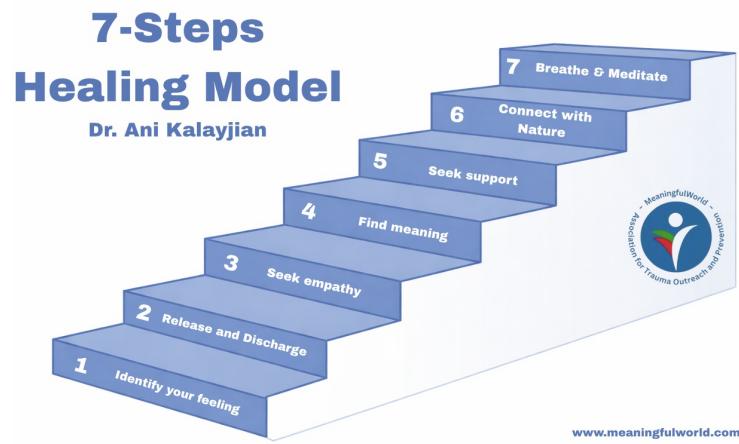




Association for Trauma Outreach and Prevention (ATOP) Bulletin, January 2026



7-Steps Healing Model

Upcoming Events

Humanitarian Relief Certificate Program, Spring 2026 workshop dates

21 February 2026, Self-Care & Mindfulness

28 March 2026, Disaster Relief & Meaningmaking

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



[Meet MeaningfulWorld's New Interns](#)

Bashayar, BA, Research Assistant

Bashayar (Singapore) is a psychology post bachelorette student passionate about mental health, research, and social impact. She is in a Postgraduate Diploma program in Counselling Psychology at the College of Allied Educators and a Bachelor of Arts in Psychology from Murdoch University. Bashayar serves as a Publication Committee Member and Roster Lead with the Psychology Coalition at the United Nations (PCUN), contributing to global advocacy and psychology-informed publications, and volunteers in mental health research with the Institute of Mental Health (IMH), Singapore, supporting studies across diverse populations. A published writer and filmmaker, Bashayar explores themes of resilience, inner turmoil, and hope among youth, including directing a mental health micro-film emphasizing community support for individuals in crisis. She brings an interdisciplinary perspective that integrates research, advocacy, and creative expression to advance MeaningfulWorld's mission. MeaningfulWorld welcomes Bashayar!

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

**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@gmmail.com

**Email us for the zoom
link**

Our website:
<http://meaningfulworld.com/>



Successful Past Events:

2025 20 December, From Empathy to Action: Teacher & Parent Master Seminar on Supporting Adolescents

[Click Here for Summary](#)

  **MeaningfulWorld**
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
- Nuerographic 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

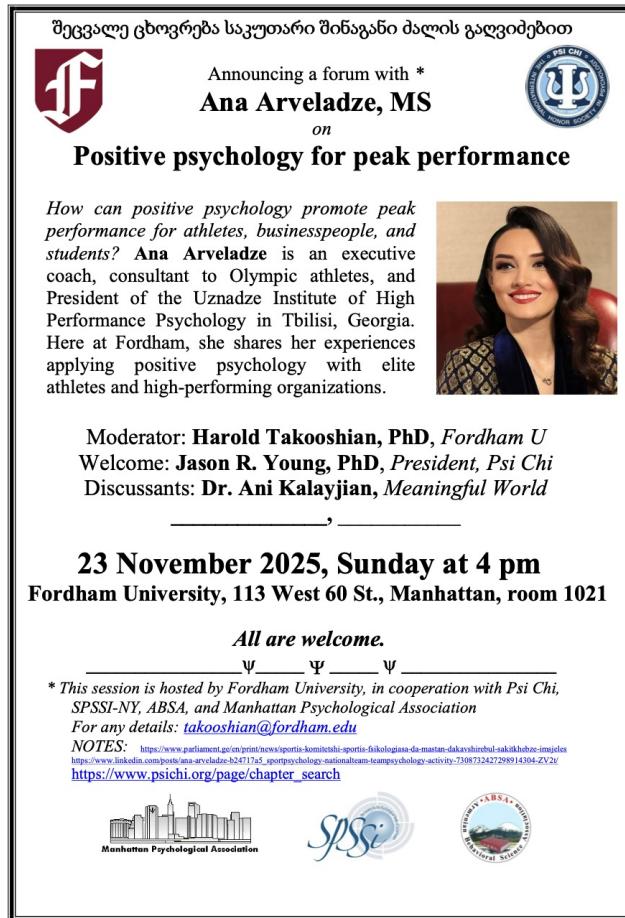
Dr. Ani Kalayjian
Phone: 201-941-2266





Saturday 6 December 2025, Holiday Gratitude Party

[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
* 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!



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

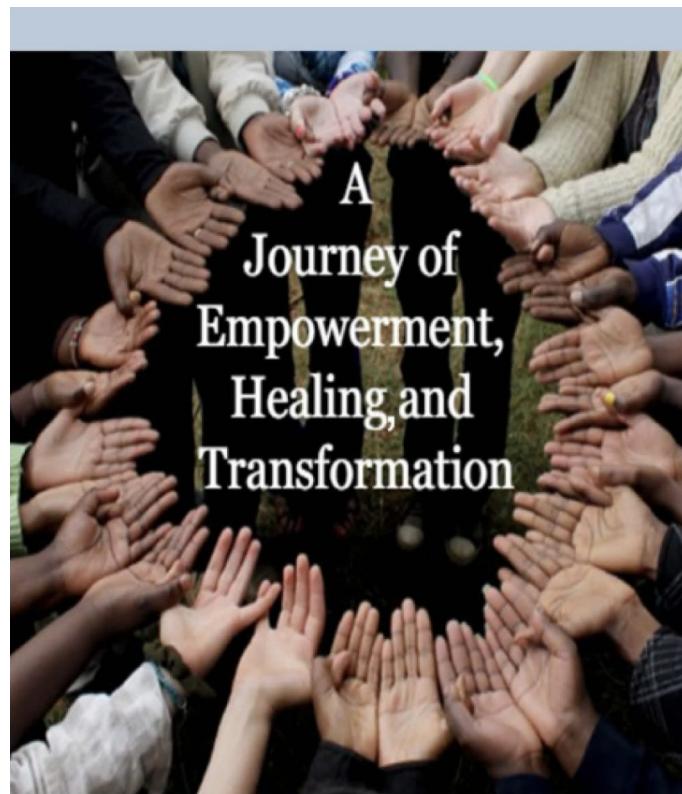
Time: 12:00 - 1:00 PM (EST)

Where: info@meaningfulworld.com for zoom link

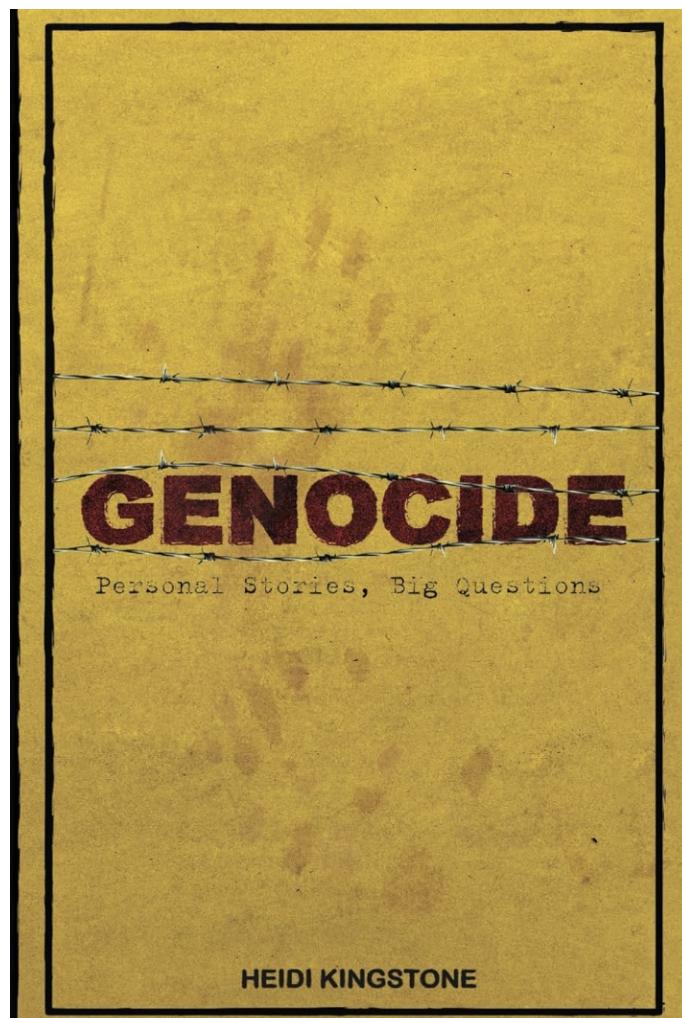
RSVP Here

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](#)



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](#)

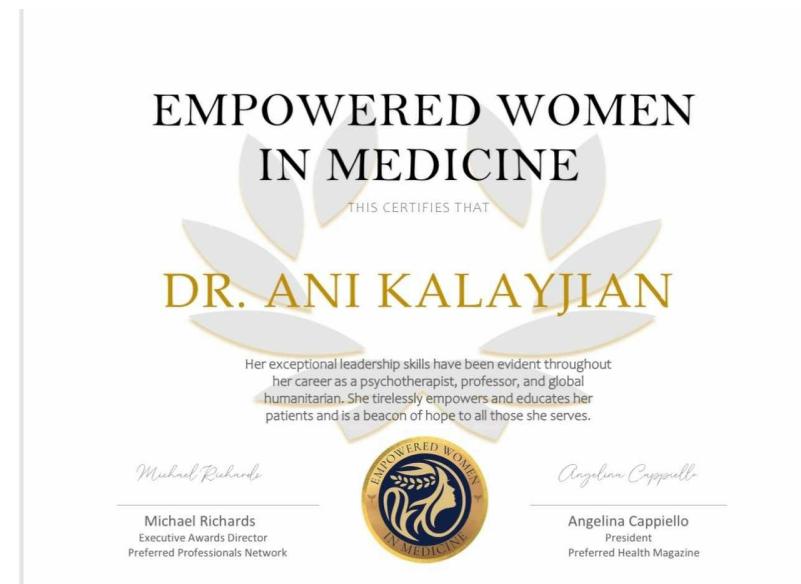
Awards

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

Courier
Official Publication of the Nursing Education Alumni Association

Spotlight on Ani Kalayjian, EdD, BC-RN, BCETS, DDL
By Diane J. Mancino

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

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

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

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: Please describe your progression as a psychotherapist.

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"**

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social, economic,
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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

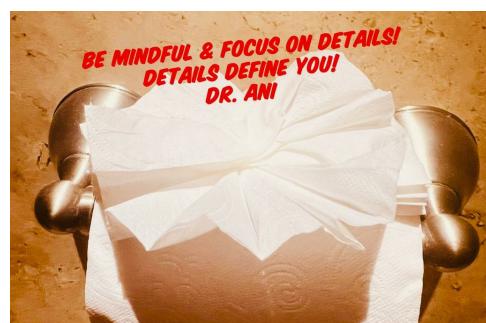
Lo Anne Mayer, Alexis Brink, Dr. Yolanda Hancock, Dr. Douglas Scherer, Laurie Schwartz, Dr. Linda Marsanico, Nupur Kothari, Paul Jaffe, Simone Coonrod, Linda Turner, Erica Rodriguez, Arthur Jaffe, Christina Nunez Gomes, Cristina Como, Mark Ackerman, Marianne Gunther, Ron Friedman, Kathleen Booker, Lata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

Gratitude To Our Donors

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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 ինչպես է այն ազդում հայ հասարակության վրա. հոգեբան Անի Գալայջյան. «Սկյուռքի ծայնը»:

~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 Khurshudyan 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](#)

