

Dr. Ani Kalayjian of Meaningful World to be Featured on CUTV News Radio

CLIFFSIDE PARK, NEW JERSEY, UNITED STATES, October 6, 2017 /EINPresswire.com/ -- When we help someone in need, we are both made stronger.

Dr. Ani Kalayjian is a board-certified expert in traumatic stress, professor of psychology at Columbia University and the founder of Association for Trauma Outreach & Prevention (ATOP), better known as Meaningful World, charitable organization dedicated to training humanitarian outreach professionals as well as responding to global and local disasters.

“We understand the challenge of creating peace,” says Dr. Kalayjian. “These atrocities are part of us, part of humanity. This is an everyday effort, so we have to focus on considering each day as a new dawn, a new hope.”



Meaningful World is about building community and developing humanity, transforming the traumas of the past to create meaning and give deeper purpose to our lives. Meaningful World’s Humanitarian Outreach Teams have helped rehabilitate survivors in over 45 countries, making a difference by transforming tragedy and trauma into healing through resilience, mindfulness, leadership and empowerment.

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“Many of the countries and communities we work in already have collaborators that have been working for over 30 years,”

says Dr. Kalayjian. “They reach out to us because they have local political conflict that’s devastating communities and instilling so much fear and terror that it is affecting their daily lives. So they ask for us to come and transform conflicts and help them create peace, deliver empowerment workshops, bring groups together to help bridge the gap between them.”

Upon earning her Doctor of Education degree from Columbia University in 1986, Kalayjian immediately began her humanitarian outreach efforts. From 1988 to 2006 she traveled the world to assist health professionals treating trauma cases after natural and man-made disasters, providing training to psychiatrists, psychologists and general practitioners in post-trauma therapeutic

interventions.

“Whatever tragedy we experience becomes less problematic and complex if we know how to manage our emotions,” says Dr. Kalayjian. “Every traumatic experience hurts us, but we have to ask, what did we learn from it? What can we do differently now knowing this about ourselves and how we respond in these tragic and challenging situations?”

“A positive action always is our choice, no matter how horrific our past experiences have been,” says Dr. Kalayjian. “We can't change what happened in the past or what happens to us by someone else, but we can learn to develop resilience, by embracing new situations openly and fearlessly. We help people build their resilience.”



CUTV News Radio will feature Dr. Ani Kalayjian in an interview with Jim Masters on October 10th at 11am EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Dr. Ani Kalayjian, visit <http://www.meaningfulworld.com>

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