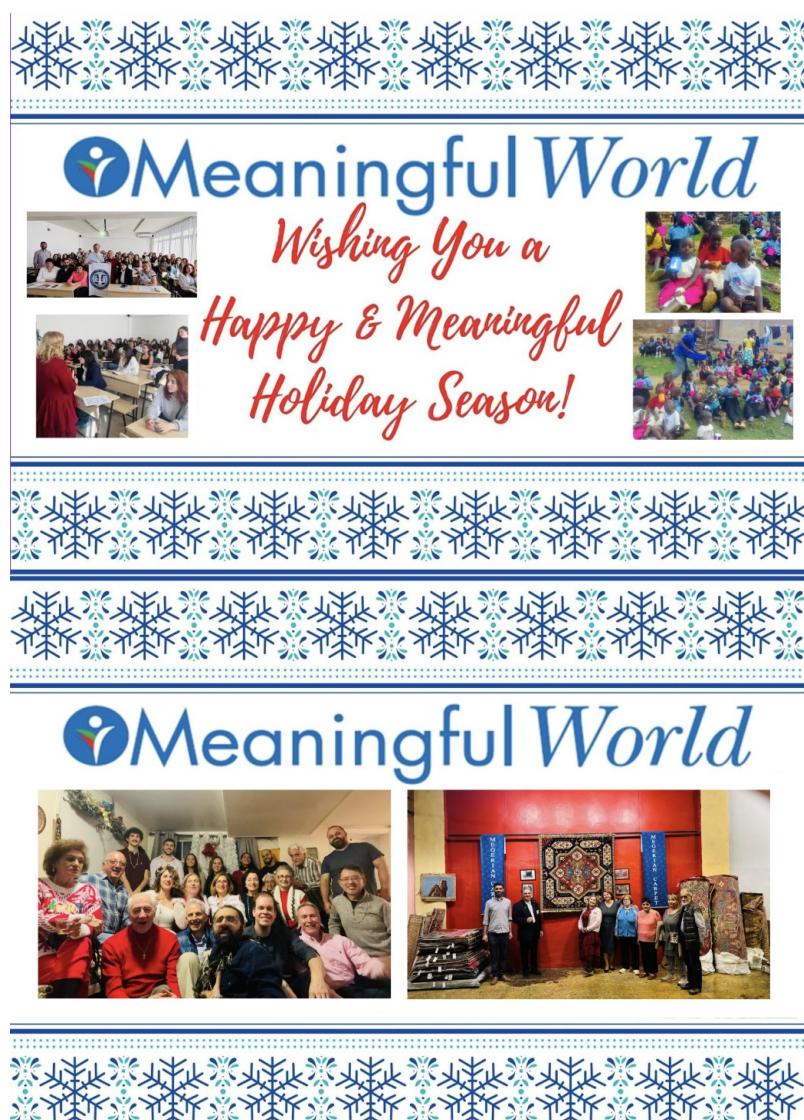




## **Association for Trauma Outreach and Prevention (ATOP)**

### **Bulletin, December 2025**

#### **Upcoming Events**



**MeaningfulWorld Wishes You a Happy & Meaningful Holiday Season!**



FEED, HEAL, & EDUCATE CHILDREN IN SLUMS OF KAMPALA, UGANDA

And SPONSOR NEEDY CHILDREN

Dr. Ani Kalayjian

I am sure you have heard that it takes a village to raise a child. Will you be part of our village to help these children in the slums of Uganda? Moved by these children, we formed a partnership between MeaningfulWorld (Dr. Ani Kalayjian) from USA and Hope Renewed Namuwongo (Jacob Bole) from Uganda.

The purpose of this partnership is to educate, heal, and feed the children in the slums of Kampala, to transform their poverty into empowerment and purposeful positive action, and to make a difference in their lives and the lives of the next generations. We address the United Nations SDG #2 Zero Hunger, SDG #3 Good health & wellbeing and #4 Quality Education.

We began our feeding program on 6 August 2024 in the slum area in Kampala, Namuwongo. MeaningfulWorld volunteered in this slum area in June-July 2024 while on a Humanitarian Relief Mission addressing mental health needs, EI, & nurturing peace in several cities in Uganda.

This program combines feeding with health assessment, special lessons on hygiene, environmental cleanliness, empathy, sports, as well as emotional management. Emotional intelligence, EI is emphasized, including empathy, empathetic listening, respect for self and others, self-care, gratitude, compassion, and love. Empathetic listening included 7 steps: listen with our hearts, listen with love, listen with our mind, listen with care, observe the body, listen with passion to understand, listen with intention, and listen with prayers. Our volunteer team evaluates their findings and observations and shares their observations with the rest of the team during our weekly meetings prior to feedings.

Although at first our goal was to feed 50 children (due to financial constraints), but the number of children grew from 50 to 99 in several weeks, as the children brought their siblings, friends, and neighbors to enjoy a healthy cereal with milk, and bananas. From 6 August 2024 to 30 November 2025 we fed, healed, and taught over 4,300+ children.

In addition to the feeding, healing & educating children, MeaningfulWorld has also been sponsoring 4 girls who are either orphans, or in extreme poverty. Joan Nakagwa (11yrs), Destiney Katushabe (13yrs), Celestine Adkin (12), and Pretty Sumaya Namayanda (8).



## Uganda Feed & Heal

To date, we have fed, healed and educated 4,500 children in Uganda in slums of Kampala

[Read More](#)

## Meaningfulworld Presents

### A Master Class

In collaboration with schools in  
Ashtarak and Nor Hachn



## Empowering Teens: Nurturing Mindful Teens by Being a Good Role Model

Saturday 20 December 2025  
at 11 am EST, 20:00 Armenia

Workshop faculty

**Dr. Ani Kalayjian**

Founder & President ATOP  
MeaningfulWorld

Chairperson:

**Nver Sargsyan:**

sargsyan.nver@gmial.com

Email us for the zoom  
link

Our website:

<http://meaningfulworld.com/>



**Saturday 20 December, Webinar for Teachers, Parents & Caring Individuals**

**Empowering Teens: Nurturing Mindful Teens by Being a Good Role Model**

Email us for the Zoom Link

## Humanitarian Relief Certificate Program, Spring 2026 workshop dates

**21 February 2026, Self-Care & Mindfulness**

**28 March 2026, Disaster Relief & Mindfulness**

**25 April 2026, Genocide Prevention & Human Rights**

**16 May 2026, Mindful Leadership & Forgiveness**

**11 June 2026, Graduation of MeaningfulWorld Ambassadors for Humanitarian Relief & Peace Building**

**28 July 2026, Garden Gratitude & Pampering Party**



## Successful Past Events

**Saturday 6 December 2025, Holiday Gratitude Party**

[Click Here for Summary](#)



## 23 November Workshop, Positive Psychology for Peak Performance

**Ana Arveladze, MS**

## 2025 11 November Radio interview with Dr. Kalayjian

**Listen here**



## 9 Nov. Philippines, Disaster Relief Training, Preparation, Meaning-Making & EI workshop

**Read more**

**MeaningfulWorld**  
ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION  
with Dr. Ani Kalayjian

Hybrid Workshop, Saturday, 25 October 2025

**Disaster Relief & Meaning-Making**  
Disaster Relief, Rehabilitation, Meaning-Making, & Empathy

Facilitator: Dr. Ani Kalayjian, Founder - ATOP Meaningfulworld  
Visionary Speaker: Sarkis Chuldjian, MDT, CCHt, Hypnotherapy

**HOW CAN YOU MAKE YOUR LIFE MORE MEANINGFUL?**  
Attend this program & become a Meaningful World Ambassador for Humanitarian Relief & Peace-Building

Hybrid workshop 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 meaning-making
- Describe and list stages of disaster relief

This hybrid workshop is recommended for those seeking deeper insight into the stages of disaster, approaches to relief and recovery, meaning-making and emotional resilience, and practice the 7-Step Integrative Healing Model. This is also for those planning to become Meaningfulworld Ambassadors and for joining our Humanitarian Outreach Programs around the globe.

RSVP: <http://bit.ly/meaningfulWorldOct>  
Phone: 201-941-2266  
DATE: Saturday, 25 October 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/get\\_involved/donation](http://meaningfulworld.com/get_involved/donation)  
\* ALL FEES INCREASE \$10 after 18 October 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**

## Disaster Relief & Meaning-Making Workshop, 25 October 2025

**Read more**



## Mission Summary, Armenia and Georgia, 7-23 October 2025

**Read more**





## 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](#)

**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!**



**Meet MeaningfulWorld's New Interns**

## **Gamze Sen, B.A., Assistant Research Coordinator**

Gamze Sen is a first-year master's student in Clinical Psychology at Teachers College, Columbia University. She holds a B.A. in Psychology from Istanbul Medipol University in Turkey and is an Integral Somatic Psychology (ISP) practitioner with multiple body-mind-centered certifications. For the past two years, Gamze has been working as a research assistant and moderator, focusing on mindfulness, body awareness, trauma, pain, and dissociation. She has also published several psychological columns in the United Nations-affiliated *Turkish Journal*. Her research interests explore how potentially traumatic events, at both individual and cumulative levels, impact emotional regulation and resilience through a body-mind perspective. Gamze aims to pursue a Ph.D. in Clinical Psychology to deepen her work in this field. Gamze is passionate about contributing meaningful changes to human well-being through research and clinical practice. She joined ATOP MeaningfulWorld as an Assistant Research Coordinator, where she supports research initiatives, publications, and program development. Welcome Gamze to our team.

**[Click here to read more about our Team](#)**

**[Click here to read more about our Graduates](#)**



**[Feed, Heal, & Teach Children in the Slums of Uganda](#)**

**[More Information](#)**

**[GOFUNDME Link](#)**



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

**More Information**



## **Weekly Meetings**

**Weekly Support Groups**

**\$5 tax deductible donation**

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

**When: Every Thursday**

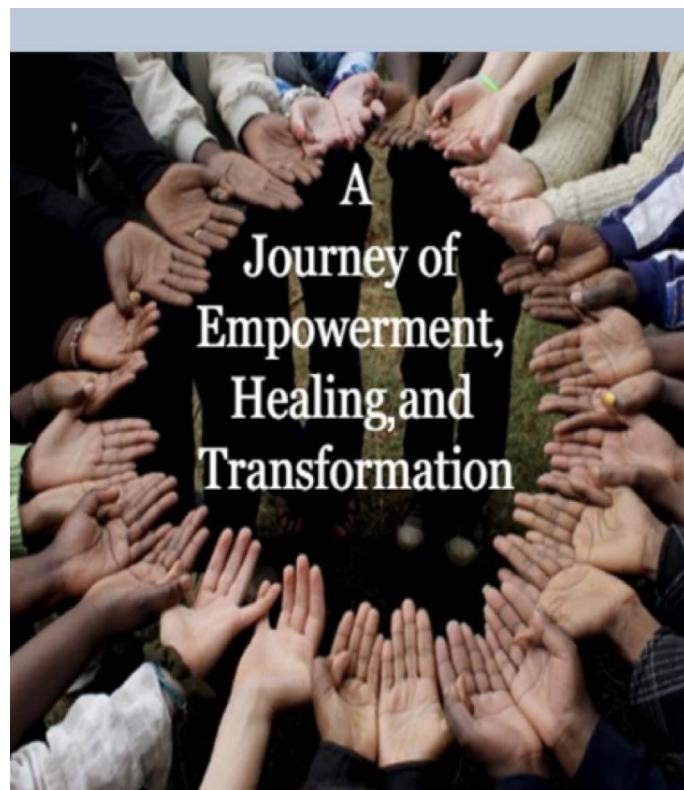
**Time: 12:00 - 1:00 PM (EST)**

**Where: [info@meaningfulworld.com](mailto:info@meaningfulworld.com) for zoom link**

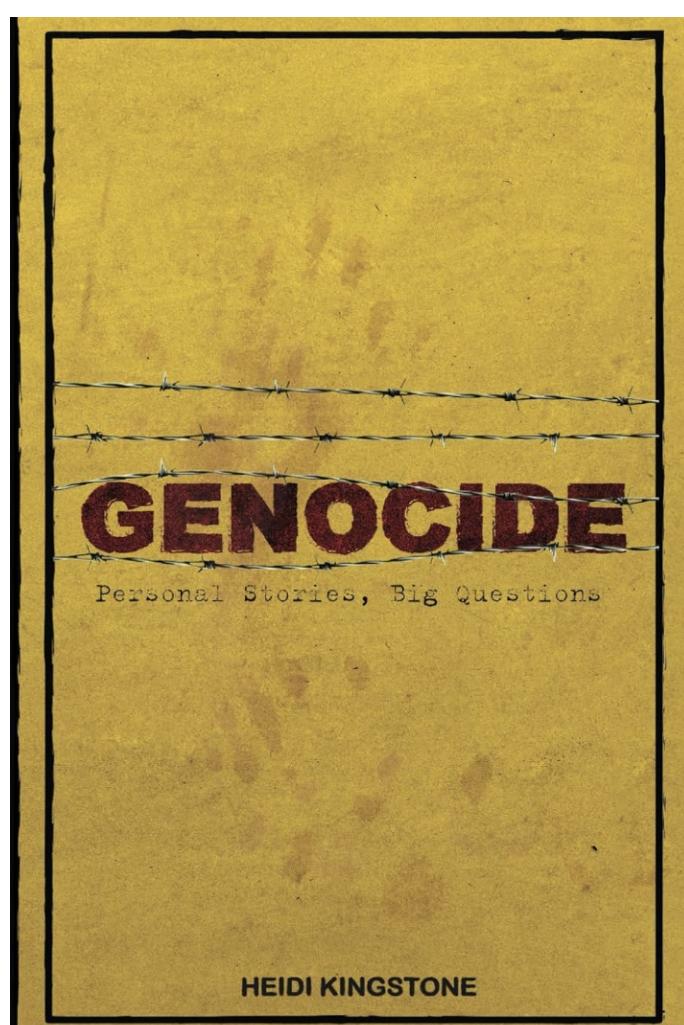
**RSVP Here**

**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**

## 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



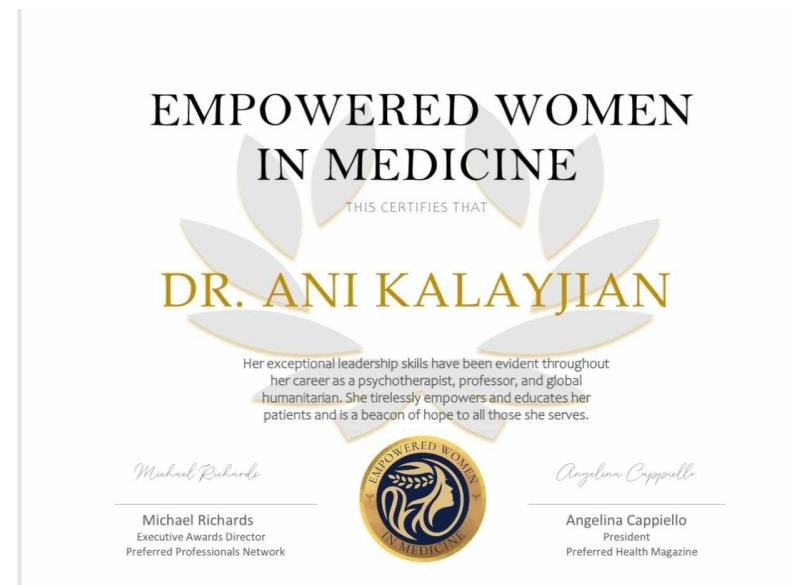
## Awards

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

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.**



# Courier

Official Publication of the Nursing Education Alumni Association

**Spotlight on Ani Kalayjian, EdD, BC-RN, BCETS, DDL**

By Diane J. Mancino

**Dr. Ani Kalayjian** is a graduate of Columbia University Teachers College with Master's and Doctoral Degrees and holds an Honorary Doctor of Science Degree from Long Island University. She is the founder and President of the Association for Trauma Outreach and Prevention (ATOP) Meaningfulworld. Since 1998, she has been a consultant at the United Nations (UN), and more recently has been the representative of ATOP Meaningfulworld at the UN. She is an editor and author of numerous books and scholarly articles. Dr. Kalayjian has been recognized by many different organizations including the American Nurses Association Honorary Human Rights Award. The following interview offers insight into Dr. Kalayjian's professional development as a nurse and as a humanitarian extraordinaire.

**Editor: When did you decide to become a RN? What attracted you to nursing as a career?**

I was 8 years of age, growing up in Aleppo, Syria, and saw my parents extremely sad and angrily shuffling the papers looking for their lost family members from the Ottoman Turkish Genocide of the Armenians (1915). When I asked them what was wrong, they brushed me off to do my homework. I went to the outhouse and cried. I did not know at that time that I had inherited their post-traumatic stress disorder, and even though they never told me about the Genocide, I felt the gravity of being amongst traumatized people. I witnessed my grandfather at his death bed having night terrors and yelling "close the doors, the Turks are coming, my love, please close the doors, lock the windows too, its (Genocide) starting again." I then, at an early age, decided to help people become strong and resilient and be able to share their feelings assertively without feeling shame of their sadness and hiding in the outhouse. Additionally, I was in between two brothers one older and one younger, who tormented me and who were benefiting from their male advantage by going outside to play and ride a bicycle, while I was forbidden from it all. While I was forced to stay home for my safety, and to learn domestic talents such as crochet, needle point, and cleaning.

**Editor: Please describe your early nursing career. Where did you get your basic nursing education? Your early practice settings?**

I first studied at Long Island University (LIU), Brooklyn campus, receiving a BS. Then I studied at Teachers College Columbia University, receiving both MEd and EdD, without any breaks.

**Editor: How was your academic progression planned? Why did you choose Teachers College for your master's and doctorate?**

I am still unsure as to why at Fort Lee High School I was not guided by the counseling center to help me with my higher education.

In fact, my parents were very poor, just immigrated from Syria, they were struggling to find jobs, while none of us spoke in English, all of us were struggling financially and we were unable to communicate our needs. So, as a new immigrant, I thought I had to take a year off. I worked in a meat market (in a food market) and I saved money to be able to secure university education. At work, I learned from my customers that there is financial assistance and that there are community colleges to start, as they are less expensive. So, I began at Manhattan Community College, where I traveled by bus and train from New Jersey. After a semester, while at a career fair, I was discovered by LIU offering scholarships for securing 4.0 GPA. From LIU I was discovered by Teachers College, and once again I received a traineeship and was able to work at night as a registered professional nurse (RN) at Metropolitan Hospital in East Harlem, NY in a psychiatric ward. I attended classes during the day at TC experiencing the most amazing, enlightening, and informative years of my life. By this time, I had a command of the English language, and could read, understand, and express my needs well. I am beyond sad that our nursing program is closing. I am wiping my tears as I type these sentences.

**Editor: Please describe your progression as a psychotherapist.**

From childhood, inheriting generational trauma, collective trauma, and horizontal violence all around me in Syria, I knew the problem was called lack of Emotional Intelligence, EI. Of course, I did not have the proper words at that time, but I knew that negative emotions, unexpressed and untransformed, will cause physical problems and then get passed on to our offspring. I saw how my brothers had the anger that my father had suppressed, as they dumped those on me, and the obsessive cleaning that my mother suffered from was passed on as well.

*(continued on page 15)*

## Spotlight on Ani Kalayjian, Teachers College Columbia University Courier

**More Information**

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](http://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. Kshetriya, 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., Kshetriya, 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**

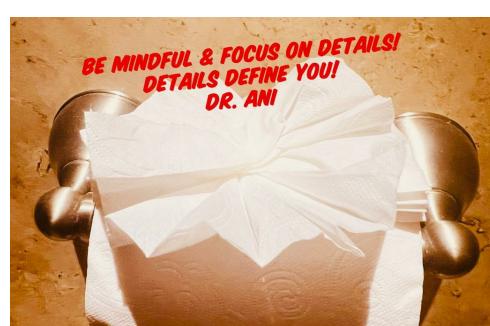
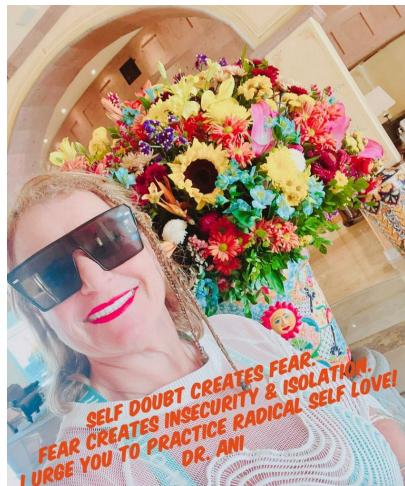
## Gratitude To Our Donors

**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 Tufenkjian; Kevork Ucaryan; Kiranmai Valluri; Tanya & Siroon Vartanian; Sree Venuthurupalli; P. Vinaya; Marian Weisberg; & Rita Zoroglian.**

**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**

**~Armenia Radio Link. VIEW IT [HERE](#).** Ի՞նչ է «խեցքետնի հիվանդությունը» և ինչպե՞ս է այն ազդում հայ հասարակության վրա. հոգեբան Անի Գալայջյան. «Սփյուռքի ձայնը»:

- ~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 to the World from Dr. Ani Kalayjian. [View it HERE](#)

