



Association for Trauma Outreach and Prevention (ATOP)

Bulletin, November 2025

Upcoming Events

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



Hybrid Workshop, Saturday, 22 November 2025

**Conflict Transformation & Peace-Building**
Assertiveness, Anger Management, Non-Violent Communication, & Forgiveness

Facilitator: Dr. Ani Kalayjian, Founder — ATOP Meaningfulworld
Visionary Speaker: Dana L. Mark, MSW, LSW, Divinity & Spiritual Growth

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 hybrid 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: <https://bit.ly/22NovWorkshop>
Phone: 201-941-2266
DATE: Saturday, 22 November 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: \$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

22 November Workshop, Conflict Transformation and Peace-Building

email: EdCoordinator@meaningfulWorld.com


RSVP Here

Pay Here

შეცვალე ცხოვრება საკუთარი შინაგანი ძალის გაღვივებით

Announcing a forum with *
Ana Arveladze, MS
on
Positive psychology for peak performance

How can positive psychology promote peak performance for athletes, businesspeople, and students? **Ana Arveladze** is an executive coach, consultant to Olympic athletes, and President of the Uznadze Institute of High Performance Psychology in Tbilisi, Georgia. Here at Fordham, she shares her experiences applying positive psychology with elite athletes and high-performing organizations.



Moderator: **Harold Takooshian, PhD**, *Fordham U*
Welcome: **Jason R. Young, PhD**, *President, Psi Chi*
Discussants: **Dr. Ani Kalayjian**, *Meaningful World*

23 November 2025, Sunday at 4 pm
Fordham University, 113 West 60 St., Manhattan, room 1021

All are welcome.

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* This session is hosted by Fordham University, in cooperation with Psi Chi, SPSSI-NY, ABSA, and Manhattan Psychological Association
For any details: takooshian@fordham.edu
NOTES: <https://www.parliament.gov.ge/print/news/georgia-komiteti-georgia-filologians-da-martan-dakavshinul-askikheze-imijelan>
https://www.linkedin.com/posts/ana-arveladze-b24717a5_gerpsychology-nationalteam-psychology-activity-7308732427298914304-ZV2U
https://www.psichi.org/page/chapter_search

23 November Workshop, Positive Psychology for Peak Performance

Ana Arveladze, MS

For more Details

Pamper Yourself Holiday Gratitude Healing Party

Saturday 6 December 2025

4-6:30 pm Personalized Healing, and 6:30-10 pm Party

Meaningfulworld's Annual Holiday Gratitude Healing Party

Kindly, join us for an afternoon of celebration as we remember all that we have accomplished as a team and as a community in the world this year!





Date: Saturday 6 December 2025

4-6:30 PM: Pampering & Integrative Healing with invited healers:

- Reiki - Natalia Tomassini
- Spiral Massage (Deep Tissue) - Art Jaffe
- Energy Healing - Tanya Vartanyan
- Flower Remedies - Dr. Ani
- Mindfulness - Dana Mark
- Neurographic Art Journey - Karine Arshakyan
- LifeWave & MiCure Phototherapy - Nina Terzian

6:30-7:00 PM: Films & Photos from Missions

7-10:00 PM: Food, Drinks, Music and Games

Live music:
DJ Harry Latirofian

Offering: \$39 includes 7 healing modalities, food, drinks, music, & desserts

RSVP by 29 Nov 2025
Info@Meaningfulworld.com

Dr. Ani Kalayjian
Phone: 201-941-2266



Saturday 6 December 2025, Holiday Gratitude Party

RSVP Here



Meet MeaningfulWorld's New Interns

Carolina Silva Camillo, AA, Assistant to Treasurer & Outreach

Carolina is currently majoring in Accounting at William Paterson University. Originally from Brazil, Carolina holds an associate degree in Education, reflecting her lifelong passion for teaching and learning. Before moving to the United States, she worked as an English teacher and volunteered with children from underdeveloped neighborhoods in her hometown, fostering a love for service and community engagement. Carolina came to the United States through an exchange program as an au pair, where she strengthened her cross-cultural communication skills and deepened her experience working with children and families. She later completed an internship at Bergen Community College, assisting small business owners in launching their entrepreneurial ventures, an experience that inspired her current pursuit of a career in accounting. Carolina is enthusiastic about contributing to MeaningfulWorld’s humanitarian and educational mission. She finds joy in connecting with people, learning from diverse perspectives, and supporting others through collaboration and compassion. In her free time, Carolina enjoys studying new languages, exploring diverse cultures, and continuing to expand her global understanding. MeaningfulWorld welcomes Carolina.

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

[Learn 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 for zoom link

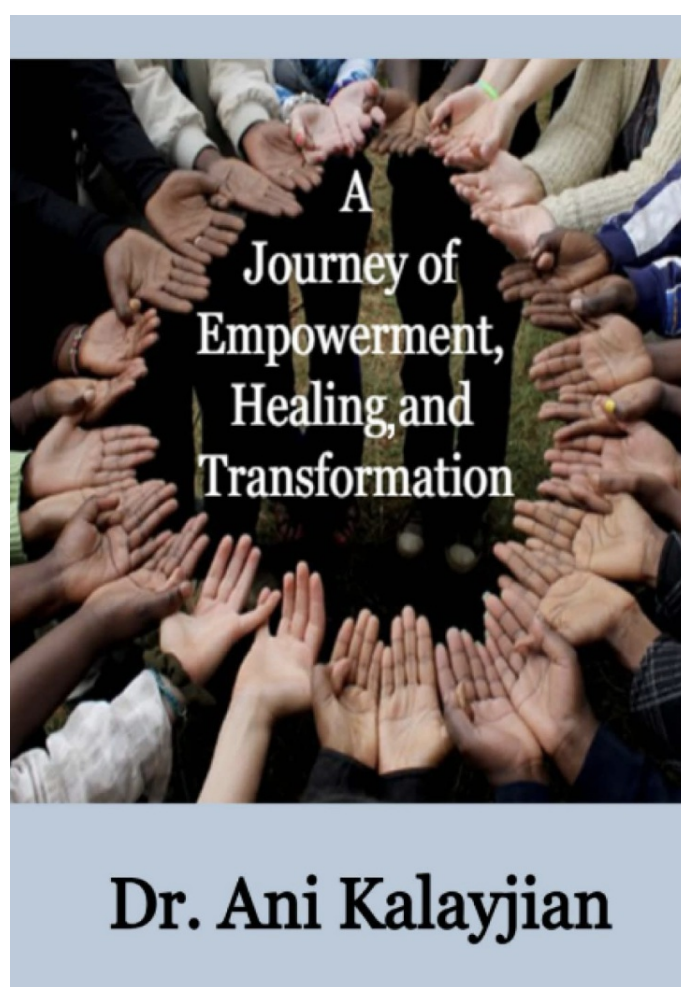
RSVP Here

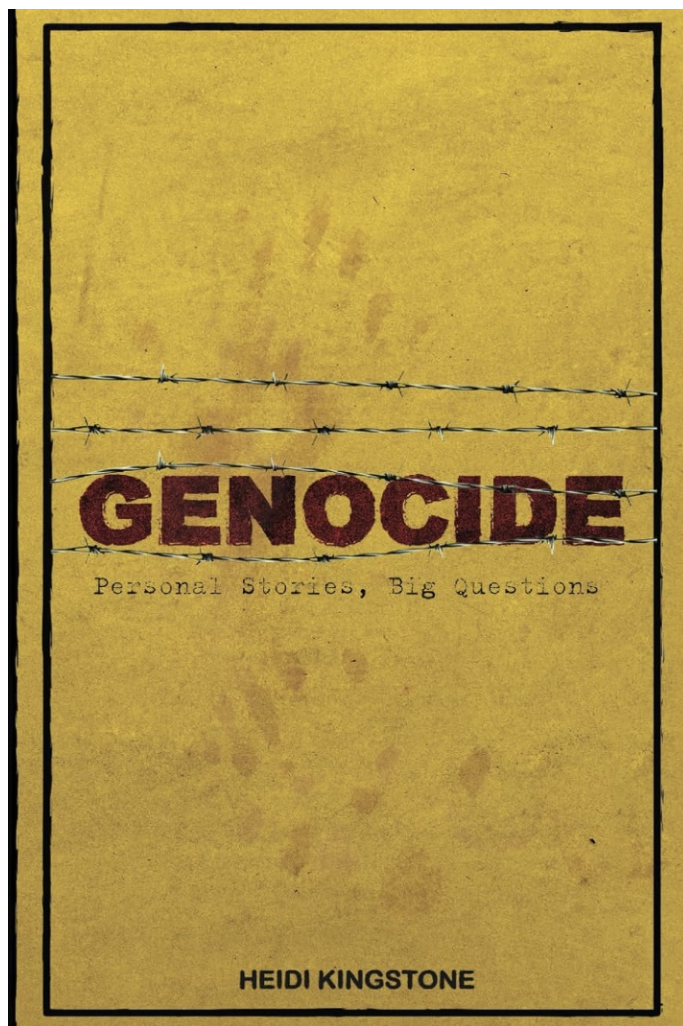
Meet Up Zoom Yoga & Soul Surfing with Dr. Ani

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





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](#)



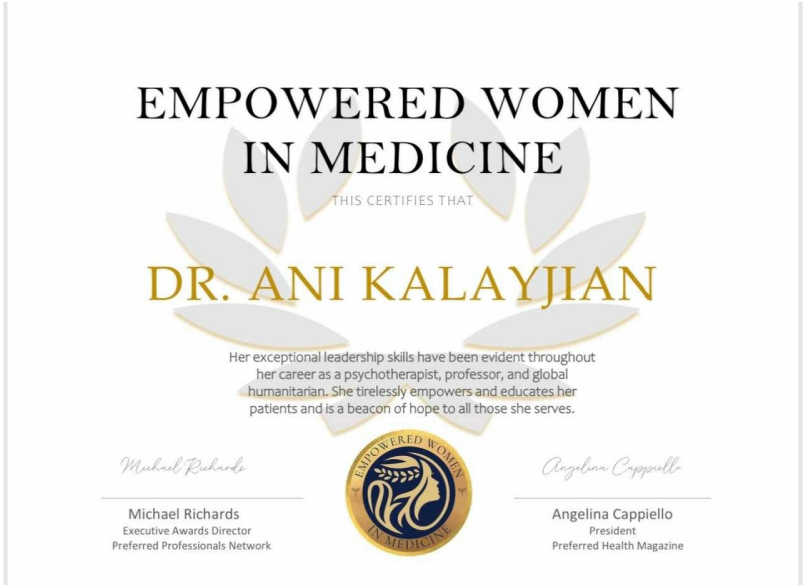
Awards

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

[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.



Spotlight on Ani Kalayjian, Teachers College Columbia University Courier

More Information



Successful Past Events

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

Read more

2025 11 November Radio interview with Dr. Kalayjian

Listen here

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: [//bit.ly/MeaningfulWorldOct](https://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/getinvolved/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!



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.



**MeaningfulWorld**
Association For Trauma Outreach and Prevention

Helping people heal for 35 years!



SCAN ME

1. Sponsor a Child in Haiti or Armenia.

2. Suicide Prevention in Armenia.

3. Mental Health, Supporting Psychologists in War Torn Areas of Ukraine & Armenia.



90% of your donation goes directly to the people!

www.Meaningfulworld.com



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

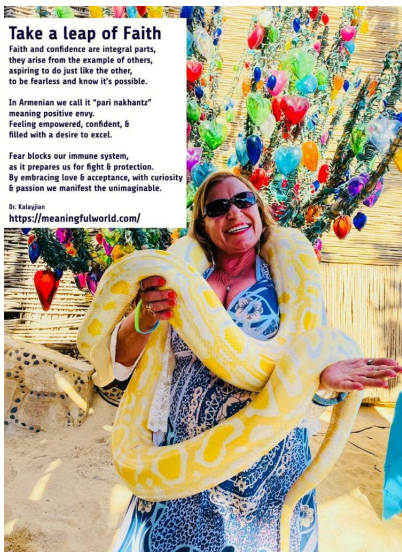
Gratitude To Our Donors

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 Yahiaayan; 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.

[Donate Here](#)





ATTENTION: Additional Media

- ~**Armenia Radio Link. VIEW IT [HERE](#).** Ի՞նչ է «խեցգետնի հիվանդությունը» և ինչպե՞ս է այն ազդում հայ հասարակության վրա. հոգեբան Անի Գալայճյան. «Միյունքի 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 tot he World from Dr. Ani Kalayjian. View it [HERE](#)

