



MeaningfulWorld

The Association for Trauma Outreach & Prevention (ATOP)

Mission in Armenia and Georgia

Diary of 7-23 October 2025

Dr. Ani Kalayjian

MeaningfulWorld mission to Armenia 🇦🇲

We began with a 3-day conference! It was Yerevan State University's 10th international conference on applied psychology! Psychology of consciousness was the keynote speaker! How and why consciousness? Let's ask how we could make consciousness matter? Axel Cleermans, a scientist from Belgium delivered a thought-provoking message!

We were impressed to see banners everywhere stating Yerevan is love ❤️

Our next meeting was at the State Radio Station. Deep gratitude to Naira Aghapegyan, for an amazing and insightful interview on the World Mental Health Day 10/10/25. We discussed MeaningfulWorld goals in this mission which is our 115th mission, 28th in Armenia! We focused on prevention of mental illness and promoting mental health through 2 campaigns:

- 1: When One helps another, BOTH become stronger! Ask how to help yourself and then others? The second campaign is:
2. Don't be a crab in the bucket pulling one another down! Be a true Armenian by pulling one another up!

A miracle happened and we met Ruben Matevosyan, Armenian folk musician, popular musician, and singer, and and Martin Vardazaryan (compositor)!

In the afternoon we had an incredible seminar at School 94 Gurgen Markaryan high school, where the principal, Ms. Tashjyan, warmly welcomed us and invited teachers to embark on a transformative journey of emotional intelligence, mastering emotions, and uplifting one another. We empowered them to become beacons of hope, positive role models, and humanitarian champions, inspiring others to rise above challenges. We also presented them with a banner to display, serving as a constant reminder of our shared commitment to creating a lasting impact. Moreover, we sponsored two young girls from poor backgrounds, providing them with financial aid, essential necessities, and clothing.

Thanks to Tatev Yeghiazaryan, artistic Director of the State Symphony of Armenia, for including us in an amazing concert honoring John Williams with Armenian Symphony Orchestra, famous conductor Sergay Smbatyan! Over 2,000 people in a sold-out concert at the sports complex in Yerevan, Armenia!

Day 3: We began with a welcome reception by Psi Chi members and chairperson Hrant Avanesyan!

Our first panel was on AI & EI: Transforming our life through Nurturing Emotional Intelligence, as part of a panel discussion on Mental Health Innovation & Sports Psychology! Close to fifty participants joined from several countries and a stimulating discussion took place!

We then conducted a workshop on our 7-step Integrative Healing Model! Soul-Surfing and concluded with Transcendental meditation information by Jon Gyumishyan.

Our last program was on the Diasporan partnership; Armenian Behavioral Scientists in the Diaspora, moderators were Hrant Avanesyan (Armenia), & Harold Takooshian (USA). Speakers were Ani Kalayjian, EDD, DDL, BCRN, DSC, Columbia University &

MeaningfulWorld's 35 Years Humanitarian Relief for Armenia & the Globe. Harold Takooshian, PHD, Fordham Behavioral Science Association: 38 Years later.

Diana Vartan, PHD, Washington DC, Psychology of U.S. Armenian Families. A case study.

Mary Hacopian, PSYD, Portland OR Treatment for PTSD

Sedrak Sedrakyan, Urartu, Armenia. Memorial speech regarding Meline Karakashian! A very active Q&A followed!

Gratitude to all participants, and to Prof Takooshian, volunteers from Center Up Armenia, Grigor Mikayelyan, Jon Gyumishyan, Prof. Hrant Avanesyan, & PSI CHI chapter of Yerevan State University!

Our Mottos:

When one helps another, BOTH become stronger!

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



