

Association for Trauma Outreach and Prevention (ATOP) Bulletin, July 2025

Upcoming Events



Saturday 19 July 2025, Online Chess Tournament via Chess.com All donations will fund upcoming missions in Armenia and Uganda

Register Here

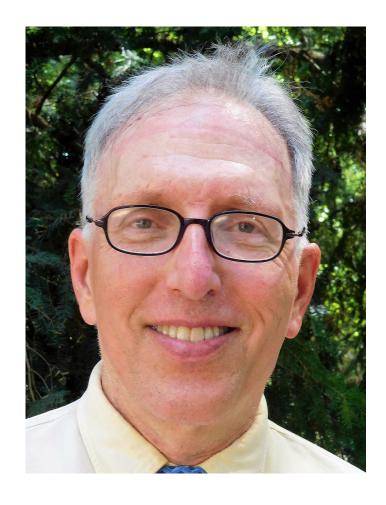


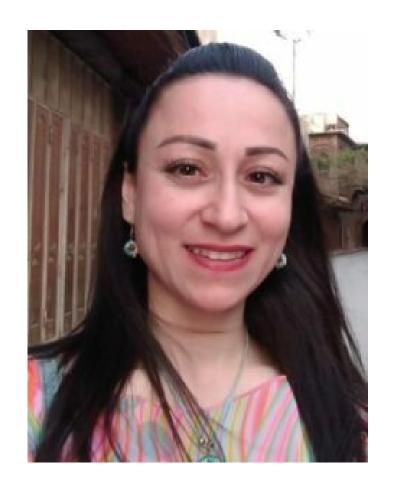
26 July 2025, Pamper Yourself Garden Gratitude Party Join us for Personalized Healing and Party!

More Information

RSVP HERE

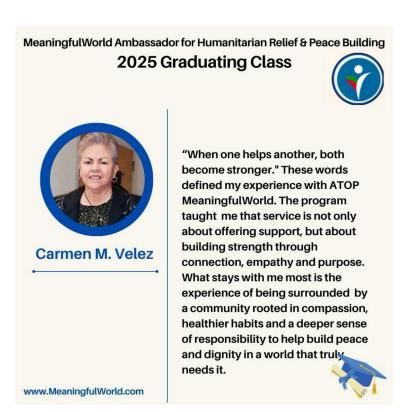
Donation Link











Meet MeaningfulWorld's New Board of Advisor

David Shapiro, M.A.

David Shapiro, PhD, B.A. cum laude Chemistry, Carleton College; M.A. Philosophy, M.I.U.; co-author of two studies related to the TM program on PTSD and refugees published in Journal of Traumatic Stress (April, 2013; February, 2014), and a third study on PTSD in students published in Psychological Reports (February, 2019). He has authored hundreds of popular articles on PTSD recovery published around the world. His two non-profit charities provide support for PTSD Relief to 100's of thousands of people in over 20 nations in Africa, Europe, the Middle East, and North America. He has designed and managed social change and wellness projects ranging from local clinics to national ballot access programs. He has participated in 40-year specialized study and practice of the Transcendental Meditation program. Founding President of PTSD Relief Now Corporation (PTSDReliefNow.org) and its African PTSD Relief projects. He has been collaborating with MeaningulWorld in humanitarian missions in Uganda and Armenia since 2024.

Meet MeaningfulWorld's Website Support

Ani Minasian, M.S.

Ani has a master's in science degree in applied chemistry from Aleppo University and undergraduate studies in Armenian literature. She has extensive experience in Quality control and Assurance. In addition, she is a representative and project manager for companies with quality teams. Ani is passionate in community service and volunteering her time at Armenian Relief Society, which is a humanitarian international organization taking care of woman and children in need. She is loyal, honest, personable, with great work ethic, and committed to a job well done. Ani is certified in digital marketing, business, and communication skills. MeaningfulWorld welcomes Ani for website support.

Welcome our Summer Interns

Sarine Christianian, Social Media & Outreach Intern

Sarine is a rising senior at American University, pursuing a dual degree in Business and Entertainment with a specialization in film through the Kogod School of Business, and a major in Communication Studies from the School of Communications. Sarine is passionate about creating

media that inspires and tells meaningful stories, and she is particularly interested in the intersection of entertainment, culture, and humanitarian efforts. This summer, Sarine is a participant of the AGBU Summer Internship Program, where she is gaining hands-on experience interning at MeaningfulWorld, focusing on outreach and social media initiatives. Originally from Boulder, Colorado, Sarine has a deep appreciation for the outdoors and enjoys hiking, biking, and spending time in nature. MeaningfulWorld welcomes Sarine to our team.

Pelé Rensel, Research and Outreach Intern

Pelé is currently interning with Meaningful World through the AGBU Global Leadership Internship Program. Pelé is a rising senior at American University majoring in Psychology. She loves working with Meaningful World and also loves running, reading, being outdoors and cooking. Pelé is very passionate about wellness and creating a healthy lifestyle for the mind and body and is thrilled anytime she can help someone improve their health and wellness through lifestyle changes. MeaningfulWorld welcomes Pelé to our team.

Learn More About Our Team

More Information

Celebrating our 2025 Graduates of Meaningful World Global Humanitarian Ambassador Carmen Velez!



Celebrating our 2025 Graduates of Meaningful World Global Humanitarian Ambassador Diana Shipman!



www.MeaningfulWorld.com

Celebrating our 2025 Graduates of Meaningful World Global Humanitarian Ambassador Sena Unmak!

More Information





Sharon E. Feldeine

www.MeaningfulWorld.com

I am really appreciative for MeaningfulWorld, Dr. Ani Kalayjian and all the lessons I am learning to implement in my own life for personal healing & growth. I've learned more about empathy and how it's so important to listen. We have all experienced some sort of trauma in our lives and I am glad to be an Ambassador for such an organization where I can help others heal via my own life experiences.

Celebrating our 2025 Graduates of Meaningful World Global Humanitarian Ambassador Sharon E. Feldeine!

More Information

MeaningfulWorld Ambassador for Humanitarian Relief & Peace Building

2025 Graduating Class



Paulina Sipilian

As the Education Coordinator at MeaningfulWorld & Fellow at the United Nations, I engage in comprehensive literature reviews and collaborate on research projects with a dedicated team. My role involves attending weekly meetings at the UN, where I work closely with colleagues to plan and develop forthcoming initiatives, gaining valuable insights into policy development processes. Additionally, I coordinate and moderate meetings, workshops, and various educational events, fostering a collaborative environment to promote learning, healing, and transformation.

www.MeaningfulWorld.com

Celebrating our 2025 Graduates of Meaningful World Global Humanitarian Ambassador Paulina Sipilian!

More Information



Feed, Heal, & Teach Children in the Slums of Uganda

More Information



Partnering to offer free Transcendental Meditation for mothers in the Slums of Uganda





Weekly Meetings

Free Weekly Support Groups

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

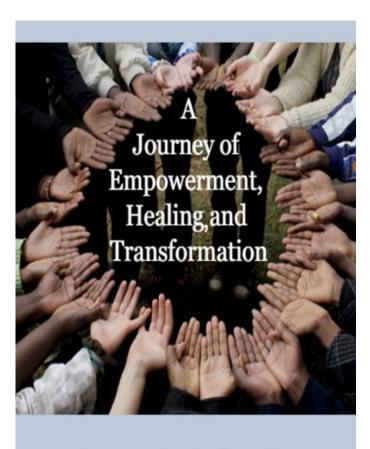
When: Every Thursday Time: 12:00 - 1:00 PM (EST)

Where: info@meaningfulworld.com for zoom link

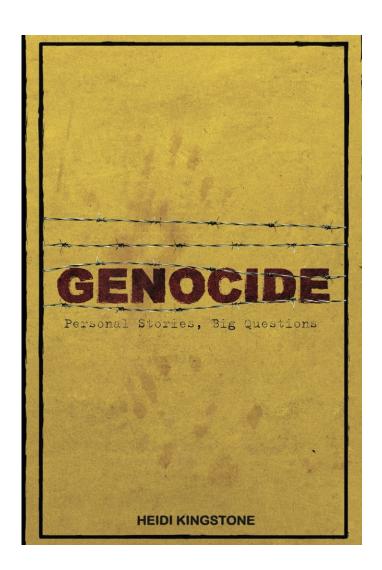
RSVP Here

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



Dr. Ani Kalayjian



COFFEE TABLE BOOK RELEASE

A Journey to Empowerment, Healing, & Transformation: 35 Years of Humanitarian Relief Outreach

By: Dr. Ani Kalayjian

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

Genocide: Personal Stories, Big Questions

By: Heidi Kingstone

This book chronicles 20th and 21st-century genocide, which remains one of the most pressing topics today. To further her exploration of one of the worst human rights crimes, she has asked several experts, journalists, scholars, health care professionals, to answer 10 questions.



The A Train to Sedona - From Victim to Survivor. ATOP MeaningfulWorld President Dr. Ani Kalayian's interview for TalkRadioNYC.

Click HERE for the link



Global Firearm Violence - An Integrative Review

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



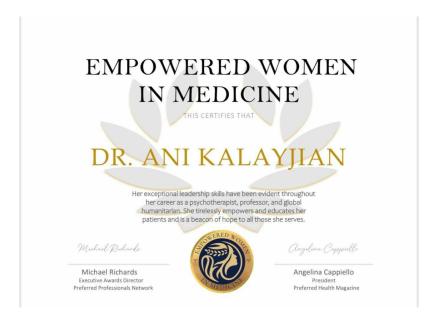
Awards

MeaningfulWorld ATOP founder Dr. Ani Kalayjian was awarded the 2025 R. Louise McManus Medal by by NEAA, created by Teachers College, Columbia University

Watch the Video



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.



Spotlight on Ani Kalayjian, Teachers College Columbia University Courier





Successful Past Events

27 June 2025, AAMHA Conference, Partnership Amongst Armenian Organizations

Summary

5 June 2025, Partnering for SDGs: Human Rights & Emotional Intelligence (EI): Healing Humanity

Summary

Photo Gallery

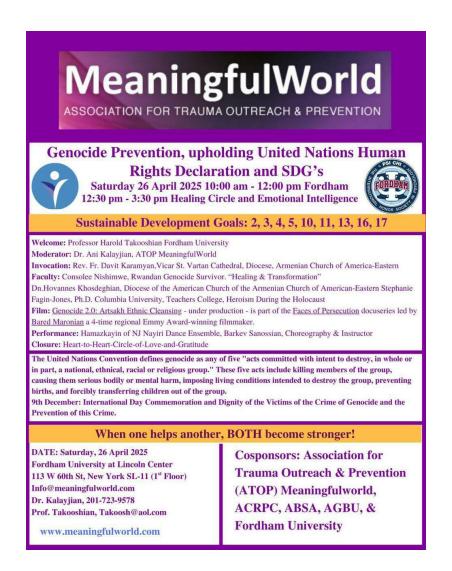


17 May 2025, Mindful Leadership & Forgiveness, Hybrid Workshop Facilitator: Dr. Ani Kalayjian, Founder, ATOP Meaningfulworld Visionary Speaker: Laura Cerrano, Feng Shui

More Information



Dr. Kalayjian's keynote address was received by close to a hundred people; who embraced her message with gratitude and appreciation!



26 April 2025 Genocide Prevention, upholding United Nations Human Rights Declaration and SDG's

Welcome: Professor Harold Takooshian, Fordham University

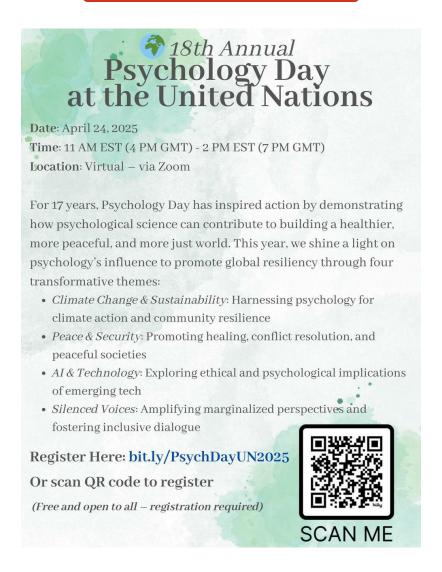
Moderator: Dr. Ani Kalayjian, ATOP MeaningfulWorld

Summary

Watch the Video



More Information



24 April 2025, 18th Annual Psychology Day at the United Nations, virtual, co-sponsored by MeaningfulWorld was a success!

More Information



28 March 2025 Connecting and Empowering Armenian Students and Professionals. The 14th Annual Mentoring Forum.



13 March 2025 Al and El: 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

Summary



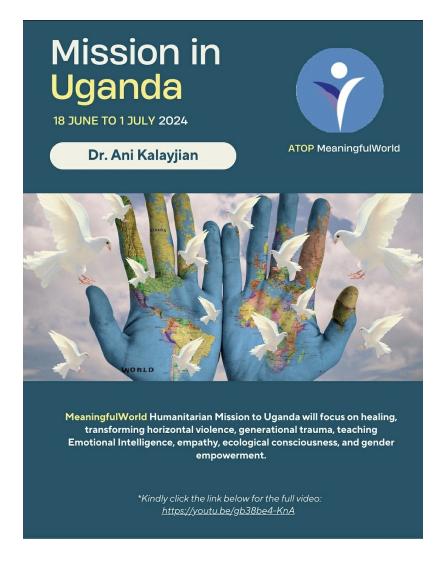
On 12 March 2025, MeaningfulWorld ATOP had a wonderful, energizing and inspiring internship program at Hunter College, CUNY on Park Ave.



On 8 March 2025, MeaningfulWorld participated in the Eastern psychological Association conference.

Summary

More Information



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

Watch Film Here!



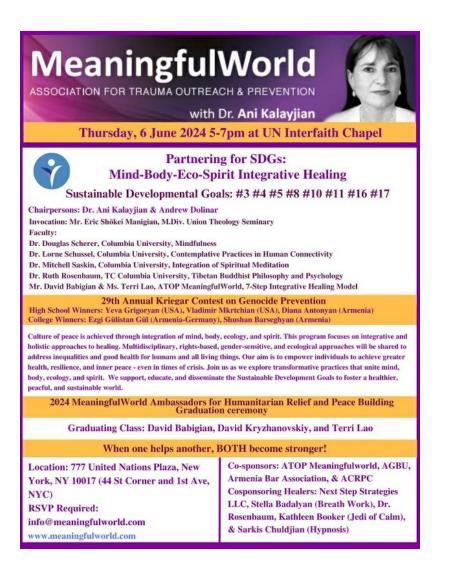
Day of Peace. End Wars through EQ, Empathy and NVC on 21 September at Strawberry Fields in Central Park NYC 3pm-5pm

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



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

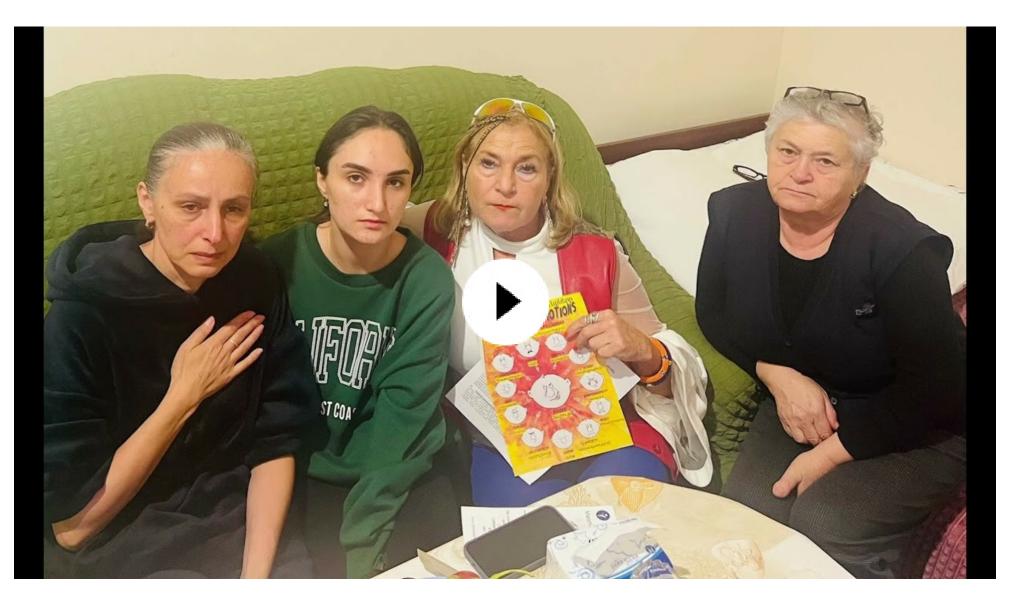
Winners of Essay Contest

Graduates



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!



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!



For more information, visit 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 Lifeling in the
- 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.







Gratitude To Our Visionary Speakers

Lo Anne Mayer, 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 Barbiere, & Ali Fischer

Gratitude To Our 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 Yahiayan; 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; Sylia 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.

Donate Here







ATTENTION: Additional Media

- ~2024 Humanitarian Mission to Armenia. VIEW IT HERE
- ~ MeaningfulWorld UN International Day of Peace. VIEW IT HERE
- $^{\sim}$ Suicide awareness & prevention Dr. Ani interviewed by Carl Birman. VIEW IT $\underline{\mathsf{HERE}}$

- ~ 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 <u>HERE</u>
- ~September 2022: Dr. Ani Kalayjian and Marietta Khursduhyan have an informative conversation about Horizontal Violence in Armenia. View it <u>HERE</u>
- ~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 <u>HERE</u>
- ~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







