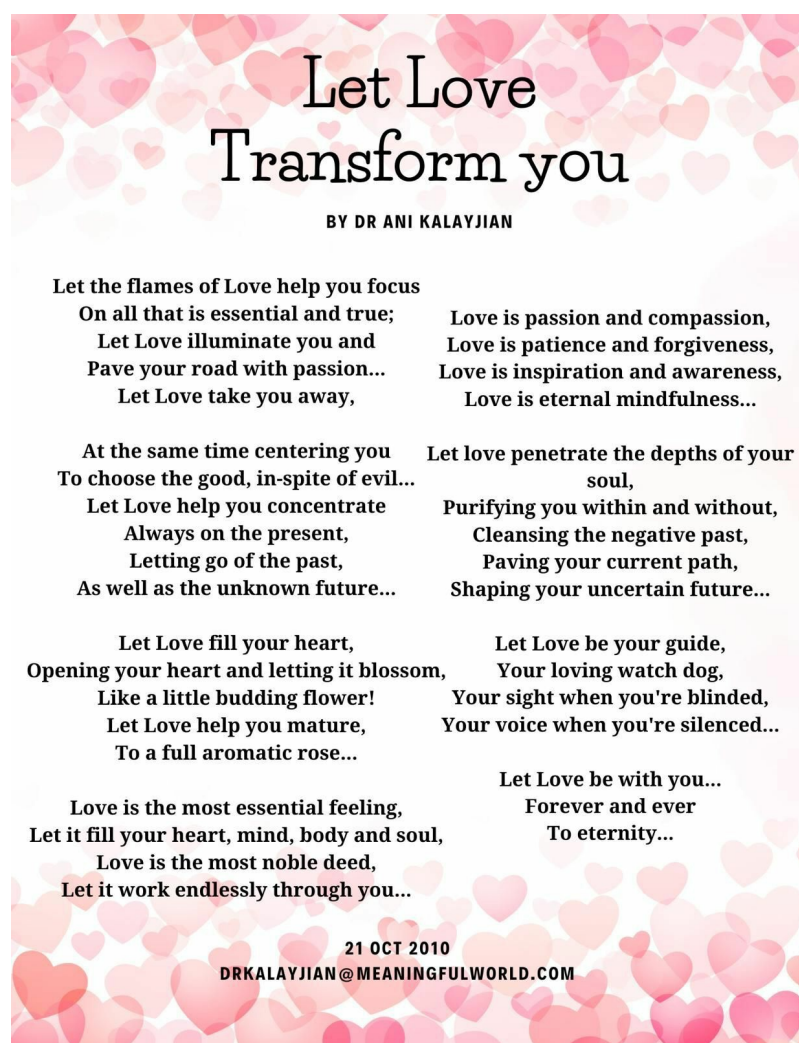




## ***Association for Trauma Outreach and Prevention (ATOP)***

### **Bulletin, February 2025**

#### **Upcoming Events**




**Let Love Transform You! Wishing You and Yours love filled days!**

# MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



Zoom Workshop, Saturday, 22 February 2025



## Self-Care & Meaning-Making

EQ, Preventing Vicarious Trauma & Post-Traumatic Growth

Facilitator: Dr. Ani Kalayjian, Founder — ATOP Meaningfulworld  
Visionary Speaker: Tanya Vartanyan - Reiki Energetic Healing

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

Program focus:

- 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](mailto:EdCoordinator@Meaningfulworld.com)

Phone: 201-941-2266

DATE: Saturday, 22 February 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/getinvolved/donation>

**\*ALL FEES INCREASE \$10** after 15 February 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

RSVP HERE

Donation Link



Eastern Psychological Association Annual Conference  
New York, NY, Marriott Marquis Hotel

Saturday 8 March 2025

AI & EI: Nurturing Emotional Intelligence around the world

Dr. Kalayjian, Paulina Sipilian, Romance Albarqawi, and Sena Ummak

Artificial Intelligence has revolutionized mental health support, offering scalable, cost-effective solutions. However, its reliance on technology excludes vulnerable populations lacking basic access to electricity and Wi-Fi. Emotional Intelligence (EI), emphasizing empathy, mindfulness, and meaning-making, complements AI's strengths, addressing human-centered mental health needs. This paper discusses the Seven Step Integrative Healing Model, combining biopsychosocial and eco-spiritual approaches to enhance EI. By synergizing AI and EI, we propose a holistic, equitable framework for global mental health interventions.

Artificial Intelligence (AI) has quickly become one of the most widespread and rapidly integrated technologies in the modern world, transforming sectors like healthcare, banking, and retail by solving complex problems. In psychology and mental health, AI has evolved from providing basic support to performing roles traditionally filled by professionals, making mental health services more accessible and affordable (Fiske et al., 2019; Abrams, 2023). Despite its vast potential, AI struggles to replicate essential human skills like empathy, understanding, mindfulness, and motivation. These limitations underscore the growing importance of Emotional Intelligence (EI) in a post-AI world.

EI, encompassing the ability to identify, express, and manage emotions, is crucial for effective leadership, social functioning, and addressing emotional challenges like stress and trauma (Srivastava, 2013; Drigas & Papoutsis, 2018, Kalayjian 2018). It complements AI's strengths in data processing with uniquely human capabilities such as intuition, creativity, and ethical decision-making. Despite its well-documented significance, EI is often overlooked in favor of more easily quantifiable cognitive and social measures. This proposal emphasizes the enduring importance of EI, as AI reshapes the landscape of human interaction, particularly addressing vulnerable communities and countries who lack even the basic needs of electricity and Wi-Fi. Without integrating EI into technological advancements, AI risks perpetuating social inequities and dehumanizing interactions across diverse domains. Prioritizing EI alongside AI can help foster more equitable, inclusive, and compassionate outcomes across sectors, especially in mental health.

While AI has demonstrated considerable potential in enhancing mental health support through scalable and cost-effective solutions (Yonatan-Leu, 2024), the global disparity in access to technology significantly limits its benefits for vulnerable populations in developing regions.

SAVE THE DATE! On 8 March 2025, join the Eastern psychological Association conference panel presentation with Meaningful World!


More Information




MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



Thursday 13 March 2025 at 6:30 pm - 8:30 pm EST



ATOP Meaningfulworld at United Nations Presents a parallel Program at the 69th Commission of Status of Women (CSW) on  
**AI and EI: Challenges to Healing Traumatized Women Locally and Globally**

Sustainable Development Goals: 2, 3, 4, 5, 8, 10, 11, 16, 17

Co-Chairs: Dr. Kalayjian and Paulina Sipilian  
Invocation: Sharon Hamilton-Getz, World Harmony Council and Art Forum  
Faculty: Houry Guedeckian, B.A., Chair of NGOCSSW/NY, “EI in Feminist Advocacy at UN, Beijing +30 Implementation”  
Audrey Kitagawa, J.D., International Academy for Multicultural Cooperation, “Strong Emotional Intelligence Enhances Resilience In Women Facing Crises and Distress”  
Paulina Sipilian, M.S., MeaningfulWorld, “Nurturing EI Locally and Globally”  
Sunitha Kshatriya Ph.D, American University in Dubai, “Empowering Women in Business Education: The Role of AI & EI in Advancing Wellbeing and Leadership in the UAE”  
Musical Interlude: William Ruiz, Mayahuacan Drumming  
Convocation: Mr. Eric Shōkei Manigian, Union Theological Seminary

This panel will focus on healing traumatized women and girls globally. Our organization has volunteered in 48 countries and 26 states in the USA. Our observations have highlighted the continued violence against women and girls globally. Panelists will be focusing on challenges to healing in Guatemala, Nigeria, Uganda, Armenia, Lebanon, Palestine, and others. We will share strategies to transform women’s trauma and nurture their emotional intelligence, which is increasingly important in a world full of AI. We have observed women are often leaders in their community and family, so investing in this population is investing in our future.

When one helps another, BOTH become stronger!

DATE: Thursday, 13 March 2025  
Info@meaningfulworld.com  
777 UN Plaza (Church Center) 10th  
Fl (44th St at First Ave, NYC)  
For more information call:  
Dr. Kalayjian, 201-723-9578  
[www.meaningfulworld.com](http://www.meaningfulworld.com)

Cosponsors: Association for Trauma Outreach & Prevention (ATOP)  
Meaningfulworld, ACRPC, AGBU & Institute for Multicultural Counseling & Educational Services (IMCES)  
Must register for a link;  
[info@meaningfulworld.com](mailto:info@meaningfulworld.com) deadline: 6 March 2025


**13 March 2025 AI and EI: Challenges to Healing Traumatized Women Locally and Globally**  
**Co-Chairs: Dr. Kalayjian and Paulina Sipilian**  
**Invocation: Sharon Hamilton-Getz, World Harmony Council and Art Forum**

**More Information**


MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION



with Dr. Ani Kalayjian



Hybrid Workshop, Saturday, 29 March 2025



**Disaster Relief & Mindfulness**  
Disaster Relief, Rehabilitation, Mindfulness, & Empathy  
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:

- Understand the impact of disaster on survivors: children, adults, families, & communities
- Identify the interventions for rehabilitation, recovery, healing, & integration
- Mentor, empower, & support professionals & the next generation
- Empower self through Mind-Body-Eco-Spirit for health & peace-making
- Disseminate global tool, 7-Step Integrative Healing Model (Biopsychosocial and Eco-Spiritual Model)
- Describe and practice mindfulness meditation
- Describe and list stages of disaster relief

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](mailto: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/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

**29 March 2025 Disaster Relief & Mindfulness, Hybrid Workshop**  
**Facilitator: Dr. Ani Kalayjian, Founder, ATOP Meaningfulworld**  
**Visionary Speaker: Mary Ng - Transforming Grief**

**RSVP HERE**

**Donation Link**



## MEANINGFUL WORLD LAUNCHES THE 2025, 30TH ANNUAL KRIEGER CONTEST

FOR HIGH SCHOOL AND COLLEGE STUDENTS

Subject:

"What the Legacy of Genocide Means to Me"



2024 Winners at the United Nations

For more information visit  
meaningfulworld.com, or use the link below!  
<https://meaningfulworld.com/uncategorized/2025-krieger-essay-contest>

**Enter and Win BIG With The Krieger Genocide Prevention Contest, awards at the United Nations! Meaningful World launches the 2025, 30th Annual Krieger Contest for High School and College Students. Subject: What the Legacy of Genocide Means to Me?**

**More Information**



## Weekly Meetings

**Free Weekly Support Groups**

**Managing stress, anxiety, fear, and uncertainty in times of global crises**



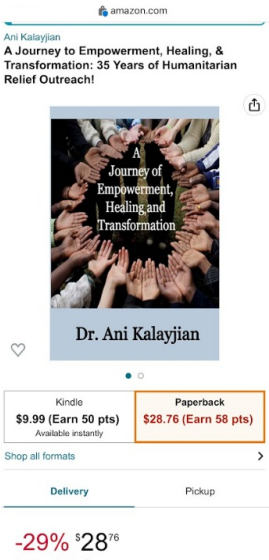
**When: Every Thursday**  
**Time: 12:00 - 1:00 PM (EST)**  
**Where: [info@meaningfulworld.com](mailto:info@meaningfulworld.com) for zoom link**

**[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](#)**



**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

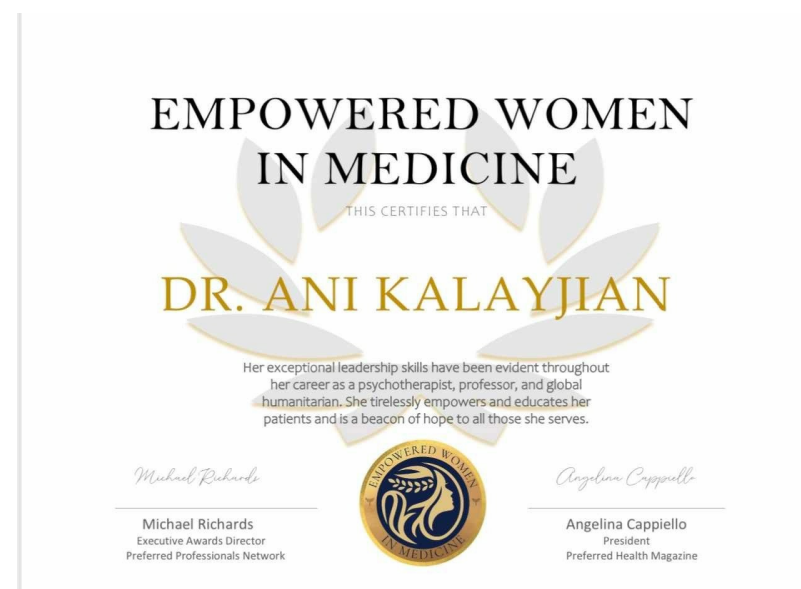
T-Shirt Sale



### Awards

2024 Lifetime Achievement Award in the Field of Psychology, presented to Dr. Ani Kalayjian for her exemplary dedication and leadership in trauma psychology, as well as her impactful global humanitarian efforts, transforming lives through healing and education worldwide.





**Empowered Women in Medicine Award, given to Dr. Ani Kalayjian, for her exceptional leadership and dedication as a psychotherapist, professor, and global humanitarian.**



**Successful Past Events**

**On 7 December Meaningful World had an amazing Gratitude & Healing Party with live music, international foods, 7 healing modalities, drinks, films, music, deserts, gifts & much more!**

**Summary**

**Watch The Video**

COMMON WORD ALLIANCE CLERGY INTERFAITH ORGANIZATION and  
MINISTRY AND SPIRITUALITY CENTERS FOR HUMANITY





Invite you to Interfaith Conference

246th “HEALING PRAYER FOR HUMANITY”

By the Worldwide Religious and Spiritual Leaders



FRIDAY, December 13, 2024, at 3 PM ET 2 PM CT

ZOOM Meeting ID: 205 074 5624 Passcode: 3Uu6yk



Imam Arif Huskic  
President CWA and MASCH  
Program Moderator

Interfaith Community Healing Garden

Dr. Ani Kalayjian  
President of ATOP Meaningfulworld  
New York, USA

Love Your Neighbor as Yourself

Topic: **What are Women`s Rights in Your Faith**  
Let`s Diminish Homelessness and Poverty Everywhere  
501(c)3 ID: 81-3432366 Donate through Cash App:  
**\$healingprayer**  
Mail Checks to MASCH 5656 Harold Street Detroit MI 48212  
Contact: Imam Arif Huskic  
Minister of Interfaith Relations  
 1-313-999-5483 arifhuskic@gmail.com www.masch1.org  
Ministry and Spirituality Centers for Humanity and/or Common Word Alliance

On 13 December, Meaningful World participated in the 246th Interfaith Conference, “Healing Prayer for Humanity,” on the topic “What Are Women’s Rights in Your Faith?”

MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



Hybrid Workshop, Saturday, 23 November 2024



Conflict Transformation & Peace-Building

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



Facilitator: Dr. Ani Kalayjian, Founder — ATOP Meaningfulworld  
Visionary Speaker: Mika Ichihara, M.S., L.Ac., LL.M, B.Pharm

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

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](mailto:EdCoordinator@Meaningfulworld.com)  
Phone: 201-941-2266  
DATE: Saturday, 23 November 2024  
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 16 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

On 23 November 2024 Meaningful World had organized Conflict Transformation & Peace-Building, Hybrid Workshop  
Facilitator: Dr. Ani Kalayjian, Founder, ATOP Meaningfulworld  
Visionary Speaker: Mika Ichihara, M.S., L.Ac., LL.M, Feng Shui

Summary





**Meaningful World participated in the William Paterson University Exhibit: Surviving the Ottoman Turkish Genocide of the Armenians, which runs from August 2024 to May 2025. On 12 November, we joined the powerful panel discussion Transforming Victimhood to Victorhood: Resilience & Post-Traumatic Growth with Dr. Kalayjian, exploring resilience and the journey from trauma to growth.**



**On 2 November 2024 MeaningfulWorld ATOP had organized a symposium on AI & EI: Challenges to global outreach In Armenia, Guatemala, Uganda and Palestine at St Francis College in Brooklyn, New York!**


**Summary**




# Mission in Uganda

18 JUNE TO 1 JULY 2024

Dr. Ani Kalayjian



ATOP MeaningfulWorld



MeaningfulWorld Humanitarian Mission to Uganda will focus on healing, transforming horizontal violence, generational trauma, teaching Emotional Intelligence, empathy, ecological consciousness, and gender empowerment.

*\*Kindly click the link below for the full video:  
<https://youtu.be/gb38be4-KnA>*

Transforming Trauma in Uganda: ATOP MeaningfulWorld's 2024 Humanitarian Mission in Uganda Film!

Watch Film Here!

## MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



Hybrid Workshop, Saturday, 26 October 2024



### Disaster Relief & Mindfulness

Disaster Relief, Rehabilitation, Mindfulness, & Empathy

Facilitator: Dr. Ani Kalayjian, Founder - ATOP Meaningfulworld

Visionary Speaker: Beej Christie Karpen, Mindfulness-Based Transformational Coaching

**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 disaster on survivors: children, adults, families, & communities
- Identify the interventions for rehabilitation, recovery, healing, & integration
- Mentor, empower, & support professionals & the next generation
- Empower self through Mind-Body-Eco-Spirit for health & peace-making
- Disseminate global tool, 7-Step Integrative Healing Model (Biopsychosocial and Eco-Spiritual Model)
- Describe and practice mindfulness meditation
- Describe and list stages of disaster relief

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](mailto:EdCoordinator@Meaningfulworld.com)

Phone: 201-941-2266

DATE: Saturday, 26 October 2024

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 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

26 October 2024 Disaster Relief & Mindfulness, Hybrid Workshop  
Facilitator: Dr. Ani Kalayjian, Founder, ATOP Meaningfulworld  
Visionary Speaker: Beej Christie Karpen, Mindfulness-Based Transformational Coaching





**Day of Peace. End Wars through EQ, Empathy and NVC on 21 September at Strawberry Fields in Central Park NYC 3pm-5pm  
Cochairs: Dr. Ani Kalayjian & Andrew Dolinar.**



**18 June - 1 July 2024 Meaningfulworld Humanitarian Mission to Uganda. Our teams worked with 500 people directly and 7+ million indirectly, transforming lives, planting trees, sponsoring girl children's tuitions, and uplifting communities at large!**


**Summary**



MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



Thursday, 6 June 2024 5-7pm at UN Interfaith Chapel

Partnering for SDGs:  
Mind-Body-Eco-Spirit Integrative Healing

Sustainable Developmental Goals: #3 #4 #5 #8 #10 #11 #16 #17

Chairpersons: Dr. Ani Kalayjian & Andrew Dolinar

Invocation: Mr. Eric Shōkei Manigian, M.Div. Union Theology Seminary

Faculty:

Dr. Douglas Scherer, Columbia University, Mindfulness

Dr. Lorne Schussel, Columbia University, Contemplative Practices in Human Connectivity

Dr. Mitchell Saskin, Columbia University, Integration of Spiritual Meditation

Dr. Ruth Rosenbaum, TC Columbia University, Tibetan Buddhist Philosophy and Psychology

Mr. David Babigian & Ms. Terri Lao, ATOP MeaningfulWorld, 7-Step Integrative Healing Model

29th Annual Kriegar Contest on Genocide Prevention

High School Winners: Yeva Grigoryan (USA), Vladimir Mkrтчian (USA), Diana Antonyan (Armenia)

College Winners: Ezgi Gülistan Gül (Armenia-Germany), Shushan Barseghyan (Armenia)

Culture of peace is achieved through integration of mind, body, ecology, and spirit. This program focuses on integrative and holistic approaches to healing. Multidisciplinary, rights-based, gender-sensitive, and ecological approaches will be shared to address inequalities and good health for humans and all living things. Our aim is to empower individuals to achieve greater health, resilience, and inner peace - even in times of crisis. Join us as we explore transformative practices that unite mind, body, ecology, and spirit. We support, educate, and disseminate the Sustainable Development Goals to foster a healthier, peaceful, and sustainable world.

2024 MeaningfulWorld Ambassadors for Humanitarian Relief and Peace Building  
Graduation ceremony

Graduating Class: David Babigian, David Kryzhanovskiy, and Terri Lao

When one helps another, BOTH become stronger!

Location: 777 United Nations Plaza, New York, NY 10017 (44 St Corner and 1st Ave, NYC)

RSVP Required:  
info@meaningfulworld.com  
www.meaningfulworld.com

Co-sponsors: ATOP Meaningfulworld, AGBU, Armenia Bar Association, & ACRPC

Cosponsoring Healers: Next Step Strategies LLC, Stella Badalyan (Breath Work), Dr. Rosenbaum, Kathleen Booker (Jedi of Calm), & Sarkis Chuldjian (Hypnosis)

Partnering for SDG's: Mind-Body-Eco Spirit Integrative Healing  
Thursday, 6 June 2024, 5:00  
Graduating class: David Babigian, David Kryzhanovskiy, & Terri Lao

Event Summary


Winners of Essay Contest

Graduates

MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION


with Dr. Ani Kalayjian



Hybrid Workshop, Saturday, 18 May 2024

Mindful Leadership & Forgiveness

Conscientious Leadership, Forgiveness, MeaningfulWorld View, Logotherapy



Facilitator: Dr. Ani Kalayjian, Founder — ATOP Meaningfulworld

Visionary Speaker: Deanna Danielian, LMFT, Somatic Experiencing Practitioner

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.

For details to participate, contact: [EdCoordinator@meaningfulworld.com](mailto:EdCoordinator@meaningfulworld.com)

RSVP to: [EdCoordinator@Meaningfulworld.com](mailto:EdCoordinator@Meaningfulworld.com)

Phone: 201-941-2266

DATE: Saturday, 18 May 2024

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/get\\_involved/donation](http://meaningfulworld.com/get_involved/donation)

\* ALL FEES INCREASE \$10 after 11 May 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

18 May 2024 Mindful Leadership & Forgiveness, Hybrid Workshop  
Facilitator: Dr. Ani Kalayjian, Founder, ATOP Meaningfulworld



**Visionary Speaker: Deanna Danielian, LMFT, Somatic Experiencing Practitioner  
Dr. Douglas Scherer**



**Humanitarian Mission to Armenia returns with great success**

**Summary**



**MeaningfulWorld's Humanitarian Relief Post Azeri Ethnic Cleansing in Nagorno-Karabakh, Armenia Film!**

**Watch Film Here!**



Meaningful World ATOP 2023-2024  
Intern Call

Part-Time INTERNS  
NEEDED!

“MEANINGFULWORLD'S GOAL IS  
TO PREPARE A GENERATION OF  
CONSCIENTIOUS INDIVIDUALS  
WHO ARE GUIDED BY LOVE,  
PEACE, PASSION, JUSTICE, AND  
MEANING”

Looking for experience in research? UN?  
humanitarian work? Fundraising? Social  
Media? Only 4-5 hours a week!

Be part of an innovative  
team of change makers  
who foster a meaningful,  
peaceful, and just world  
in which every individual  
enjoys physical, mental,  
social, economic,  
ecological, and spiritual  
health!





Scan this  
code to open  
our page and  
see available  
positions !

For more information, visit [meaningfulworld.com](https://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!

**More Information**

## 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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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

~2024 Humanitarian Mission to Armenia. VIEW IT [HERE](#)

~ MeaningfulWorld UN International Day of Peace. VIEW IT [HERE](#)

~ Suicide awareness & prevention Dr. Ani interviewed by Carl Birman. VIEW IT [HERE](#)

~ WUFUNIF President Liliana Bucur Cress interviewed Dr. Kalayjian, President ATOP MeaningfulWorld. VIEW IT [HERE](#)

~February 2024: Intern Introductions from David Babigian and Terri Lao. View it [HERE](#)

~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](#)

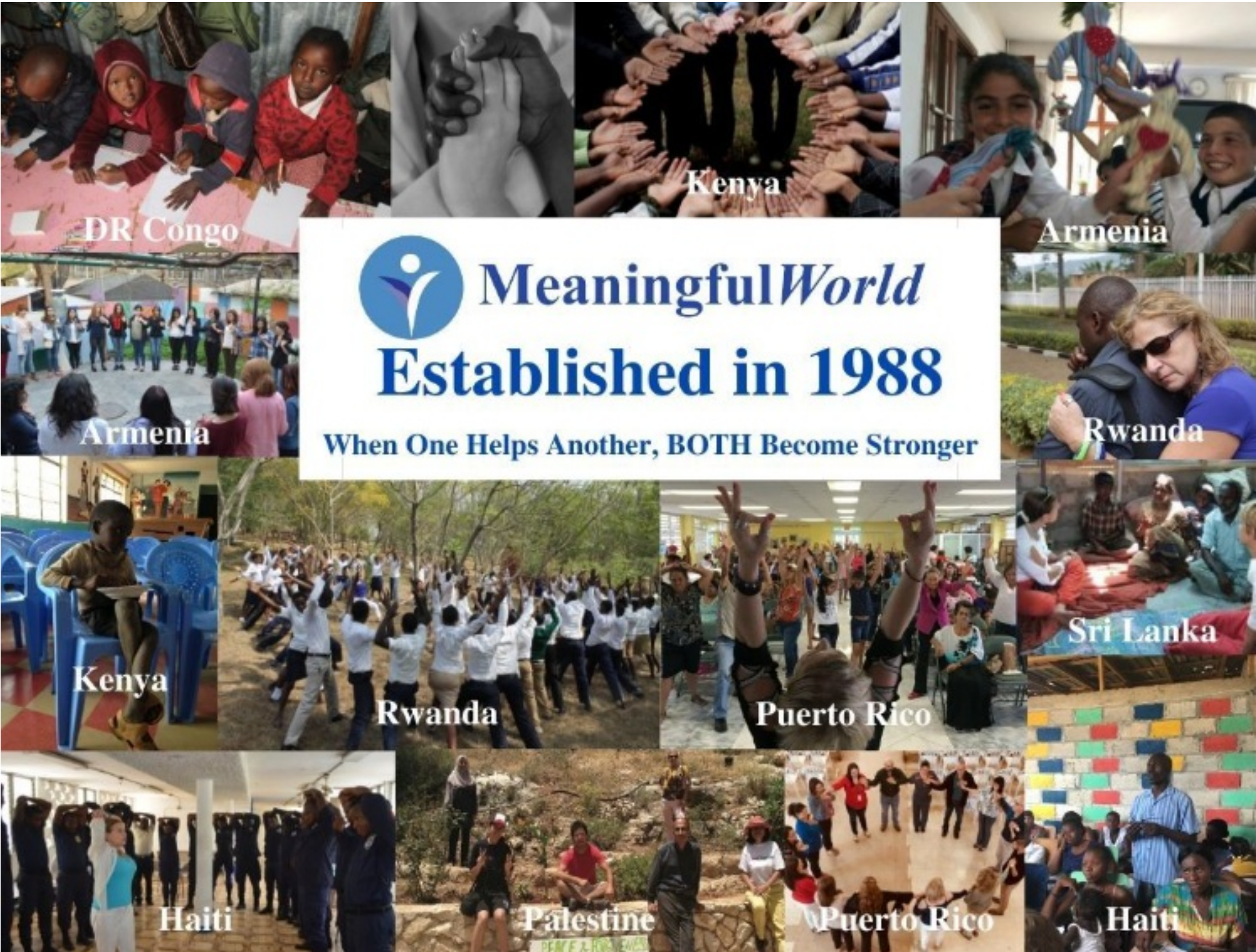
~30 March 2022: Dr. Ani Kalayjian and Outreach Coordinator Paige McDonald met for a series of Instagram Lives to discuss Horizontal Violence. View part one [HERE](#)

~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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