

Meaningful World

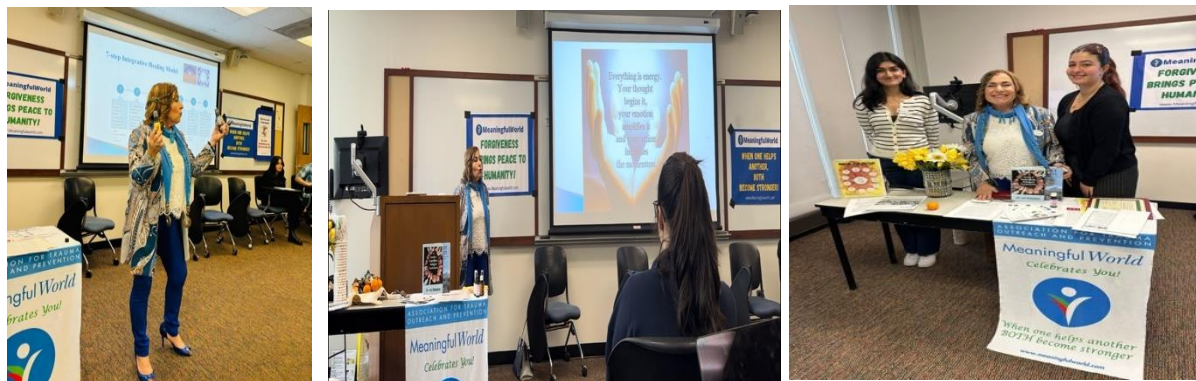
International Psychology Today Forum Summary

Paulina Sipilian and Shambhavi Jasti

What is international psychology? What is PCUN? Why did nearly 50 people gather at Fordham University Lincoln Center on 8 October 2024 to discuss international psychology and other important matters globally? As students & faculty gathered, they were greeted with a colorful display of flowers, snacks and banners with encouraging quotes such as “**When one helps another BOTH become stronger**”, filling the room with a positive energy.

What is PCUN? The Psychology Coalition at the United Nations (PCUN) is a collaborative group of 25 mental health focused NGOs affiliated with the United Nations. PCUN aims to apply psychological principles, science, and practice to global challenges of the UN agenda, using research, advocacy, education and to promote human dignity, human rights, and positive mental health. The forum focused on finding ways for psychologists and students to become increasingly involved in international work and global programs such as the PCUN, ATOP MeaningfulWorld which is a founding member, ICP, etc. Researchers and professionals were invited to present and share their research and outreach experiences such as psychological experience of immigration in Iran, Feminism in India and the USA: From Suffragists to Kamala Harris, and Dr. Kalayjian spoke about AI and EI: A Global Challenge.

The forum was organized and moderated by **Harold Takooshian, PhD** and began with welcoming remarks by **Elaine Congress, DSW, MA** and **Melissa Malley, LMSW**, two members of the PCUN who have edited books about international psychology. The Fordham Psi Chi President, **Jamilla T. Perez-Hosein**, also shared welcoming remarks and encouraged people to join Psi Chi, and shared the magazine *Eye on Psi Chi*, which had the MeaningfulWorld panel photo highlighted with **Dr. Kalayjian**.



Dr. Kalayjian presented research findings from a multitude of international missions that highlight the importance of Emotional Intelligence (EI) for individuals and for communities at large. She went on to explain that everything, including our thoughts, has energy which can

Meaningful World

impact our actions and feelings. She emphasized the importance of aligning Head+Heart+Hands = peace within. Dr. Kalayjian also shared how meaning-making is essential to manage trauma, and described the **7-Step Integrative Healing Model**, which has been shown to improve mental health and meaning-making globally. During her presentation, she also passed around essential oils and flower remedies, explaining the ecological aspect of mental health and energy, and filled the classroom with scents of lavender for relaxing and lemon for opening our hearts.

The International Psychology Today Forum was a meaningful way for faculty and students to gain a better understanding of international psychology and the different facets that it contains, as they had the opportunity to listen to experts and engage in thought provoking dialogues. The presentations gave students insight into a variety of ways to get involved.

We would like to extend gratitude to PCUN, Professor Takooshian, Fordham University, and Psi Chil, for organizing this wonderful panel of experts to present their research on international psychology.



<https://meaningfulworld.com>