



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



Upcoming Events

MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

Genocide Prevention, upholding United Nations Human Rights Declaration and SDG’s

Saturday 26 April 2025 10:00 am - 12:00 pm Fordham
12:30 pm - 3:30 pm Healing Circle and Emotional Intelligence



Sustainable Development Goals: 2, 3, 4, 5, 10, 11, 13, 16, 17

Welcome: Professor Harold Takooshian Fordham University
Moderator: Dr. Ani Kalayjian, ATOP MeaningfulWorld
Invocation: Rev. Fr. Davit Karamyan, Vicar St. Vartan Cathedral, Diocese, Armenian Church of America-Eastern
Faculty: Consolée Nishimwe, Rwandan Genocide Survivor. “Healing & Transformation”
Dn. Hovhannes Khosdeghian, Diocese of the American Church of the Armenian Church of American-Eastern
Stephanie Fagin-Jones, Ph.D. Columbia University, Teachers College, Heroism During the Holocaust
Film: Genocide 2.0: Artsakh Ethnic Cleansing - under production - is part of the Faces of Persecution docuseries led by
Bared Maronian a 4-time regional Emmy Award-winning filmmaker.
Performance: Hamazkayin of NJ Nayiri Dance Ensemble, Barkev Sanossian, Choreography & Instructor
Closure: Heart-to-Heart-Circle-of-Love-and-Gratitude

The United Nations Convention defines genocide as any of five "acts committed with intent to destroy, in whole or in part, a national, ethnical, racial or religious group." These five acts include killing members of the group, causing them serious bodily or mental harm, imposing living conditions intended to destroy the group, preventing births, and forcibly transferring children out of the group.
9th December: International Day Commemoration and Dignity of the Victims of the Crime of Genocide and the Prevention of this Crime.

When one helps another, BOTH become stronger!

DATE: Saturday, 26 April 2025
Fordham University at Lincoln Center
113 W 60th St, New York SL-11 (1st Floor)
Info@meaningfulworld.com
Dr. Kalayjian, 201-723-9578
Prof. Takooshian, Takoosh@aol.com
www.meaningfulworld.com

Cosponsors: Association for Trauma Outreach & Prevention (ATOP) Meaningfulworld, ACRPC, ABSA, AGBU, & Fordham University

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

More Information

18th Annual

Psychology Day at the United Nations

Date: April 24, 2025
Time: 11 AM EST (4 PM GMT) - 2 PM EST (7 PM GMT)
Location: Virtual – via Zoom

For 17 years, Psychology Day has inspired action by demonstrating how psychological science can contribute to building a healthier, more peaceful, and more just world. This year, we shine a light on psychology’s influence to promote global resiliency through four transformative themes:

- *Climate Change & Sustainability:* Harnessing psychology for climate action and community resilience
- *Peace & Security:* Promoting healing, conflict resolution, and peaceful societies
- *AI & Technology:* Exploring ethical and psychological implications of emerging tech
- *Silenced Voices:* Amplifying marginalized perspectives and fostering inclusive dialogue

Register Here: bit.ly/PsychDayUN2025

Or scan QR code to register

(Free and open to all – registration required)



SCAN ME

24 April 2025, 18th Annual Psychology Day at the United Nations
Time: 11 AM - 2 PM EST
Location: Virtual - via Zoom

More Information

Nurturing Inner Peace and Joy



Dr. Ani Kalayjian
Author
& Psychotherapist

Program Focus

- **Cultivate self-love and emotional resilience** through empowering insights
- **Heal from within** by releasing the weight of past experiences and embracing personal growth.
- **Explore the journey of self-transcendence**, moving from self-compassion to love for all.
- **Experience Heartfulness Meditation** — gentle techniques for emotional detox, inner clarity, and lasting peace.



To register scan QR code or visit:
<https://nurturingpeace.eventbrite.com>

Saturday, May 10, 2025
10:00 AM to 11:30 AM

Heartfulness Meditation Center
48 Halsey Reed Rd.
Monroe Township, NJ 08831



heartfulness
advancing in love

10 May, 2025 Nurturing Inner Peace and Joy. Join us for a day of self-care and heartfulness practices to cultivate inner peace and joy together!

More Information



On 28 March 2025, MeaningfulWorld ATOP participated in the 14th annual Armenian Mentor Forum hosted at Fordham University.

More Information



**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 for zoom link

[RSVP Here](#)

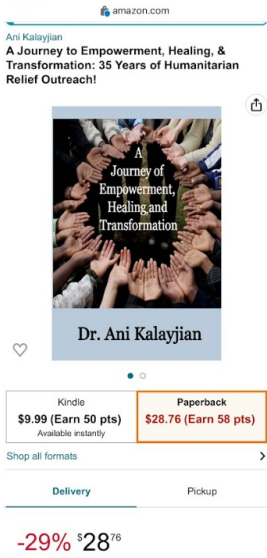
Meet Up Zoom Yoga & Soul Surfing with Dr. Ani

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](#)



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

[More Information](#)



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

Vicarious Trauma by Dr. Ani Kalayjian
Kalayjian, A. (2013 Spring). Vicarious Trauma. *Trauma Psychology Newsletter*, pp 32

After several humanitarian rehabilitation missions,
I am finally home, sitting on my bed and
Wondering to myself – how do I feel?
Am I numb from all the traumas I've witnessed?
Am I frozen, devoid of feelings?
Am I so sad that I have managed to push
All my feelings down? Or is this vicarious traumatization?

I came face to face with the bulging eyes of poverty in DR Congo,
I witnessed the chapped lips of dehydration in Sierra Leone,
I cried with the neglected and abused woman in Pakistan,
I helped the young man with no legs in a village in Armenia,
And I wiped tears from the cheeks of a child in Rwanda...

But afterward I would always return home. I have a comfortable home to come to,
Unlike all the people I worked with.
I've returned home but isolate myself for a while,
Confine myself to the four corners of my comfortable home...

Was I feeling the guilt of having economic comfort?
Or of the privileges I enjoy?
Was it the disparity of education that I noticed destroying nations?
Or was it vicarious trauma?

My Armenian ancestors endured being homeless.
They were driven out of their homes, forced to walk for months
Through the deserts of Arabia on a march to their death.
Where is God, I wonder, when I am working in these traumatized countries?
But now I realize that all of the human race,
Every nation has experienced the pain and sorrow
Of being uprooted, conquered, and destroyed,
Only to start building all over again.

I also witnessed the raw unadulterated beautiful beaches in Haiti,
The brilliant peaceful stars in Lebanon,
The giant mountains of Kenya,
The breathtaking waterfalls of Sri Lanka, and
Armenia's indomitable Mt. Ararat.

As I sequester myself to reflect,
Balancing the good and evil,
Weighing the positives and negatives
Of all that I've witnessed, I remain in wonderment
As I ask myself: Do we really need the evil to be able to appreciate the good?

Awards

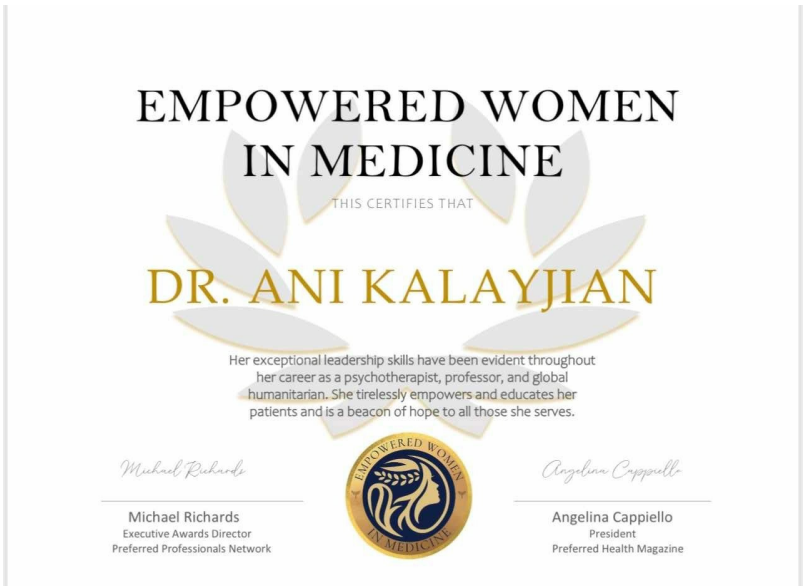
MeaningfulWorld ATOP founder Dr. Ani Kalayjian was awarded the 2025 R. Louise McManus

Medal by by NEAA, created by Teachers College, Columbia University

More Information



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

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

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

Successful Past Events

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

Summary

14th Annual

Mentoring Forum

Fri, March 28 @ 6:30 PM
Hosted by Fordham University
113 W 60 St (+9 Ave), 10th Floor)

- Free Admission
- Chance to win Gift Cards

Network

Learn

Advance

Connecting and Empowering

Armenian Students and Professionals

The program will include a short panel on
networking for employment followed by breakouts

→ **Register at ArmenianMentors.org** ←

Please submit questions to the panel
on the website

Questions / Follow Up : info@armenianmentors.org

Raffi Jamgotchian, AESA NE - Dr. Larry Najarian, AAHPO


28 March 2025 Connecting and Empowering Armenian Students and Professionals. Join us at the 14th Annual Mentoring Forum.

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 Shokei 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

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 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

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

More Information



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

Summary

More Information

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
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

22 February 2025, Self-Care & Meaning-Making, Hybrid Workshop
Facilitator: Dr. Ani Kalayjian, Founder, ATOP Meaningfulworld
Visionary Speaker: Tanya Vartanyan - Reiki Energetic Healing



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.Phar



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
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

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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!

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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

RSVP to: 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

* 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 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!



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

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

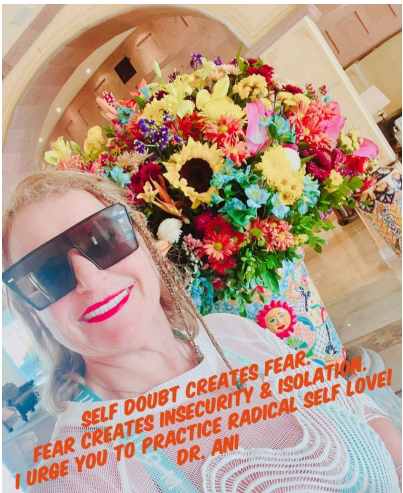
Lo Anne Mayer, Alexis Brink, Dr. Yolanda Hancock, Dr. Douglas Scherer, Laurie Schwartz, Dr. Linda Marsanico, Nupur Kothari, Paul Jaffe, Simone Coonrod, Linda Turner, Erica Rodriguez, Arthur Jaffe, Christina Nunez Gomes, Cristina Como, Mark Ackerman, Marianne Gunther, Ron Friedman, Kathleen Booker, Lata Cheri-Kennedy, Anisa Keith, Dr. Deborah Barbieri, & Ali Fischer

Gratitude To Our Donors

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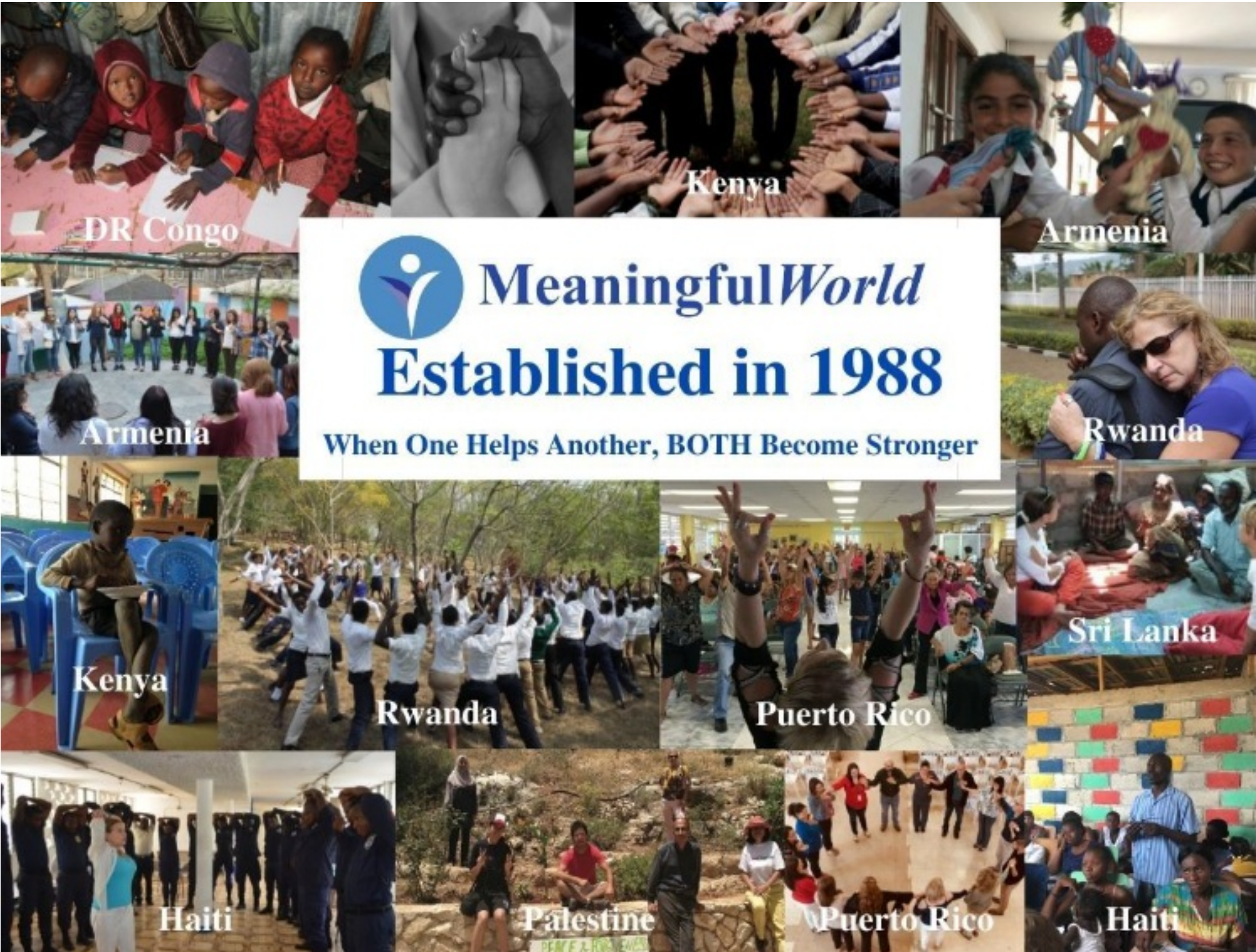
ATTENTION: Additional Media

- ~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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