

# Meaningful World

## The Association for Trauma Outreach & Prevention (ATOP) & Armenian Behavioral Science Association (ABSA)

### Mission in Armenia & Georgia

**Pre-Press Release 7-23 October 2025**

We join forces to nurture sustainable collaboration with Armenia for Trauma Healing, Human Rights education, transforming Domestic, Horizontal, Collective, & Generational Trauma, Nurturing Emotional Intelligence, establishing PSI CHI Honor societies, nurture mindful leadership with transparency & inclusion, & nurture heroism.


MeaningfulWorld partnering with Armenian Behavioral Science Association will travel to Armenia for a Humanitarian Outreach Mission for Health, Well-being, and nurturing Sustainable Partnership (as per United Nations Sustainable Development Goals, #17). 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 27 missions. Our team will be comprised of Dr. Ani Kalayjian, and Prof. Harold Takooshian. In 2021 we helped establish PSI CHI chapter in YSU & plan to continue in other universities.

**Dr. Ani Kalayjian**, psychology faculty at Meaningfulworld & Columbia University, multicultural and multilingual Psychotherapist, Genocide Prevention Scholar, International Humanitarian Outreach Administrator, Integrative Healer, author of 6 books, poet, with 52 films, and United Nations Representative. She is Int. Ambassador of Psi Chi, was awarded Outstanding Psychologist of the Year Award from American Psychological Association (2016, Trauma Division), a Humanitarian Award from the University of Missouri-Columbia (2014), the 2010 ANA Honorary Human Rights Award, the Honorary Doctor of Science degree from Long Island University (2001) recognizing 30 years as a pioneering clinical researcher, professor in 78 universities, humanitarian, & psycho-spiritual facilitator around the globe and at United Nations. Columbia University awarded her 2025 Highest Medal of Honor & Distinguished Alumni of the Year (2007) awards. Dr. Ani has led 114 humanitarian missions in 50 countries, 27 of those were in Armenia since the devastating earthquake. Her last mission in Armenia was in April 2024. She could offer workshops on EI (Emotional Intelligence), Trauma healing, generational transmission of trauma, 7-step Integrative Healing Model, stress reduction, Transforming Horizontal Violence, Vagus Nerve activation, Tapping Solution, and much more.

**Harold Takooshian, PhD**, is on the faculty of Fordham University since 1975, where he is Professor of Psychology, Urban Studies, and Organizational Leadership. He completed his PhD in Psychology in 1979 at CUNY with Stanley Milgram. He is a researcher, teacher, consultant, whose work is described in Marquis' *Who's Who in the World*. As a co-founder and past-President of the APA Division of International Psychology, he has served with the United Nations. He has taught at 12 universities in 6 nations, including two Senior Fulbright to the USSR in 1987 (Russia, Armenia, Georgia) and Russia in 2013 (Moscow, Petersburg, Tomsk, Novosibirsk, Petrozavodsk). He is a co-founder and Executive Officer of the Armenian Behavioral science Association (ABSA) and Past-President and International Ambassador of Psi Chi, the International Honor Society in Psychology. Harold can present on (a) psychology at the United Nations, (b) international psychology, (c) Joining Psi Chi psychology honor society, (d) adventures in social psychology with Zimbardo and Milgram. Our objectives are 1. Transforming the national wound of Artsakh, 2. Transform Horizontal Violence 3. Nurture heroism & social psychology 4. Continue suicide prevention awareness 5. Continuing Ecological awareness, 6. Provide Soul-Surfing experiential session 7. Teach 7-step Integrative Healing Model 8. Nurture sustainable partnerships 9. Teach human rights education & United Nations' SDGs. While in Armenia, we plan to conduct workshops at an international conference at Yerevan State University, at URARTU, Positive Psychology, Pedagogical University, etc.

After their last visit to Tbilisi in 2019, Drs. Kalayjian and Takooshian revisit Professor Nino Javakhishvili at Ilia State University ( <https://iliauni.edu.ge/en> ) to meet students and speak about “new opportunities in international psychology” with the United Nations and Psi Chi Honor Society.

**7-Step Integrative Healing Model**, through which traumatic or other negative experiences are assessed, identified, explored, described, released, processed, lessons learned, and eventually reintegrated through meaning-making, body work & mediation. The model builds from the integration of multiple theories including: psychodynamic (Freud, 1910), interpersonal (Sullivan, 1953), humanistic (Frankl, 1962), electromagnetic field balancing (Dubro & Lapierre, 2002), forgiveness and reconciliation (Kalayjian & Paloutzian, 2010), learning theory, flower essences, essential oils (Fesflowers.com), physical release (van der Kolk, 1993), Soul-Surfing (Kalayjian, 2010), prayers, TM meditation.

**Soul-Surfing (Dr. Ani):** Հոգու սերֆինգ Անիի հետ: ներառում է հետևյալ 7 քայլերը՝  
 1. Ուշադիր շարժվել և ձգվել 2. Ծնչառության օգտագործումը որպես վառելիք, սնունդ և դեղամիջոց 3. Յուրաքանչյուր շնչառությամբ և ֆիզիկական շարժումով ազդող օրգանների պատկերացում 4. Յուրաքանչյուր էներգետիկ կենտրոնի (չակրա) գույների վրա կենտրոնանալը, որոնք ծիածանի  գույներ են 5. Եթերային յուղերի օգտագործումը ազդեցությունը մեծացնելու համար  
 6. Դիական հաստատումների օգտագործումը հստակ մտադրություններ սահմանելու համար 7. Մեր մտքի հանգստացումը մեղիտացիայի և գիտակցված ներքին կապի միջոցով:

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

**Shared sorrow is half sorrow, while shared joy is double joy!**

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