

**ATOP Meaningfulworld Humanitarian Outreach Project to Romania:
Ancestral Healing, Forgiveness, and Meaning-Making**

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This presentation will focus on our recent Humanitarian Outreach Project to Romania our organization, The Association for Trauma Outreach & Prevention (ATOP) of Meaningfulworld, collaborated with a wide variety of professionals that are passionate about self-healing before healing others, and familiarized them with the *Biopsychosocial and Eco-Spiritual Model* and facilitated healing, peace building, meaning-making and forgiveness so that together we can help the Romanian people heal their emotional and psychospiritual wounds resulting from years of communist oppression, conflict, poverty, discrimination, and displacement.

As we journeyed together through the seven steps of the Model, the remnants of the Communist regime and transgenerational trauma were obvious in the hesitancy of our trainees to disclose their emotions, especially the men, and the feeling of shame and distrust in talking about matters of the heart. Abandonment, forced separation, grief, helplessness, and somatic complaints were some of the symptoms shared. Together we worked on exploring empathy, validating their feelings, reinforcing compassionate listening skills, and strengthening the inner cores so they can be advocates for peace-building and conflict transformation in their self, their communities, in Romania, as well as around the globe. Thus our presentation will focus on the power of emotions and conflict resolution and its importance in healing transgenerational trauma in Romania.