

Dr. Ani Kalayjian the Founder & CEO of International Association for Trauma Outreach & Prevention and Professor of Psychology at Meaningfulworld, successfully delivered a well attended public lecture at the University of Nairobi, taking the audience through the steps in **CULTIVATING INNER PEACE, HAPPINESS AND WELLBEING** which included physical activities like Yoga.

She has developed a 7-step model: Biopsychosocial and Eco-Spiritual Model to guide survivors in transforming experiences of trauma into healing, forgiveness & meaning-making and has treated and healed trauma survivors internationally.

Part of those in attendance included the chair department of psychology, [Prof. Priscilla W. Kariuki](#) and other academic and administrative members of staff.