

Enduring the survival challenges of war - directly or indirectly - often results in life divided into "before" and "after," marked by sudden shifts in emotional well-being, behavior, and outlook.

Our innovative three-month psycho-spiritual healing program, developed in collaboration with leading Armenian and international mental health experts, supports individuals to recover from post-traumatic stress and empowers to rebuild their lives through three transformative stages to Revive, then Strive and Thrive in life again.

Inspired by the Armenian people's profound legacy of survival and revival, we named this "**Armenian Revival Journey.**"

Each milestone is designed to help participants remember their life stories, engage with the experiences of others in the group, and draw strength from spiritual values and the resilience found within their families and broader communities. This process empowers them to reauthor their own lives with pro-future narratives, filled with purpose and reignited hope.

Each phase, offered in group formats of various sizes, is designed to:

- Reconnect individuals with their life stories.
- Anchor participants in spiritual values and the resilience found within family and community histories.
- Foster healing through shared experiences.

What Participants Are Saying

Anonymous feedback from nearly 100 participants with mid-to-severe levels of acute PTSD highlights how program's promise becomes reality:



91,7% among 72 participants (51 with severe and 21 with medium acute PTSD, measured by PCL5) of six-week psycho-spiritual support program, according to triangulated data comprised of pre- and post-questionnaires, focus group discussions and individual assessment of each participant, experienced positive impact in three main dimensions:

- 1. Personal Agency:** Cultivating a sense of empowerment and control over one's life.
- 2. Community Belonging:** Strengthening social connections and fostering a sense of belonging.
- 3. Narrative Alignment:** Integrating past experiences into meaningful and empowering stories about the future.

In addition, the program offers two unique value-added dimensions, where participants also reported significant change:

- 4.** Connecting personal experiences with collective histories to build a grounded and resilient sense of identity.
- 5.** Aligning spiritual values with personal goals and actions.

For non-Armenian-speaking audiences, presently there are two ways how our psycho-spiritual healing program can be borrowed:

- by joining online and on-site practitioner trainings, or
- jointly working with adapting this innovative method to that of a particular local setting.

For either option, or exploring more ways, reach out on the website.



www.revival.am



We pursue a **global mission** of creating innovative 'psycho-spiritual' healing and empowerment solutions, rooted in the historical experiences, spiritual values, and most advanced methods in modern psychology for delivery in post-conflict and post-crisis contexts.

Our vision is grounded in the belief the invincible spirit of the Armenian people, who have endured the storms of history with unwavering resilience over long centuries, is the missing element of a unique psycho-spiritual empowerment journey to revive and embrace a second chance in life.

The Foundation was established by the vision of the Armenian - American entrepreneur, innovator and philanthropist Dr Noubar Afeyan with the blessings of His Holiness Karekin II, the Supreme Patriarch and Catholicos of All Armenians.

REVIVE

"Revive" is a six-week group support program, with 2-2.5hr sessions each week. A group is comprised of 12 individuals, with sessions facilitated by a re-trained mental health expert. These sessions support individuals in re-authoring their own lives with pro-future narratives, filled with purpose and reignited hope to embrace a second chance in life.

REVIVE

STRIVE

STRIVE

The **Strive** program is an intensive two-day experience designed as the next step after the six-week **Revive** program. Bringing together 30 participants, including **Revive** graduates, this program focuses on selfdiscovery and collective healing. Guided by re-trained experts, participants reconnect with their inner strengths by sharing and reflecting on each other's stories, exploring broader community experiences, and grounding themselves in spiritual values. **Strive** offers a transformative space to build resilience and deepen connections

THRIVE

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Thrive marks the final milestone of the **Armenian Revival Journey**, culminating in a four-hour community celebration. Graduates of the **Revive** and **Strive** programs come together with friends and family to honor their healing journey and shared growth. During the event, participants share experiences and collaborate to design small, impactful projects aimed at strengthening local resilience networks and fostering positive change within their communities. **Thrive** is a celebration of transformation and a step toward collective empowerment.