

# Meaningful World

**Therapeutic Works Presents an all-day training on 1 May 2026**

## **The Path to Healing: Trauma Recovery Through Emotional Intelligence, Meaning-Making, & Self-Care**

This was the theme of a full-day master class organized by Therapeutic Works Inc., led by Crystal Barry and Hope Love. More than 65 participants from South Burlington, Vermont—including lawyers, case workers, nurses, psychologists, social workers, and caregivers—attended this engaging and interactive training facilitated by Dr. Ani Kalayjian, Founder and President of ATOP MeaningfulWorld, recipient of the Highest Medal of Honor from Columbia University, author of 6 books, & A humanitarian with 116 missions in 51 countries & 26 states in USA.

The training integrated experiential learning techniques, including stretching exercises, essential oils, flower essences, guided reflection, and group participation. Dr. Ani shared the following objectives:

1. Describe the five kinds of trauma, 2. List the seven steps of the Integrative Healing Model
3. Define the Four Agreements, 4. Participating in Soul-Surfing© exercises, 5. Differentiate empathy from sympathy, 6. Define Emotional Intelligence (EI), 7. Understand the process of meaning-making

A wonderful networking lunch provided participants with opportunities to connect, exchange ideas, and raise important questions. The afternoon included a healing session featuring Soul-Surfing©, meditation, and an informational presentation on Therapeutic Works Inc. The training strengthened participants' ability to respond to trauma with greater awareness, compassion, and confidence, with 65% reporting increased preparedness following the workshop.

**Participant Reflections:** *“It was such a pleasure to share time with Dr. Ani. Her energy is so infectious, and she is very easy to listen to. I loved doing yoga with positive affirmations with her. I could see how she gets people to connect from everywhere!”*

*“I’m in awe of Dr. Ani’s life experience, journey, and contributions to the field of trauma. She is fascinating.”*



***Dr. Ani’s signature Heart-To-Heart-Circle-of-Love-and-Gratitude***



*Ubuntu Circle of Oneness*



*Dr. Kalayjian with Crystal Barry & Hope Love, and on the right with Janet Smith*



A heartfelt thank you to all participants, organizers, and community leaders who made this meaningful day of learning, healing, and connection possible.

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