



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

Voices from our Community

Featuring Dominico Jones

MeaningfulWorld has been a beautiful experience for me. MeaningfulWorld weekly support groups provide a safe space to consciously release what we've been holding onto and to start healing — whether from that day, week, generational, familial, or something that has been buried. I'm not a person who typically likes to talk about my feelings...

Read Dominico’s full story

Research Spotlight: New Publication in International Psychology Bulletin

Coping with Isolation, Loneliness and Negative Emotions: Online Peer Support & 7-Step Integrative Healing Model can be Transformative

by Gamze Sen, Dr. Ani Kalayjian, Emre Kuraner

Abstract: This paper presents findings from a 3.5-year mixed-methods study examining virtual peer-support groups during and after the COVID-19 pandemic. Using a seven-step integrative healing model, the study examined changes in distress, resilience, emotional validation, and personal growth. Quantitative assessments showed consistent reductions in self-reported distress, while qualitative findings highlighted increased empathy, meaning-making, and connection. Findings suggest that virtual peer support may help reduce loneliness and promote emotional well-being during and after global crises.

Gamze Sen is a second-year master's student in Clinical Psychology at Teachers College, Columbia University. She serves as Research Coordinator at ATOP MeaningfulWorld, supporting research and program development.



Dr. Ani Kalayjian, Founder, and President of the ATOP

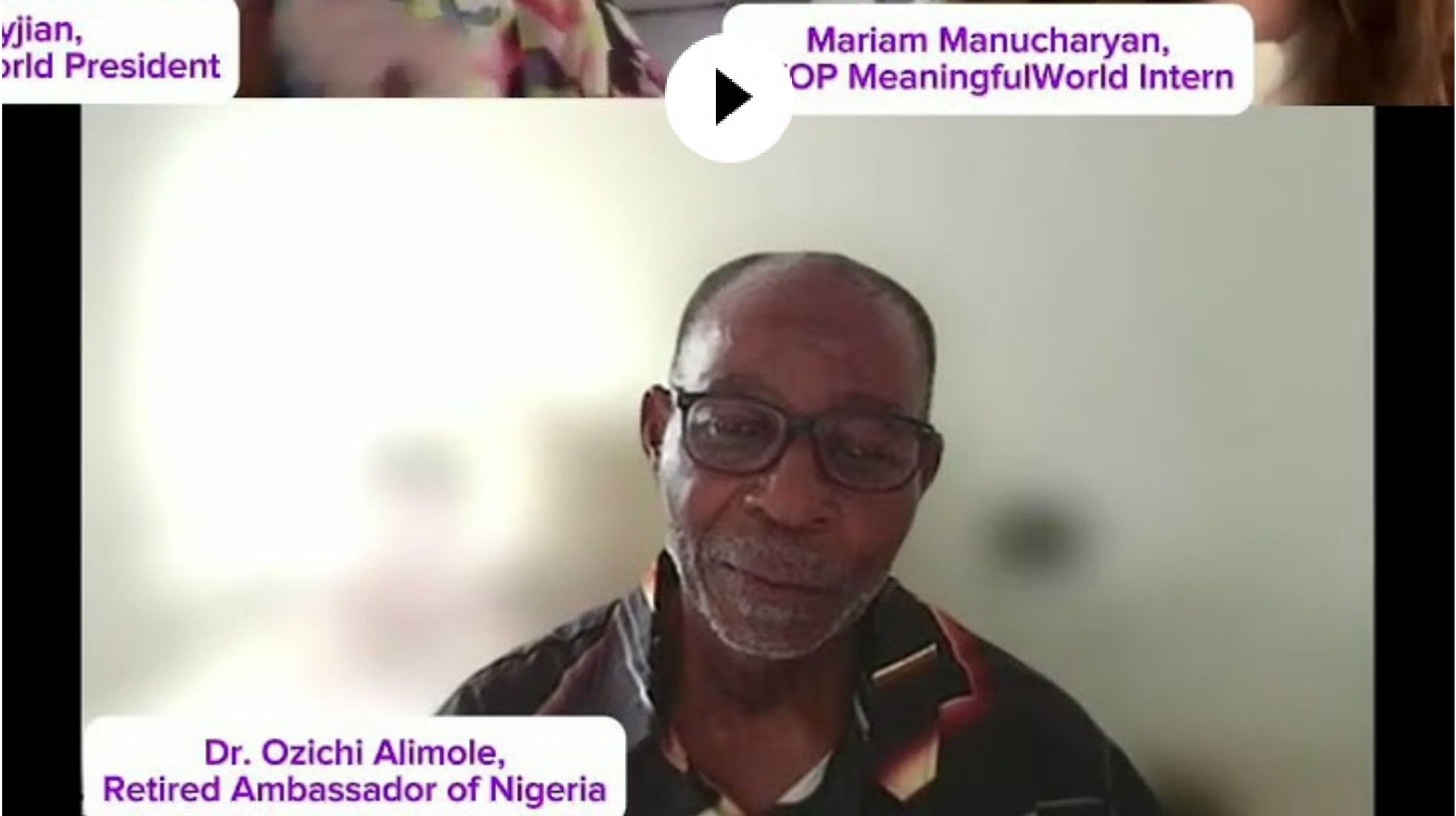
Meaningfulworld, an internationally recognized psychologist and trauma expert specializing in integrative healing, forgiveness, and global peacebuilding. Has delivered 116 humanitarian missions in 51 countries & 26 states in the USA.



We're proud to share a new MeaningfulWorld research publication in the International Psychology Bulletin (APA Division 52):

"Coping with Isolation, Loneliness and Negative Emotions: Online Peer Support & 7-Step Integrative Healing Model Can Be Transformative"





Forgiveness Series, Episode 5 — Forgiveness is possible: despite denial, and absence of remorse. Now on YouTube!

MeaningfulWorld is pleased to release the fifth episode of our Forgiveness Series, continuing our exploration of forgiveness as a pathway to healing, release, and post-traumatic growth.

Watch Here



Can an organization recruit people without offering a paycheck? That question came alive at the CUNY Borough of Manhattan Community College (BMCC) Career Day: Business, STEM, and Health Professions, part of the college's Fall 2026 Job Fair. ATOP MeaningfulWorld, represented by Dr. Ani Kalayjian, trauma expert and President and CEO of MeaningfulWorld, together with Educational Coordinator Kartikay Aggarwal, representing MeaningfulWorld at a job fair for the first time, joined employers inviting students to discover how their talents could serve humanity locally and globally.

The event room was bustling from the moment the doors opened, with students moving from table to table, notebooks and résumés in hand. Alongside employers recruiting for salaried jobs and internships, the MeaningfulWorld table stood out with its interfaith altar: flickering candles, fresh flowers, and United Nations flags, framed by our banner, “When one helps another, both become stronger.” Copies of Dr. Kalayjian’s books, including *Mass Trauma and Emotional Healing Around the World*, sat beside handouts on understanding our emotions and the 7-Step Integrative Healing Model, inviting students to pause, ask questions, and reflect amid the busy recruitment floor.

Throughout the afternoon, a steady flow of students from business, STEM, and the health professions visited the table. Many noticed and stated, “we like the vibe of this table.” Many wanted to know how a humanitarian organization rooted in psychology could use their skills, and were encouraged to learn that MeaningfulWorld skills, on research, technology and data,



MeaningfulWorld in Action: BMCC Career Fair

On 7 October, Dr. Ani Kalayjian and Educational Coordinator Kartikay Aggarwal brought MeaningfulWorld to the CUNY Borough of Manhattan Community College Career Day, our first job fair. Our table, with its interfaith altar and UN flags, drew students from business, STEM and health professions who asked how they could serve. Many said they liked the vibe of our table. Thank you to BMCC and the organizers for welcoming us.

Click here to read more

Upcoming Events

MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



Hybrid Workshop, Saturday, 31 October 2026



Disaster Relief & Meaning-Making

Disaster Relief, Rehabilitation, Meaning-Making, & Empathy



Facilitator: Dr. Ani Kalayjian, Founder, *ATOP Meaningfulworld*
Visionary Speaker: Lori Henriksen, Sound Healing

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 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 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: <https://bit.ly/OctoberMW>
DATE: Saturday, 31 October 2026
TIME: 10:00 AM - 3:30 PM
10:00 AM - 12:00 PM - Welcome, Lecture, and Discussion
12:00 PM - 12:30 PM - Visionary Speaker Presentation
12:30 PM - 1:00 PM - Lunch, Film and Discussion
1:00 PM - 3:30 PM - Experiential Soul-Surfing Exercises, Experiential Healing Session and Meditation.
FEES: Online Participants via Zoom: \$60
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 24 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

31 October 2026 Disaster Relief & Meaning-Making

Discover tools for healing, resilience, and empathy in the aftermath of crisis in this hybrid workshop on October 31, 2026. Learn to understand the impact of disaster on survivors, identify interventions for rehabilitation and recovery, and practice meaning-making through Dr. Kalayjian's 7-Step Integrative Healing Model — with Visionary Speaker Lori Henriksen on Sound Healing.

RSVP Here

Donate Here

MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



Join Our Zoom Weekly Support Groups!

WHEN: Every Thursday
TIME: 12 pm - 1 pm (EST)
WHERE: Zoom

Tax-deductible donation minimum: \$5
RSVP and Receive a Link by emailing:
Info@meaningfulworld.com

2025 Armenia Humanitarian Mission: YouTube

Your heartfelt donations are appreciated
[Donate](#)

FINDING CALM AND RESILIENCE IN TIMES OF UNCERTAINTY
Self Care in Times of Challenges

The Association for Trauma Outreach and Prevention (ATOP) Meaningfulworld, a charitable organization, which holds an affiliative status with the United Nations Department of Public Information and ECOSOC. Our organization was founded in 1996, and has achieved international recognition as a leader in training humanitarian outreach professionals as well as responding to three decades of global and local disasters. We promote state-of-the-art scientific theory, peace, forgiveness, consciousness research, internship, and the development of technical skills to train mental health professionals, teachers, psychologists, art therapists, nutritionists, alternative medicine practitioners, clergy, nurses, mediators, interfaith ministers, and lay persons committed to service the self and humanity. Our Humanitarian Outreach Teams have helped rehabilitate survivors from over 51 countries and 26 states in the US across 116 humanitarian missions, making a daily difference in people's lives helping to transform tragedy and trauma into healing and meaning-making through post trauma growth, resilience, emotional intelligence, mindfulness, mind-body-eco-spirit health, visionary leadership, empowerment and artful collaboration.

When one helps another, BOTH become stronger!



Weekly Support Group

We continue to gather every Thursday for our Zoom support group, a safe space to share, release what we are carrying and practice empathy together. People from around the world join us. All are welcome!

[RSVP Here](#)

Humanitarian Relief Certificate Program, 2026 Workshop Dates

21 November 20226 Conflict Transformation and Peace-Building

5 December 2026 Holiday Gratitude Party



Meet Our New Intern:

Davit Arutiunian, Outreach & Fundraising Intern

Davit is a high school student in Dubai with a strong interest in economics and social impact, and a particular passion for youth wellbeing and educational accessibility. He served as President of his school's Wellbeing Council, leading student-led mental health awareness, peer-support initiatives. At MeaningfulWorld, he is supporting outreach and fundraising.

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



MeaningfulWorld



Affiliated with The United Nations

United Nations International Day of Peace

Nurturing Sustainable Peace through EI

Observed on Saturday 26 September 2026

Time: 11:00 AM - 12:00 PM

Sustainable Development Goals: 1, 3, 4, 5, 8, 10, 11, 16, 17

Chairperson: Dr. Ani Kalayjian

Speakers: Siobhan Hutchinson, MA, EEMCP - Holistic Health of Next Step Strategies, LLC

Invited: Mr. Peter Preziosi, President CoNGO, United Nations

Winners of the Peace Contest will be announced, messages of Peace from youth, presentation about peace from MeaningfulWorld team members

WHAT IS THE INTERNATIONAL DAY OF PEACE?

The International Day of Peace ("Peace Day") is observed around the world each year on 21 September. Established in 1981 by a unanimous United Nations resolution, Peace Day provides a globally shared date for all humanity to commit to Peace above all differences and to contribute to building a Culture of Peace. This is a long-established universal commemoration that serves all involved in Peace Day, beginning annually with the 100-day Countdown. MeaningfulWorld has begun its 10 week countdown; check our social media every Wednesday!

Email us to receive the link:
info@meaninfulworld.com

Sponsor: ATOP Meaningfulworld,
Armenian Constitutional Rights
Protective Center, World Yoga
Community, AGBU PCUN

When one helps another, Both become stronger.

Peace is always beautiful!

Successful Past Events:

26 September 2026 United Nations International Day of Peace, Nurturing Sustainable Peace through EI , 11:00AM - 12:00PM

MeaningfulWorld proudly hosted the United Nations International Day of Peace program, "Nurturing Sustainable Peace through EI," alongside our hybrid Self-Care & Mindfulness Workshop. Chaired by Dr. Ani Kalayjian, the Peace Day session featured speakers Siobhan Hutchinson, MA, EEMCP, and Mr. Peter Preziosi, President of CoNGO at the United Nations.

Click here to read the summary

Watch Here

MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



Hybrid Workshop, Saturday, 26 September 2026



Self-Care & Mindfulness

EQ, Preventing Vicarious Trauma & Post-Traumatic Growth

Facilitator: Dr. Ani Kalayjian, Founder, *ATOP Meaningfulworld*

Visionary Speaker: Juan Rodriguez, *Boundless Freedom*



HOW CAN YOU MAKE YOUR LIFE MORE MEANINGFUL?

Attend this program & become a Meaningful World Ambassador for Humanitarian Relief & Peace-Building

Program focus:

- Identify the importance of self-care
- Identify the impact of, kinds, and other variables of trauma
- Review theorists: Erickson, Sullivan, Kohlberg, Freud, Frankl, & Ruiz
- Learn about United Nation's Sustainable Development Goals
- Identify interventions for recovery, healing, & integration
- Connect & empower self through Mind-Body-Eco-Spirit
- Learn ways to nurture Emotional Intelligence (EQ)
- Learn Emotional Genograms to understand family dynamics & generational transmissions
- Learn techniques of mindful meditation
- Includes didactic presentation of theory, method, research, and techniques

This 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: <https://bit.ly/MWseptember>

DATE: Saturday, 26 September 2026

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

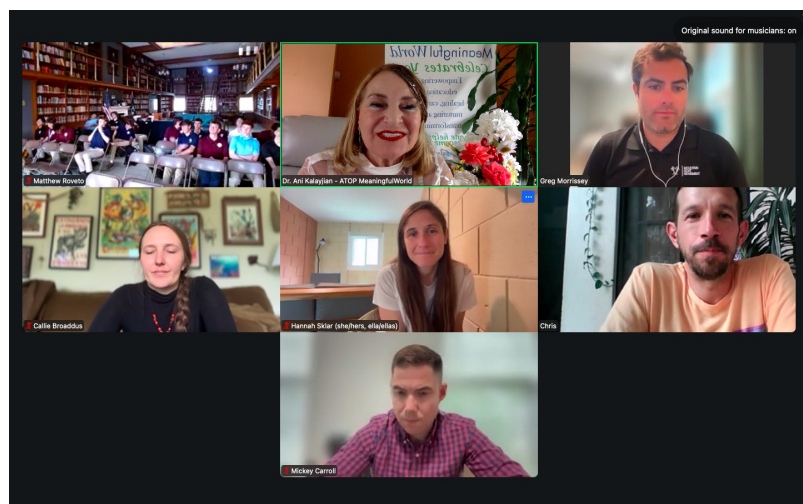
*ALL FEES INCREASE \$10 after 20 September so make your payment early!

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

26 September 2026, 9:30 AM - 3:30 PM

The full-day Self-Care & Mindfulness Workshop, facilitated by Dr. Kalayjian with Visionary Speaker Juan Rodriguez of Boundless Freedom, guided participants through sessions on emotional intelligence, preventing vicarious trauma, Emotional Genograms, and experiential Soul-Surfing and meditation exercises — equipping attendees to become MeaningfulWorld Ambassadors for Humanitarian Relief & Peace-Building.



Dr. Ani Kalayjian joined three fellow nonprofit founders for a virtual leadership panel hosted by Mountain Goat Movement, speaking to 70 high school students about a life of service and the mission of ATOP MeaningfulWorld.

[Click here for panel summary](#)



MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



Hybrid Workshop, Saturday, 16 May 2026

Mindful Leadership & Forgiveness

Conscientious Leadership, Forgiveness, MeaningfulWorld View, Logotherapy

Facilitator: Dr. Ani Kalayjian, Founder — ATOP Meaningfulworld
Visionary Speaker: Lada Levit, L.Ac. Premordial voice

HOW CAN YOU MAKE YOUR LIFE MORE MEANINGFUL?

Attend this program & become a Meaningful World Ambassador
 for Humanitarian Relief & Peace-Building

Program Focus:

- * Review the importance of service
- * Learn to integrate mind-body-spirit-soul-environment connection
- * Learn the 5 shadows impacting us negatively and 5 pillars of service
- * List & describe 12 steps of mindful leadership
- * Integrate benefits of forgiveness while shedding light on myths of forgiveness
- * Practice forgiveness and forgiveness meditation and learn about religions and forgiveness
- * Learn healthy patterns of connecting with ourselves, the world, those we serve, and the universe
- * Includes didactic presentation of theory, method, research, and techniques

This 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/MeaningfulWorldMay>
 Phone: 201-941-2266
 DATE: Saturday, 16 May 2026
 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 10 May 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

This May, MeaningfulWorld hosted a transformative day of healing and education, bringing together scholars, practitioners, and community members for a powerful program of reflection, dialogue, and renewal. From visionary presentations to experiential soul-surfing exercises and a closing meditation, the day wove together wisdom, art, and collective healing. Special gratitude to our visionary speaker

Lada Levit, L.Ac., for her profound contributions.

Click Here



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."



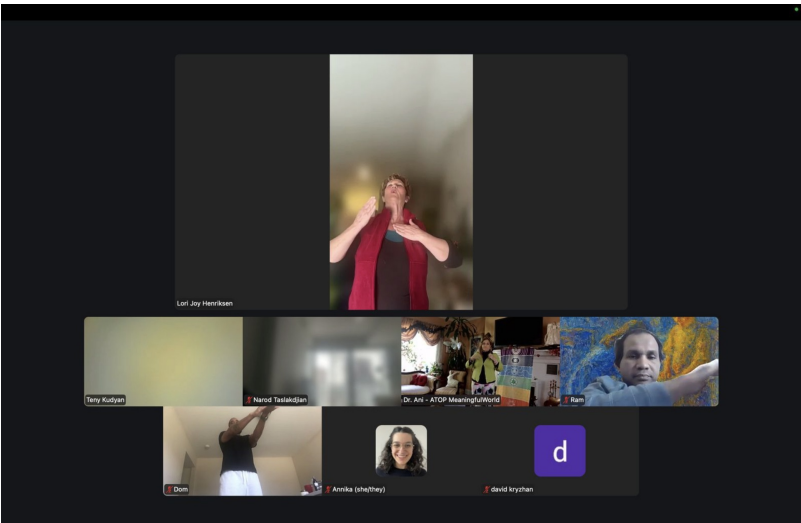
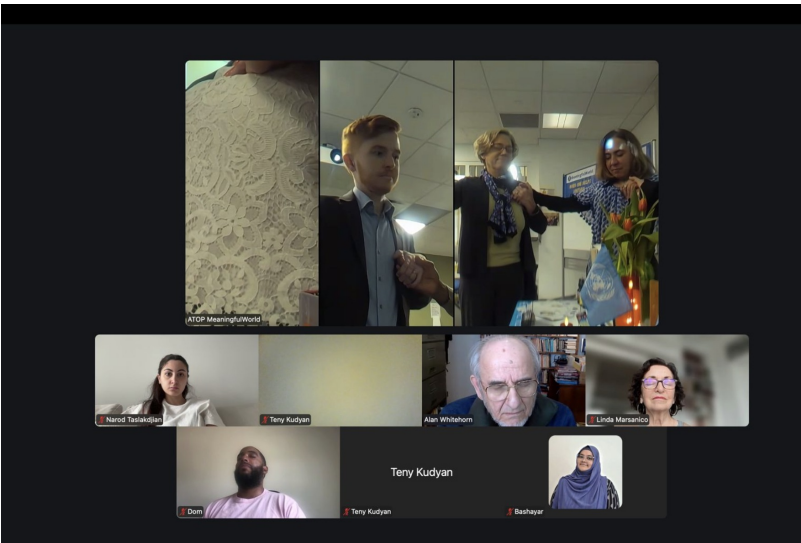
Dr. Ani's signature Heart-To-Heart-Circle-of-Love-and-Gratitude

1 May 2026

Master Class & Training at TWI in Vermont by Dr. Kalayjian.

Over 65 participants gathered, thanks to Crystal Barry.

Click Here



Saturday 25 April 2026, 10 - 3:30 PM EST

This April, MeaningfulWorld brought together scholars, survivors, diplomats, and healing practitioners at Fordham University for a powerful day of witnessing, educating, and preventing Genocide. From opening remarks to the Heart-to-Heart Circle of Love and Gratitude, the day wove together testimony, art, and dialogue in the spirit of Genocide prevention and healing. Special gratitude to speakers, and Fordham University.

[Click Here](#)

Saturday 28 March 2026, 10 - 3:30 PM EST, Virtual

Disaster Relief & Meaning-making Workshop

The Disaster Relief & Meaning-Making Workshop was a powerful and grounding experience, bringing participants together to process collective trauma, build resilience, and explore how meaning-making can support healing in the aftermath of crisis. Special gratitude to Lori Henriksen, our Visionary Speaker, who shared sound and energy healing experiential meditation.

[Click here to read the summary](#)

MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



Thursday 12 March 2026, 2:30 PM EST, Virtual



ATOP Meaningfulworld at United Nations Presents a parallel Program at the 70th Commission on Status of Women (CSW) on

AI & EI: Challenges for Empowerment of Women & Girls Globally

Sustainable Development Goals: 2, 3, 4, 5, 8, 10, 11, 16, 17

Chair Person: Dr. Ani Kalayjian

Welcome: Dr. Kalayani Gopal, Psychology Coalition of Accredited NGOs at the United Nations
 Dr. Tara Pir, Institute For Multicultural Counseling & Educational Services (IMCES)

Invocation: Dr. Eric Shokei Manigian, M.Div. Union Theological Seminary, NY.

Faculty:
 Guatemala, Prof. Maria Del Pilar Grazioso, Universidad Del Valle. Challenges for women in Guatemala
 Uganda, Mr. Jacob Bole. Hope Renewed NGO. Feeding, Healing, & Educating Women & Girls in Uganda.
 Lebanon, Dr. Maral Boyadjian, Lebanese Psychological Association. Challenge in EI & AI in Lebanon
 USA, Lida Aсылan, MeaningfulWorld. Empowering Women & Girls Globally: Lessons learned
 Closure: Heart-to-Heart-Circle of Love, Gratitude, and Peace, Mariam Manucharyan, Komitas (Kaqavik) on piano

This panel will focus on healing traumatized women and girls globally. Our organization has volunteered in 50 countries and 26 states in the USA. Our observations have highlighted the continued violence against women and girls globally. Panelists will be focusing on challenges to healing in Guatemala, Nigeria, Uganda, Armenia, Lebanon, Palestine, and others. We will share strategies to transform women's trauma and nurture their emotional intelligence, which is increasingly important in a world full of AI. We have observed women are often leaders in their community and family, so investing in this population is investing in our future.

When one helps another, BOTH become stronger!

DATE: Thursday 12 March 2026

Info@meaningfulworld.com

RSVP by 7 March to receive zoom link!

For more information call:
Dr. Kalayjian, 201-723-9578
www.meaningfulworld.com

Cosponsors: Association for Trauma Outreach & Prevention (ATOP)
 Meaningfulworld, ACRPC, AGBU & Institute for Multicultural Counseling & Educational Services (IMCES)

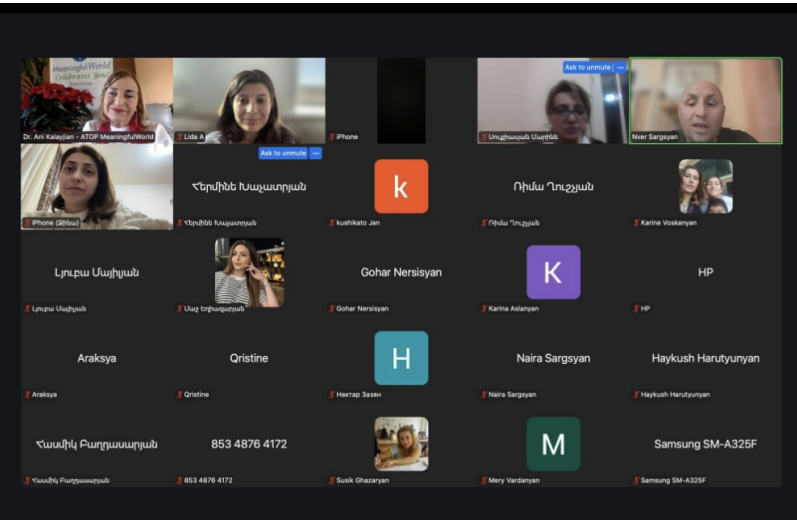
Must register for a link;
info@meaningfulworld.com **deadline: 6 March 2025**

Thursday 12 March 2026, 2:30 PM EST, Virtual

MeaningfulWorld organized a Parallel Conference at the United Nations Commission on Status of Women, 70th Anniversary

AI & EI: Challenges for Empowerment of Women & Girls Globally

[Click here to read the summary](#)



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

Watch Here



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
- 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 Latiroffian

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

2025 11 November Radio interview with Dr. Kalayjian

Listen here



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

Read more



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

Read more

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.

We have fed over 7,000 children since August 2024.

More Information



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

More Information





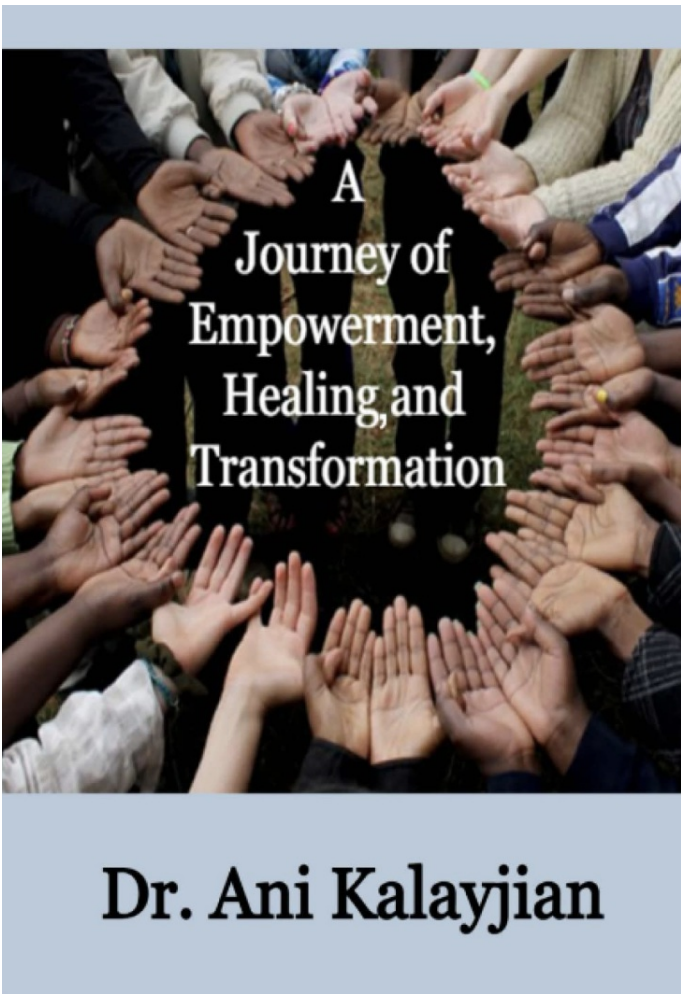
Weekly Meetings

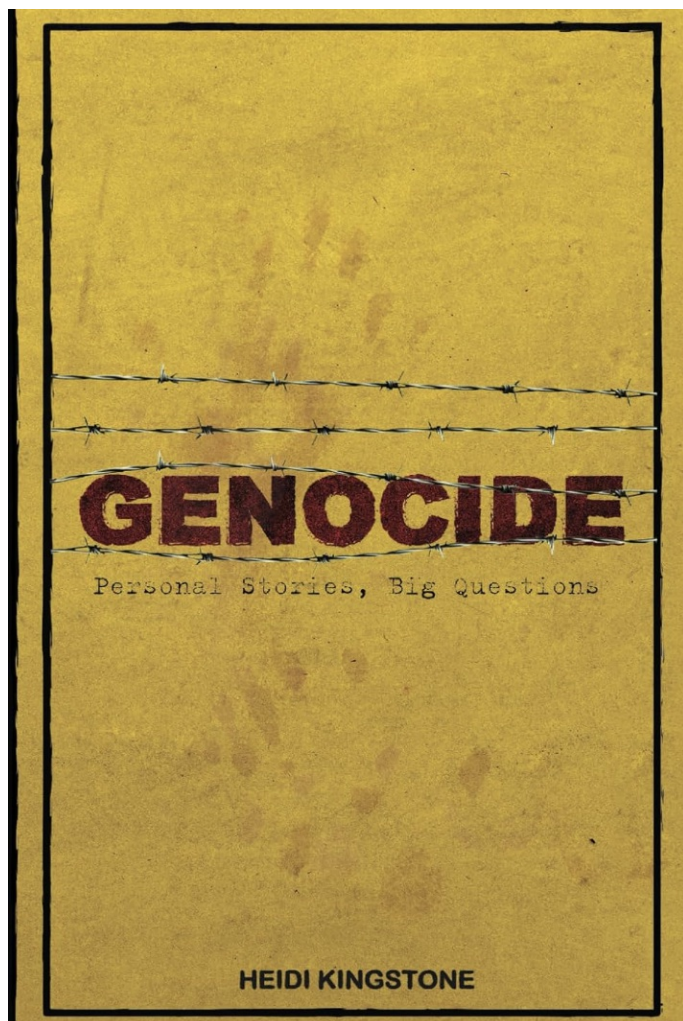
Weekly Support Groups
\$5 tax deductible donation
Managing stress, anxiety, fear, and uncertainty in times of global crises
When: Every Thursday
Time: 12:00 - 1:00 PM (EST)
Where: info@meaningfulworld.com for zoom link

[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



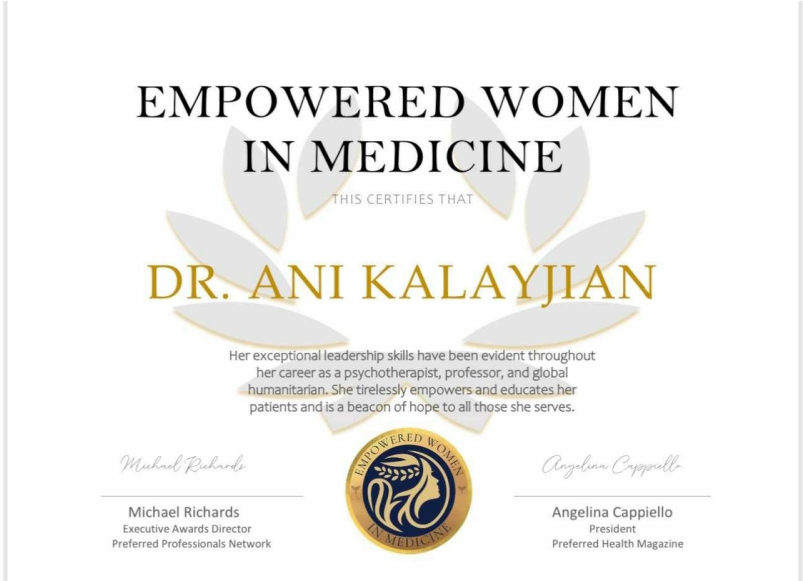
Awards

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



Intern Call: 2026-2027

Association for Trauma Outreach and Prevention (ATOP)

Mission:

At *Meaningfulworld*, the goal is to prepare a generation of conscientious individuals who are guided by love, peace, passion, and meaning. *Meaningfulworld* is dedicated to fostering a meaningful, peaceful, and just world in which every individual enjoys physical, mental, social, economic, and spiritual health. A sense of meaning, peace, and justice, although unique to each individual, is achieved through a transformative journey that integrates knowledge and experience with a sense of responsibility and reflection. This transformative process is also attained through healthy relationships that nurture open, honest, and transparent communication, insight into forgiveness, love and spiritual connection, and sacred activism.

Available Positions:

All internships are conducted under the supervision of both Dr. Ani Kalayjian-Founder and CEO, Board of Directors of ATOP, and the Intern Coordinator.

1. **Grant Writer/Researcher:** Assisting the Grant Committee to research & write grants, apply for awards, disseminate the work through printed materials
2. **United Nations Internship:** Presence is essential on Thursdays to attend international meetings & join DGC and CoNGO Committees. One year minimum.
3. **Web Support:** Upload photos, press release, and reports on our website.
4. **Digital Media:** International footage from our humanitarian missions. Successful candidates could make a short film for YouTube for educational outreach.
5. **Marketing Intern:** Taking part in our active research team with local and international research from around the world.
6. **Fundraising & Outreach Intern:** To maintain sustainability of our organization, organizing fundraising events for social gatherings to raise funds.
7. **Educational Coordinator and assistant:** Managing monthly educational workshops.

Location: Although based in the New York Metropolitan Tri-State area, USA, other internships are welcomed. Internships are mainly virtual except the UN. Monthly meetings are virtual, mandatory on first Monday eve. Monthly training programs are mandatory and are hybrid.

Time commitment: 12 months–2 years, 5-6 hours a week (some internship less hrs)

Kindly send your resume, statement of purpose, internship position of interest, 3 goals consistent with our mission, 2 contacts for reference, to Dr. Kalayjian DrKalayjian@meaningfulworld.com, kindly visit: www.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*.



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

~ 2014 Meaningfulworld Haiti Mission - [VIEW HERE](#)

In June 2024, the Meaningfulworld team returned to Haiti for their eighth humanitarian mission, guiding communities through trauma healing, forgiveness, and empowerment using Dr. Kalayjian's Integrative Healing Model. From university students to orphan caretakers, participants left feeling heard, hopeful, and reconnected.

~ **2025 Armenia Humanitarian Mission - [VIEW HERE](#)**

2025 marked Meaningfulworld's 27th humanitarian mission to Armenia, where Dr. Kalayjian and Professor Takooshian spent 11 impactful days leading 14 healing and educational programs across six universities, two ministries, and eight NGOs — reaching over 600 individuals directly and 2 million through radio and social media. The team also sponsored four children in distress, including two who lost their fathers in the 2023 Artsakh attacks. Even amid political unrest, the resilience and warmth of the Armenian and Georgian people reminded us that the human spirit remains unbreakable.

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

