



***Meaningfulworld Humanitarian Outreach Project (MHOP)
Utilizing the 7-Step Integrative Healing Model
Training Schedule in Kenya, Rwanda, & DR Congo
www.meaningfulworld.com***

***1 Day Training schedule and description (programs can be shortened to ½ day)
Healing, Peace Building, Empowerment, Restorative Justice, and Forgiveness
27 June – 14 July 2013***

***Dr. Ani Kalayjian, Victoria Alexander, BA, Rita Alexander, RPh, Leysa Cerswell, BA,
Haik Kocharian, Photographer & Filmmaker***

10-10:15	Introduction and overview
10:15-10:45	Self-Healing, Empowerment, EQ, Transforming Conflict
10:45-11	Meditation
11-12	Secondary Traumatization, Forgiveness and Peace Building
12-1	Lunch
1-1:45	Movie & Discussion: Forgiveness, Film from ATOP field work
2-4	7-step Integrative Healing Model, Experiential Healing Circle
4-5	Physical Release, Meditation, Closure Ubuntu Circle of Unity

Kenya: June 29-July 4:

Rwanda: July 4-8: Umutara polytechnic (<http://www.umutarapolytech.ac.rw/index.html>) located in Nyagatare Eastern province, University of Rwanda,

DR Congo: July 8-13, University of Peace, Peace and Conflict Resolution,



Team Leader: Dr. Ani Kalayjian is a graduate of Teachers College, Columbia University with Masters and Doctoral degrees. As a pioneering multilingual therapist, educator, United Nations Consultant over the past 20 years, traumatologist, genocide scholar, director and author, she has devoted her life to bringing healing to those who have survived the devastation of disaster, whether human-made or natural. Her 7-step Integrative Healing Model has been used in over thirty countries globally to transform the trauma into healing, through mindfulness, forgiveness and meaning-making. She has 4 internationally acclaimed books on Disaster & Mass Trauma, Chief Editor of an international book on Forgiveness & Reconciliation: Psychological pathways to conflict transformation and peace building (Springer Publishing, 2009, paperback 2010), and Chief Editor of II Volumes on

Emotional Healing around the World: Rituals and practices for resilience and meaning-making (Greenwood, ABC-CLIO, 2010), a CD on Ancestral Healing Meditation (in 4 languages).



Victoria Alexander is an ambitious young lady who enjoys working and learning from multicultural people. Victoria comes from a multicultural family: Spanish, Greek and Italian and she loves to meet new people and finds it important to learn about cultures other than her own. She works full time as a Research Data Associate at the NYU Medical Center in the PTSD division under the supervision of Dr. Charles Marmar, NYU Chair of Psychiatry. Ultimately she wishes to work as a Clinical Psychologist studying behaviors differences in cultures.

Rita Alexander: Rita Pisani Alexander is a native New Yorker who derives great satisfaction serving New York City's neediest patients as a registered pharmacist. She has worked for over 33 years in a hospital in Queens, New York. She has received honors at Queens Hospital regarding her work and dedication to the critical care unit (adult and neonatal) as a pharmacist. Mrs. Alexander has degrees from New York University (BA) and St. John's University (BS). Her Italian-born parents were World War 1 and World War 2 survivors who instilled strong family values in Rita and her brother. She has volunteered in nursing homes and public schools.



Leysa Cerswell: MA Psychology candidate at The New School for Social Research (NSSR). Working alongside communities in rural Kenya and with youth leaders in China, Kuwait, Mexico, Canada, and the US, inspires my commitment to social justice work. I work with Greenhope Services for Women, an alternative to incarceration residential treatment centre supporting women with addiction. My research aims to address issues and concerns relevant to populations that are underserved or marginalized in mental health care. I also assess the effectiveness of Mindfulness-based therapies with marginalized populations.



Haik Kocharian: Born in Armenia, Kocharian has lived in New York City since 1993. He began his studies at the Armenian Theater Academy and continued his education studying film directing and photography at Brooklyn College. Mr. Kocharian's solo exhibitions in New York City include Galerie Murlot in 2006, Robin Rice Gallery in 2007, 92 Y Tribeca in 2009 and James Cohan Gallery in 2010. Among other awards, Mr. Kocharian was a finalist in the Smithsonian Magazine Annual Photo Competition. He collaborates with various not-for-profit NGO's: African Services Committee, Chodron Foundation, Self Help Africa and Faiths for Safe Water. Mr. Kocharian has written and directed six short films including "Charlie," which won the Thirteen/WNET Reel 13 Shorts competition in 2007 and was broadcast on Channel 13. In 2007, he wrote and co-produced his first feature, "Manhattan Romance," a French-American production starring Isild Le Besco and Jean Mark Barr. His new feature film "Please Be Normal," starring Sam Waterston, Elisabeth Waterston, Louis Cancelmi and Dana Eskelson, will be released this year 2013.

Founded in 1990, the Association for Trauma Outreach & Prevention (ATOP) at Meaningfulworld, charitable organization affiliated with the United Nations Dept of Public Information, has achieved international recognition as a leader in training humanitarian outreach professionals as well as responding to two decades of global and local disasters. ATOP is committed to health and global education promoting state-of-the-art scientific theory, peace, forgiveness and 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. Meaningfulworld Humanitarian Outreach teams have helped rehabilitate survivors from over 45 calamities, 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, mind-body-eco-spirit health, visionary leadership, empowerment and artful collaboration through a new world view.

Our Motto: When one helps another BOTH become stronger