armenia? There have been multiple traumatic events taken place with bordering Azerbaijan. The past 5 years have been bloody; wars, blockade, and ultimately the ethnic cleansing in 2023 has had devastating consequences on the population who are displaced. Approximately 110,000 Armenians residents were displaced across Armenia in villages, towns, and many have left the country due to unemployment, and scarcity of resources.

Our objectives are 1. Transform trauma of ethnic cleansing took place in Sept 2023 by Azerbaijan, 2. Transform Horizontal Violence, 3. Transform domestic violence, 4. Continue suicide prevention awareness, 5. Continue Ecological awareness, 6. Provide energetic healing, 7. Teach 7-step modality, 8. Nurture Gender empowerment, 9. Compile the oral histories of the survivors.

While in Armenia, we are invited to present our research at the Yerevan State University, as well as working with many NGO's who are working with displaced population from Artsakh.

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 psychoeducation for Armenians and around the globe.

Dr. Ani Kalayjian, a licensed multi-lingual and multicultural clinician, scientist, practitioner, professor of psychology at Columbia University and at MeaningfulWorld, 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.

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

Donations are tax-deductible, donate online at <https://meaningfulworld.com/get-involved/donation> Link to global missions: <https://meaningfulworld.com/our-work/global-missions>