

Transforming Horizontal Violence in Haiti through 7-step Integrative Healing Model, and Forgiveness and Peace Gardens

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ATOP Meaningfulworld's latest humanitarian mission to Haiti to promote peace, healing and transforming humiliation to dignity through forgiveness. Most of communities we worked with are characterized by chronic trauma due to prolonged and continuous exposure to conflict, poverty, and political oppression. We will highlight the perspectives and experiences of the vulnerable and marginalized groups including children, women, students, and refugees; and the challenges to envisioning and embodying peace and forgiveness in the midst of ongoing conflict. The modality of the outreach was based in multicultural approaches to health, healing, peace-building, and happiness grounded in the 7-step Integrative Healing Model (Kalayjian, 1999, 2002, 2012) and made possible with the collaboration and partnership of community leaders, non-profit organizations, academia, governments and the media. Our assessment shows that although people appear to cope with the extreme stressors there seems to be high levels of suffering, high levels of trauma and humiliation, and hopelessness for any positive change. We will conclude with recommendations for research, clinical practice and policy revisions especially placing emphasis on the United Nations Declaration for Human Rights, as well as the United Nations Day on Happiness.

The Association for Trauma Outreach and Prevention (ATOP) Meaningfulworld has received international recognition responding to two decades of global and local disasters. Meaningfulworld Humanitarian Outreach teams have helped rehabilitate survivors from over 45 calamities, helping to transform trauma of into healing and meaning-making through post trauma growth, resilience, emotional intelligence, mind-body-eco-spirit health, forgiveness, empowerment and artful collaboration through a new world view. ATOP Meaningfulworld's global presence aims to raise consciousness and nurture resilience and sustainability among local and global communities. We will offer insight into the development of remedies focusing on collective and individual needs with the promotion of health, unity, and peace integrating mind, body, and eco-spirit. Special addition is our Forgiveness & Peace Gardens that we helped develop around the globe to help bring in an added mindfulness to the practice of peace.

On June 30, 2015, the Meaningfulworld Ambassadors completed the 9th Humanitarian Mission to Haiti: Sustainable Health through Emotional Intelligence, Meaning-Making, Forgiveness, Heart-Hug Dolls, and Establishing Peace and Forgiveness Gardens. The goal was to rehabilitate post-earthquake Haiti and move towards meaning-making and forgiveness. While the breath-taking devastation of the 2010 earthquake is still apparent, the people of Haiti show a strong face in the struggle against an unorganized and unstable government, lack of adequate housing, running water, and stable electricity, high unemployment (80% of the people live in poverty), and inadequate education (the illiteracy rate is 60%). Even though the people strive to quell their emotions and there is an underlying hint of apathy, dehydration, helplessness, and

horizontal violence, the Haiti is a resilient, energetic country. The training programs focused on Emotional Intelligence, meaning-making, transforming horizontal violence, sharing resources, practicing forgiveness, the 7-Step-Integrative-Healing Model, the 4 Agreements (Ruiz), generational transmission of trauma, Human Rights Education, peacebuilding, and UN Sustainable Goals. Our previous research findings suggest the following that the average levels of forgiveness, search, purpose were quite high, while symptoms of trauma were more moderate in the Haitian population. Using the scoring guidelines provided by Mollica, Capsi-Yavin, Bollini, Truong, Tor, and Lavelle (1992) we categorized participants with a trauma severity score of 2.5 or greater as likely PTSD cases. Using this scoring procedure revealed that 11% of the sample met criteria for PTSD. After examining histograms of each variable it was determined that the data were negatively skewed for forgiveness, search, and purpose, and trauma was positively skewed. To address the skew in these data each variable was transformed using a base 10 logarithm as recommended by Tabachnick and Fidell (2007). Transformed data were used in all subsequent analyses. Furthermore, the three-item total forgiveness score did not possess internal reliability and hence was not used in further analyses. The emphasis on forgiveness and meaning-making is important in alleviating trauma and trauma related stressors. Meaningfulworld team built forgiveness gardens with the locals at the University of Haiti. Many people shared that usually professions focus either on body, mind, spirit, or ecology, while Meaningfulworld integrates all these aspects into a meaningful holistic approach of healing, therefore they called “Meaningfulworld is the cure for Haiti.”