

Association for Trauma Outreach and Prevention (ATOP) Bulletin, November 2024

Upcoming Events



23 November 2024 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

RSVP HERE

Donation Link



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.



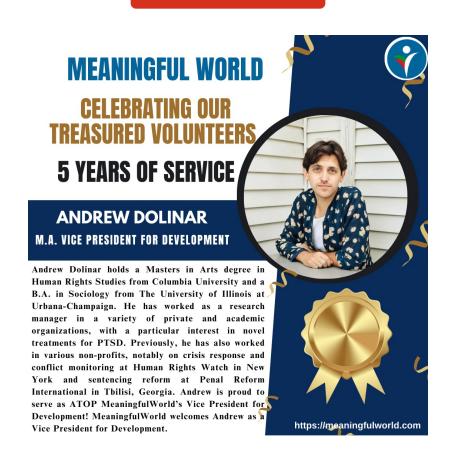
7 December 2024 Pamper Yourself Holiday Gratitude & Healing Party Live music, international foods, 7 healing modalities, drinks, films, music, dessert, gifts & much more! RSVP by 1 December 2024 **RSVP HERE**

Donation Link

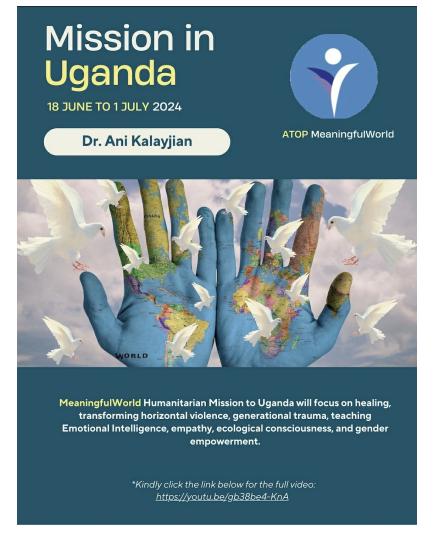


On 2 November 2024 MeaningfulWorld ATOP had organized a symposium on AI & EI: Challenges to global outreach In Armenia, Guatemala, Uganda and Palestine at St Francis College in Brooklyn, New York!

Summary



November - Celebrating Our Treasured Volunteers: Andrew Dolinar, Vice President for Development of ATOP MeaningfulWorld This November, MeaningfulWorld is thrilled to celebrate Andrew Dolinar, a dedicated volunteer for 5 years! Andrew's invaluable work has played a crucial role in our mission. Join us in honoring this outstanding commitment to our community as Vice President for Development.



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

Watch Film Here!





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

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

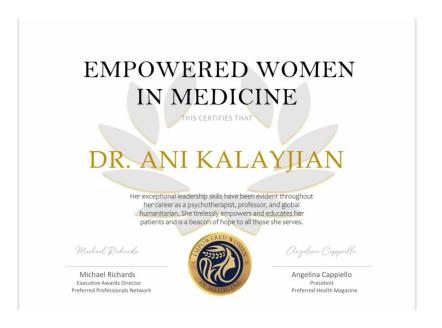
T-Shirt Sale





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.

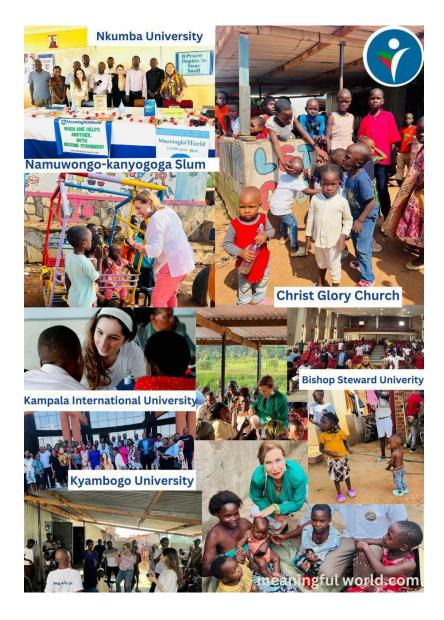


Successful Past Events

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.



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



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

Thursday, 6 June 2024, 5:00

Graduating class: David Babigian, David Kryzhanovskiy, & Terri Lao

Event Summary

Winners of Essay Contest

Graduates

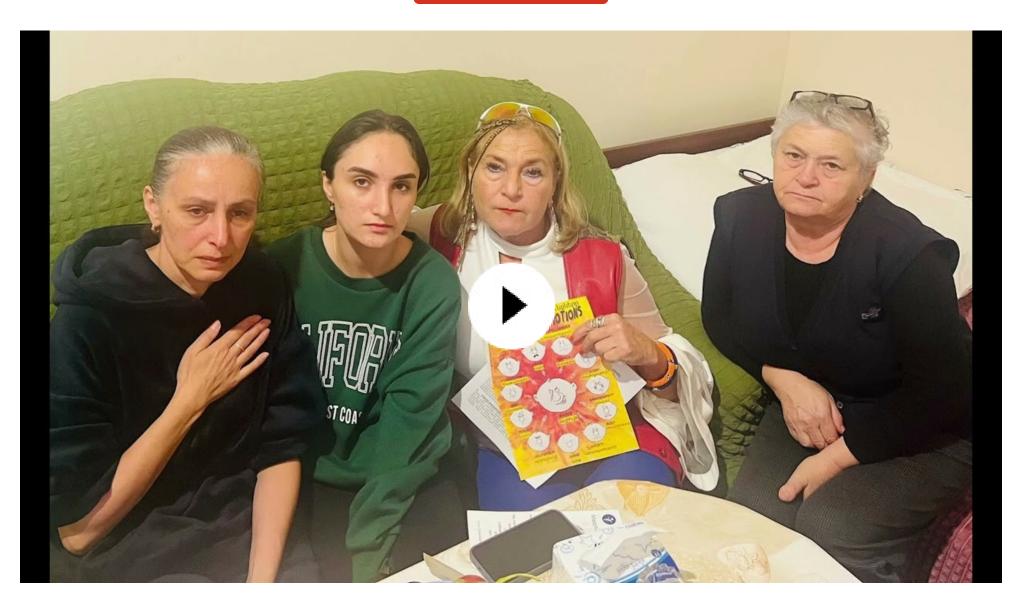


18 May 2024 Mindful Leadership & Forgiveness, Hybrid Workshop Facilitator: Dr. Ani Kalayjian, Founder, ATOP Meaningfulworld Visionary Speaker: Deanna Danielian, LMFT, Somatic Experiencing Practic Dr. Douglas Scherer



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!



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.







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 <u>HERE</u>.







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 <u>HERE</u>
- ~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 <u>HERE</u>
- ~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 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 <u>HERE</u>
- ~25 April 2022: Dr. Ani Kalayjian was interviewed by freelance writer Chelsea Greenwood about the effectiveness of EMDR treatment.
- $\sim\!13$ April 2022: Dr. Ani Kalayjian and Outreach Coordinator Paige McDonald met for part two of their discussion on Horizontal Violence. View it \underline{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 <u>HERE</u>





Share on Facebook



Share on Twitter







