

MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



Zoom Workshop, Saturday, 29 March 2025



Self-Care & Meaning-Making

EQ, Preventing Vicarious Trauma & Post-Traumatic Growth

Facilitator: Dr. Ani Kalayjian, Founder — ATOP Meaningfulworld

Visionary Speaker: Mary Ng - Transforming Grief

HOW CAN YOU MAKE YOUR LIFE MORE MEANINGFUL?

**Attend this program & become a Meaningful World Ambassador
for Humanitarian Relief & Peace-Building**



Program focus:

- Complete pre-workshop & post-workshop questionnaires
- Identify the importance of self-care
- Identify the impact of, kinds, and other variables of trauma
- Review theorists: Erickson, Sullivan, Kohlberg, Freud, Frankl, & Ruiz
- Learn about United Nation's Sustainable Development Goals
- Identify interventions for recovery, healing, & integration
- Connect & empower self through Mind-Body-Eco-Spirit
- Learn ways to nurture Emotional Intelligence (EQ)
- Learn Emotional Genograms to understand family dynamics & generational transmissions
- Learn techniques of mindful meditation
- 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, 29 March 2025

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: \$50

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/get
involved/donation](http://meaningfulworld.com/getinvolved/donation)

*ALL FEES INCREASE \$10 after 22 March 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