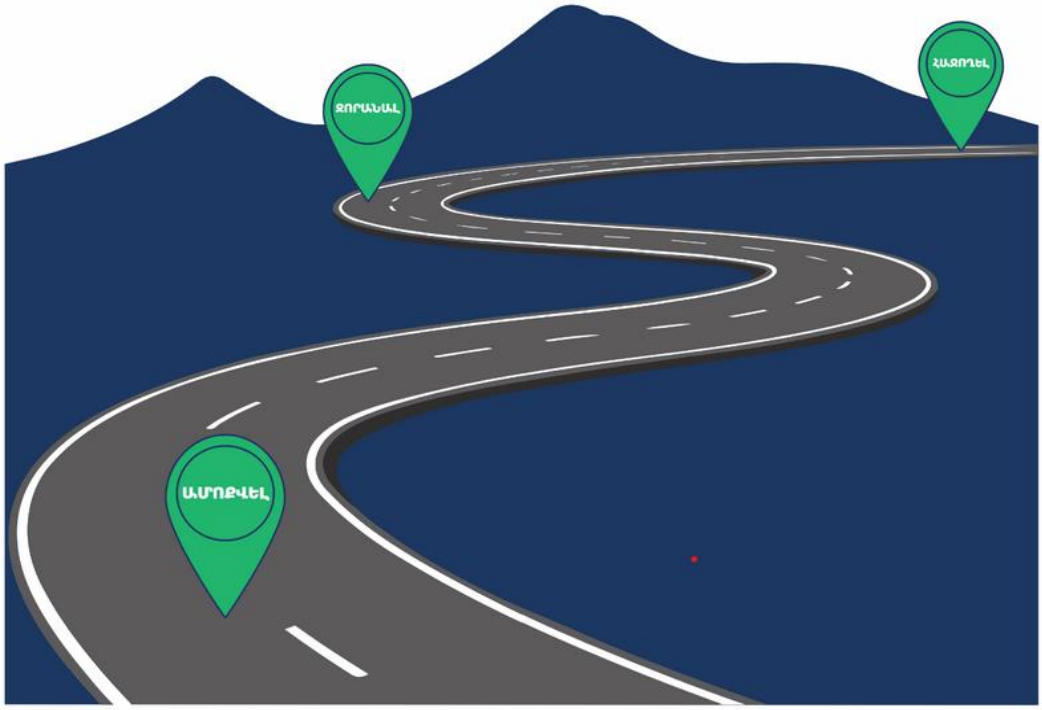
Armenian Spiritual Revival Foundation

RESULT-BASED PROJECT REPORT

Armenian Revival Journey | September 2024 – February 2025

This report is intended for informational purposes and provides a summary of program implementation and outcomes. The findings presented are based on monitoring, evaluation, and learning data collected during program delivery.



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EXECUTIVE SUMMARY

From September 2024 to February 2025, the Armenian Revival Journey program was implemented across Yerevan, Gyumri, and Vanadzor, engaging 552 participants in a structured, multi-phase approach to personal and community transformation.

The program ran in three phases: Revive (8 groups, 6 sessions each), Strive (7 intensive two-day events), and Thrive (5 graduation ceremonies celebrating participants' growth). It was led by 6 project staff and 12 trained facilitators.

552	3	20	12
TOTAL PARTICIPANTS	CITIES	EVENTS	FACILITATORS

Headline impact

- Revive Phase: 91.7% of participants experienced moderate or higher positive change in pro-future mindset.
- Strive Phase: 80.2% reported medium-to-high improvement in social belonging.
- Thrive Phase: 79.3% of three-phase completers experienced high-level positive change in social connectedness.
- PCL-5: 77% of 79 retested participants showed measurable improvement; 81% of 52 retested at 6 months sustained the gains.

> *"The name of the program had a lot to say, and that attracted me as well."*
>
> — Program participant

The evaluation confirms the program's effectiveness in fostering behavioral change, enhancing social belonging, and strengthening psychological resilience. Recommendations for future phases include scaling the program, refining methodologies based on impact assessments, and integrating additional community-based support mechanisms to sustain the outcomes achieved.

PART ONE: PROJECT OVERVIEW

Background

The Armenian Revival Journey was born out of a deep recognition of the psychological and spiritual wounds left by historical and contemporary traumas. The co-founder, Dr. Noubar Afeyan, driven by a commitment to national resilience and healing, envisioned a structured yet deeply personal approach to restoring individual and collective well-being.

The idea emerged from witnessing the long-lasting impact of forced displacement, war, and loss — and from the necessity for a culturally rooted, values-based mental-health support system. The program is built on the belief that narratives shape our identities and that, by reconstructing personal and national stories with hope and purpose, individuals can reclaim their agency and strength.

At its core, the initiative assumes that healing is not a linear process but a transformative journey requiring both introspection and community support. By integrating historical reflection, psychological methodologies, and spiritual elements, the Armenian Revival Journey fosters belonging, purpose, and empowerment — ensuring that participants not only process their past but also build a vision for their future.

Objectives

The objectives of the Armenian Revival Journey (ARJ) program were designed to foster social belonging and a pro-future mindset among participants. Through three interconnected phases — Revive, Strive, and Thrive — the program aimed to enhance personal agency, alignment, and community connection while strengthening spirituality and active historical thinking.

Three Phases of the Journey

Each phase contributes a distinct yet interdependent element to the participant's transformation. Together they form the "chemistry" of revival.

01 REVIVE

Planned KPI: 30% retention • 65% positive result

Increased ability to re-author a stronger pro-future narrative, resulting in positive behavioral modifications.

02 STRIVE

Planned KPI: 50% retention • 65% positive result

Improved sense of community belonging and strengthened social connections through active historical thinking and spiritual values.

03 THRIVE

Planned KPI: 65% positive result

Sustained and expanded social connections and sense of belonging, leading to a more supportive and integrated social network with deeper relationships.

Goal

Chosen Revival and Leap of Faith

To promote inner resilience, foster meaning-making, and support envisioning the future for post-traumatic revival.

Operational Summary

The Armenian Revival Journey unfolded across Yerevan, Gyumri, and Vanadzor. The program officially launched in September 2024 with the introduction of an online self-assessment platform and a targeted social media campaign to recruit participants based on individual needs.

Revive phase

Eight "Revival" support groups engaged 90 participants. Sessions were facilitated by 7 trained and 5 shadow facilitators, all equipped with skills in narrative therapy and guided by specially developed manuals. Groups were held in key community spaces: four in Yerevan at the ArtHouse training center, two in Vanadzor at Loft Vanadzor, and two in Gyumri at the KASA center.

Strive phase

A two-day intensive workshop format that had not been piloted before — a pioneering step. 193 participants took part across the three cities. Day one featured the Tree of Life exercise, a narrative-therapy tool that helps participants reflect on their identity, strengths, values, and social support systems. Day two introduced an innovative module on active historical thinking and core values, with two real-life narratives of Armenian genocide survivors who rebuilt dignified lives, connected to recognizable public figures, creating a powerful sense of continuity and resilience.

> *"Every time I'm leaving here filled with a renewed zest for life, motivated to pursue my dreams."*
>
> — Program participant

Thrive phase

The Thrive phase culminated the journey with a four-hour celebratory event that deepened social ties and honored participants' growth. A short documentary opened the event, followed by a panel discussion where three selected participants shared personal transformations, including reflections on the "Letter from the Future" activity. In total, 15 participants contributed during this segment.

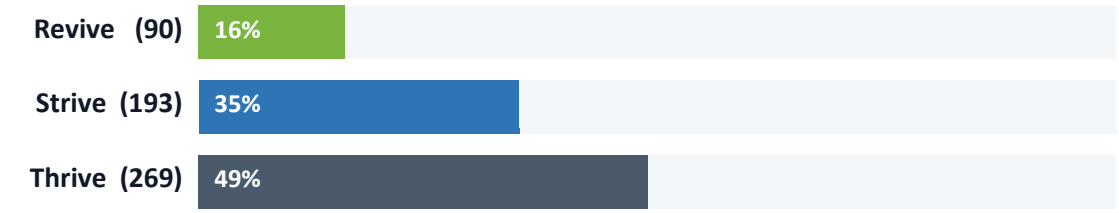
A unique component was a narrative theatre performance — a dialogue between a brother and sister — based on real participant stories from the Strive phase. The playwright incorporated insights from facilitators' summaries of previous discussions, so the piece evolved across events. Each participant received a symbolic token certifying their journey, and a collective word cloud captured the spirit of the experience. 269 participants attended the Thrive events, supported by 15 volunteers.

Thrive event — panel discussion and audience reflection

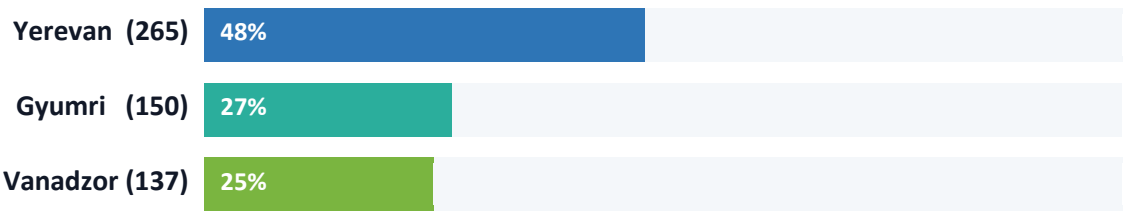
PROJECT INFO & DEMOGRAPHICS

552	236	20	3
TOTAL PARTICIPANTS	NOMINAL COUNT	GROUPS & EVENTS	CITIES

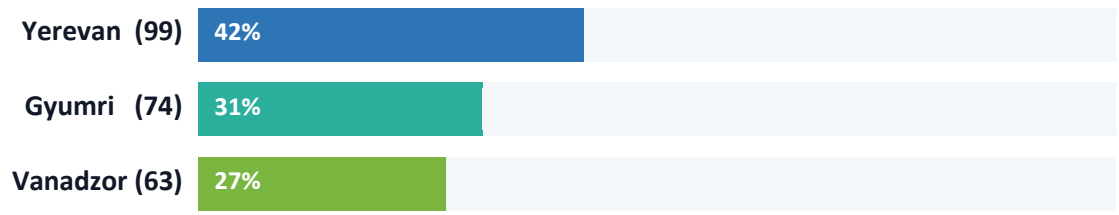
Participants across phases



Total participants across cities (552)



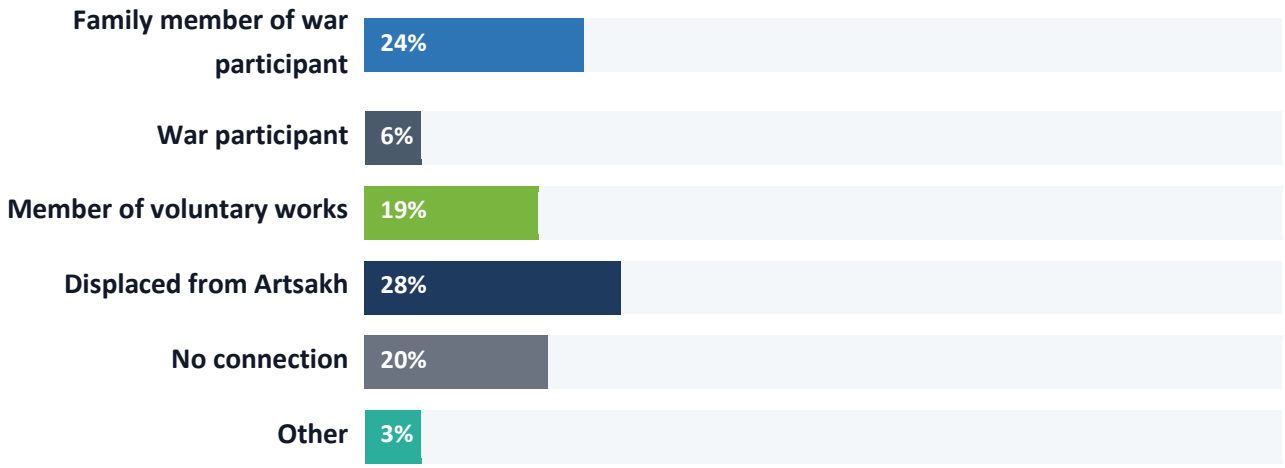
Nominal count across cities (236)



Participant profile

60%	96%	50%	65%	73%
AGED 31–50	FEMALE	MARRIED	SOCIALLY ACTIVE	HIGHER EDUCATION

Connection to war



INTERVENTION PLAN & SELECTION TOOLS

The intervention plan was developed collaboratively by a multidisciplinary team of experienced facilitators from prior pilot phases, psychology experts from Yerevan State University, and graduates of the University of Pennsylvania. Drawing on lessons learned from earlier implementations, the team refined the intervention's design to ensure evidence-based effectiveness and close alignment with the Foundation's strategic objectives. Each participant group followed a carefully structured plan of six sessions, piloted previously and further enhanced through rigorous collaboration and expert review.

An integral innovation was the collaboration with the Armenian Genocide Museum, which provided authentic stories of Armenians who, after surviving the Genocide, rebuilt dignified and meaningful lives. These narratives were presented alongside photographs and personal artifacts, fostering structured reflective discussions on resilience, shared values, and historical parallels. The featured historical figures were directly connected to Armenian public figures, further enriching participants' personal connection to the stories. The spirituality component, facilitated by blogger and spiritual leader Tovmas Arakelyan, prompted thoughtful discussions on core spiritual values, purpose, and meaning.

> *"I was deeply touched by the "letter to my problem" exercise. While writing it, I realized that my problem is partly already resolved, and partly it got resolved through the process."*
>
> — Program participant

Narrative theatre in the Thrive phase

A unique component of the Thrive phase was the narrative theatre performance, created by a professional playwright based directly on participants' personal stories and reflections gathered throughout the Strive sessions. This dynamic theatrical piece continuously evolved, integrating new insights collected from participant discussions during each event. The performance deepened participants' sense of connection and provided a powerful platform for collective reflection and healing.

Selection tools and PCL-5 assessment

The development and piloting of participant selection tools were conducted in partnership with the faculty of Person's Psychology at Yerevan State University. A two-step Post-Traumatic Stress Assessment Test (PCL-5+) tailored to the project's context was created. This tool underwent a piloting phase to ensure accuracy and reliability before full implementation. Experts also conducted random phone interviews to validate the tailored tool — confirming, for example, whether individuals identified as severe cases truly aligned with that classification. Results were used to identify potential participants (those with medium and severe levels of PCL-5 test results), enabling the Foundation to make informed contact and invite individuals to engage in the program.

MONITORING & EVALUATION FRAMEWORK

Framework objective

Design and implement a comprehensive M&E framework capable of capturing detailed and meaningful data on the impact of the Armenian Revival Journey. This includes measuring not only the extent (how much) and nature (in what way) of change experienced by participants, but also identifying cases where the program did not lead to the intended outcomes. The framework aims to uncover underlying reasons for varying results, enabling continuous improvement and evidence-based refinement of the program.

The M&E data was collected by the M&E Manager through facilitators, with the valuable support of the Program Manager. Monitoring data was evaluated by the M&E Manager, while the evaluation was conducted in close cooperation with experts from the Faculty of Psychology at YSU, led by Narine Khachatryan, Head of the Department of Person's Psychology.

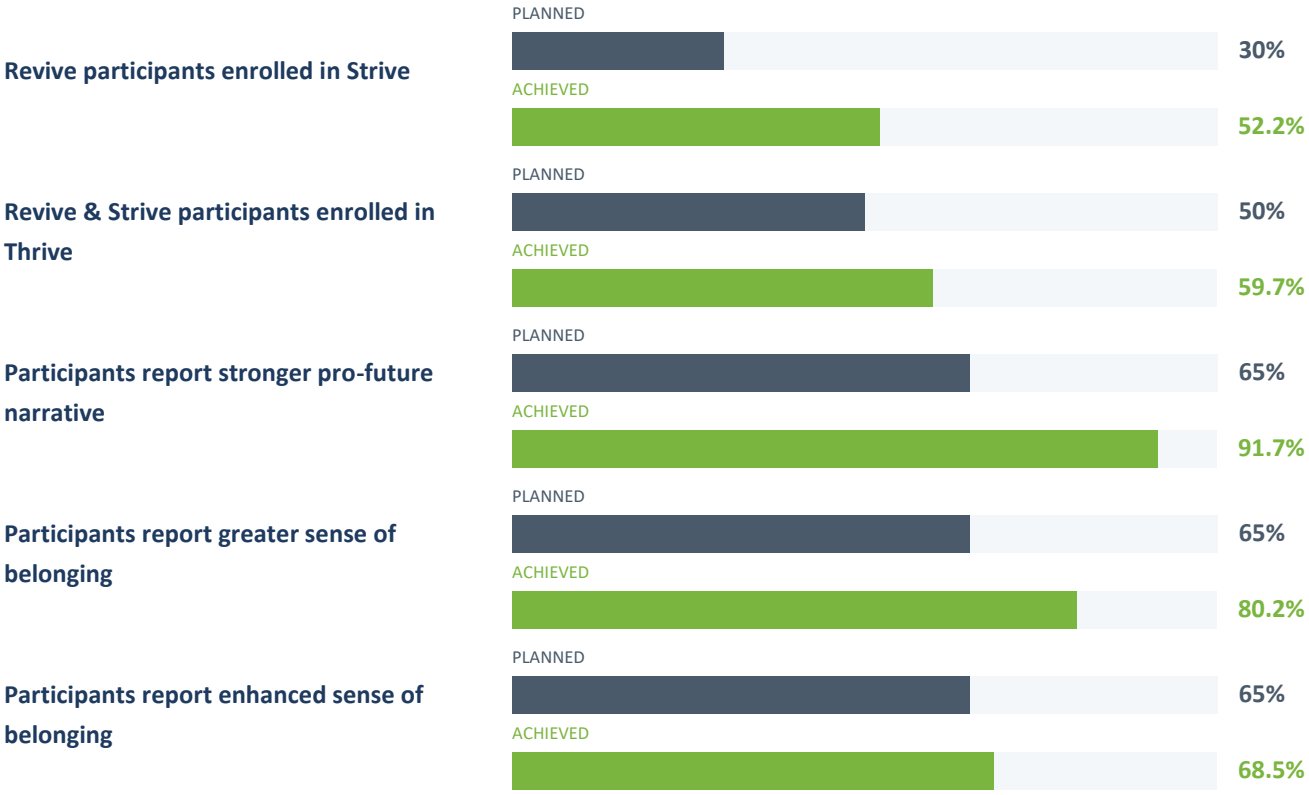
How we do it

The framework tracks and assesses progress across the three project stages: Revive, Strive, and Thrive.

MONITORING	IMPACT EVALUATION	STATISTICAL SIGNIFICANCE	EFFECT SIZE
Track progress and ensure quality	*How many people experienced change*	*Validating the results*	*Small, medium or large effect*
✓ Attendance	✓ Pre & post tests	✓ Student's t-test	✓ Cohen's d test
✓ Observations	✓ Facilitator analysis	✓ Wilcoxon test	
✓ Feedback	✓ FGDs & interviews		

KPIs: planned vs achieved

Across all measured indicators, the program met or significantly exceeded targets.



The cumulative effect of the Journey is most visible among participants who completed multiple phases — a pattern that holds across narrative measures, social-belonging measures, and PCL-5 score reductions.

PR CAMPAIGN & PARTNERSHIPS

Awareness raising

A comprehensive PR and communication campaign was implemented across all major outreach channels, including social media, television, and radio. Two large billboards were installed in each of Vanadzor and Gyumri.

500K+	130K+	70K+	10K+
YOUTUBE VIEWS (10 testimonial videos)	STRIVE PHASE VIDEOS	MEN'S MENTAL HEALTH VIDEO	FACEBOOK FOLLOWERS

The campaign also featured an exclusive interview with Founder Dr. Noubar Afeyan and a TV interview with the Foundation's Director, Hovhannes Nikoghosyan, broadcast on the Public TV news channel. Four community-focused Thrive videos were filmed, and monthly bilingual electronic newsletters were circulated to a mailing list of approximately 600 people.

Community engagement events were organised in Yerevan, Vanadzor, and Gyumri, attracting 117 participants and fostering collaboration with local organisations and leaders.

Partnership

The Foundation's partnership strategy focuses on five main directions: co-developing and implementing joint programs; promoting mutual capacity building; supporting structured referral pathways; coordinating purposeful awareness-raising; and fostering collaboration with program graduates, including co-designed and partner-led small grant projects.

Across three cities, five partner meetings were organised with approximately 50 organisations participating. The Foundation has also established strategic collaborations with the Armenian Apostolic Church, the Armenian Genocide Museum-Institute, Matenadaran, AGBU, and others.

Capacity building for facilitators

Twelve qualified psychologists and social workers, drawn from the pool of experts who participated in the narrative-therapy training in Spring 2024, were carefully selected to serve as facilitators. Capacity-building activities were structured through a comprehensive series of trainings, workshops, and supervision sessions. Facilitators were equipped with methodologies tailored to the Revive, Strive, and Thrive phases, plus specialised knowledge in narrative psychology, powerful questioning techniques, and M&E criteria. Additional workshops provided deeper insights into post-traumatic growth and advanced conversational methods such as re-authoring and remembering.

A total of 10 structured trainings and workshops were delivered, complemented by two group-based supervision sessions per facilitator — ensuring continuous professional support and growth throughout the implementation period.

The facilitator team

> *""Tree of Life" was a powerful and transformative intervention that brought out people's inner resources from the past — it strengthened their faith and hope toward the future."*
>
> — Program facilitator

PART TWO: CRITERIA OF CHANGE

The chemistry of the project

At the heart of the model is Psycho-Spiritual Revival — the overarching goal of the journey. This revival is made possible through the strengthening of two core pathways: developing a pro-future mindset and fostering social belonging. These two directions are supported by carefully designed interventions across all three phases.

REVIVE

Strengthens personal agency, alignment, and community belonging, helping participants build a future-oriented outlook grounded in self-awareness and connection.

STRIVE

Introduces the program's core innovation — active historical thinking and spiritual values — a unique blend of narrative therapy with the Armenian survivalist experience and value system. Participants reflect on their resilience in light of collective history and spiritual meaning.

THRIVE

Deepens relational healing through the dynamics of "Others to Me" and "Me to Others," reinforcing interpersonal trust and shared community support.

TOGETHER

These elements form the chemistry that enables personal transformation and social revival — each phase contributing distinct yet interdependent components to the healing journey.

Criteria explained

The evaluation framework is centred on Personal Agency, Community, Alignment, and Active Historical Thinking and Spiritual Values — four dimensions that together reflect meaningful, transformative change.

Personal Agency

Empowerment and Control: measuring personal agency helps assess whether individuals feel more empowered and capable to re-author their pro-future narratives, and to make choices that shape their lives. This capacity to envision and pursue a desired future is vital for fostering resilience and encouraging positive social change.

Cavazzoni et al., 1999; Bandura, 2006

Community

Social Connections and Belonging: tracking shifts in community dynamics reveals how individuals cultivate or reinforce emotional bonds and support systems. Enhanced social belonging promotes resilience by offering emotional and practical support. After traumas, social connections and stronger networks foster a sense of community and shared purpose.

Cohen & Wills, 1985; Tedeschi & Calhoun, 1996

Alignment

Understanding and Integration: evaluating alignment measures how effectively individuals make sense of their traumatic experiences and integrate them into meaningful narratives. Narrative alignment, similar to coherence, is associated with post-traumatic growth, enabling personal transformation and greater resilience.

Siegel, 2020; Tedeschi & Calhoun, 1996

Active Historical Thinking & Spiritual Values

Context and Engagement: measuring participants' engagement with historical reflection allows us to assess how they draw insights from both personal and collective histories to navigate current challenges. By reflecting on the past, participants develop pro-future, resilient behaviors that prepare them for future obstacles. Assessing values shows the extent to which individuals' beliefs and values align with their actions and goals — fostering a sense of purpose and a forward-looking mindset.

Rokeach, 1973; Paradigma Educational Foundation, 2024

PART THREE: KEY FINDINGS

Participant feedback

Feedback was collected through an online Google Form at the end of each phase, including both quantitative and open-ended questions on event organisation, facilitation quality, environment, and participants' immediate reflections on personal transformation.

97% Participants consistently reported feeling supported and connected

99% Praised the facilitators for creating safe, engaging, and supportive group environments

90% Expressed a deep sense of commitment to the programs

97% Found others' stories inspiring and empowering — the impact of shared experiences

94% Felt ready to re-author their life stories, reflecting a transformative internal shift

85% Recognised their own role in the broader process of community healing

> *"Only here do I feel safe enough to cry. The emotions I've locked away for so long are finally released. I feel relief, peace, and the comfort of hearing others' stories."*
>
> — Program participant

Reflections in one word: participants vs guests

Participants and guests were asked to describe the Armenian Revival Journey in one word. Participants highlighted concepts like community support, personal growth, and helping others — reflecting internal transformation and empowerment. Guests emphasised emotional themes such as love, faith, and strength, showing the event's inspirational effect even on observers.

Together, the reflections show the program's dual impact: internal transformation for participants and external inspiration for observers.

PARTICIPANT REFLECTIONS

Community Support

Personal Growth

Building Support Networks

Knowledge Sharing

Helping Others

Resilience · Hope · Patience

Creating Change · Self-Reflection

Emotional Connection

GUEST REFLECTIONS

LOVE

Hope

Strength

Faith · Compassion

Unity · Support

Perseverance

Dedication · Life · Fight

"Maybe I would say, "Look at me and believe in yourself" — it feels like a message. I've been through a lot of hardships, and sometimes, when I look back, I'm surprised myself at how I managed to overcome everything on my own. It feels almost unreal."

— Program participant

IMPACT SUMMARY OF THE ARMENIAN REVIVAL JOURNEY

The cumulative effect of the journey

Based on mean arithmetic for the Strive and Thrive phases, the cumulative impact builds with each phase — the more phases a participant completes, the deeper the transformation.

REVIVE	STRIVE	THRIVE
91.7%	**80.2%**	**68.5%**
Pro-future mindset & behavioural change	**Sense of belonging & coping mechanisms**	**Enhanced sense of belonging**
• Personal Agency • Alignment • Community	• Spirituality • Active historical thinking • Shared narratives	• Others to me • Me to others

Phase-by-phase impact

Revive Phase — Laying the Foundation

The Revive phase focused on developing a pro-future mindset by enhancing Personal Agency, Alignment, and Community Belonging.

91.7% of participants experienced a moderate or higher positive change in these areas. These changes were validated through statistical analysis, confirming significance and reliability. The overall effect size ranged from medium to large, indicating a meaningful and measurable influence on participants' growth and development.

This phase served as the psychological foundation of the journey, equipping participants with renewed self-direction, internal alignment with values, and a sense of rootedness in community.

Strive Phase — Deepening Meaning

The Strive phase introduced the program's unique innovation — active historical thinking and spiritual values — blending narrative therapy with Armenian survivalist past and values.

- 73.8% of participants who took part in both Revive and Strive experienced a high level of positive change.

- Among those who joined only the Strive phase, 86.7% still registered moderate changes, showing that Strive content held intrinsic transformative value.
- The phase strengthened identity and meaning through reflection on shared history and personal values.

Thrive Phase — Strengthening Belonging

Thrive served as a culmination and celebration, reinforcing enhanced Social Belonging through interactive elements like panel discussions, group conversations, and narrative theatre.

- 79.3% of participants who completed all three phases experienced high-level positive change.
- 77% of those who took part in Revive and Thrive also showed significant transformation, indicating Thrive's role in reinforcing earlier progress.
- Among Strive & Thrive participants, 49.2% showed a moderate level of change — Thrive's impact is strongest when it builds upon the foundations laid earlier.

PCL-5 TEST RESULTS

The Armenian Revival Journey had a significant impact on PCL-5 score reduction among participants. Of 79 individuals who took the retest, 77% showed measurable improvement in their PCL-5 scores. At the start of the program, nearly half experienced severe PCL-5 scores; the data shows a steady decline across all groups, especially among those who completed all three phases (92%).

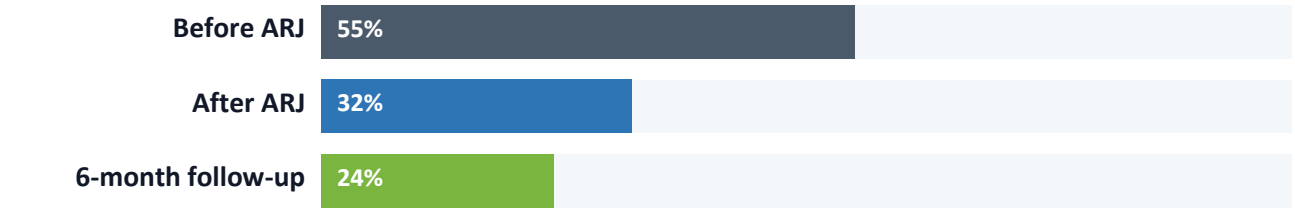
The improvement was statistically significant ($p < 0.001$), confirming that the changes are not random but strongly linked to the program's structured activities and support.

Six months later, 52 participants completed the follow-up PCL-5+, with 81% sustaining their reduced score levels — strong evidence for the durability of the program's impact.

77%	81%	92%
IMPROVEMENT IN PCL-5 (79 retested)	SUSTAINED IMPACT (52 at 6-month follow-up)	IMPROVEMENT AMONG ALL-THREE-PHASE COMPLETERS

PCL-5 score trajectory

Mean PCL-5 score from baseline to 6-month follow-up:



Lower scores indicate fewer PTSD symptoms.

Statistical significance

PRE → POST	POST → 6-MONTH FOLLOW-UP
$F(1, 51) = 40.32$	$F(1, 51) = 6.69$
$p < .001$	$p = .013$

CHALLENGES & ACHIEVEMENTS

Challenges encountered

Each phase of the Armenian Revival Journey presented distinct challenges that shaped the implementation process.

In the Revive phase, participant engagement required extra effort — delayed registrations, inconsistent attendance, and emotional intensity, especially in sessions involving Artsakh participants. Externalization exercises in early meetings proved emotionally demanding, and logistical issues like limited time for reading letters and extended final sessions affected flow and timing.

The Strive phase was marked by high management stress and structural gaps, including the absence of a competency framework and inconsistent communication with partners. Facilitator availability, particularly in regions, was limited, and some lacked adequate skills, leading to frequent program-manager involvement. The spiritual-values component needed more clarity, and online feedback tools felt burdensome for participants.

During the Thrive phase, organizing large events came with logistical pressure — late registrations complicated seating plans, and seasonal illnesses affected turnout. Some participants were hesitant to invite guests, and venue limitations (lighting, layout) made it difficult to create the desired atmosphere for meaningful interaction.

- Participant recruitment in Gyumri and Vanadzor
- Inconsistent attendance: seasonal illnesses led to last-minute absences
- Low male participation (9 men)
- Some Thrive participants reluctant to invite guests / witnesses
- Spiritual-values component needed more structure
- High management stress and workload, shortage of facilitators

Achievements reached

The Armenian Revival Journey program achieved strong results across all three phases.

Revive phase: over 91% of participants experienced meaningful psychological change, with high satisfaction and engagement levels. The program expanded its digital reach significantly and delivered one more group than initially planned, all within budget.

Strive phase: 87% positive impact among Strive-only participants and boosted social belonging among those continuing from Revive. Participants praised the safe, inspiring environment, and the historical-thinking and values modules were well received.

Thrive phase: 269 people engaged, deepening public awareness and community connection. Nearly all participants found the event meaningful, and guests strongly endorsed the program. Narrative theatre, panel discussions, and symbolic graduation ceremonies added emotional depth and visibility, while new partnerships enabled community-led initiatives.

★ Project KPIs reached

Project is effective and harmless.

★ High retention of participants

Participants committed to completing the journey by participating in all phases.

★ Strong digital reach

10,000 Facebook followers, 300K+ views on revival stories.

★ Successful active historical thinking

Enabling connection with collective narratives.

★ Cost-effective implementation

8 groups delivered within budget (initial plan was 7), free-of-charge venues.

★ Evidence-based narrative performance

Impressive theatrical piece and refined panel discussion produced.

★ Effective selection & evaluation tools

Developed with YSU experts.

★ Graduation ceremony

Symbolic wooden certificates added dignity, recognition, and lasting value.

★ Advanced program management

Strong performance and capacity building.

★ Strategic partnerships

Sustaining and expanding the project results — e.g., Armenian Church, Awesome Foundation.

LESSONS LEARNED

In the Revive phase, emotional pacing and session flow should be improved by adjusting the placement of intense activities and allowing more time for reflection. Integrating evaluation tools directly into the intervention plan, enhancing facilitator preparedness — especially for trauma-informed approaches — and offering structured follow-up for graduates are also recommended.

For the Strive phase, the need for a clear competency framework and more structured partner engagement was evident. Facilitator capacity should be expanded and supported through ongoing training and emotional debriefing. Efforts to engage men more effectively and to restructure the spiritual-values component were highlighted, along with diversifying feedback collection methods.

During the Thrive phase, logistical improvements — such as earlier registration deadlines and better venue planning — are essential. Encouraging guest participation, preparing for illness-related absences, and continuing impactful elements like narrative theatre and panels will strengthen future events. Alumni engagement through small-group follow-ups is also recommended to sustain community ties and program impact.

Way forward

★ Refine the intervention plan

Strengthen the program document, M&E and research component, including RCT.

★ Enhanced PR and public-awareness raising

Promote self-care practice.

★ Promote ongoing capacity building

Aligned with an established competency framework; expand the facilitators' pool.

★ Enhance participant recruitment

With a particular focus on male participants.

★ Enhance the spiritual-values component

Clearer goals, involvement of clergy, and a practical agenda.

★ Seek peer review and program expansion

Including external validation and replication.

On 13 March, a Lessons Learned Workshop was held with the participation of all facilitators and led by the Program Manager. In a structured and reflective format, facilitators identified key achievements, strengths, and areas for improvement related to both the intervention plan and the facilitation of the program's events. A detailed summary report of the workshop is available upon request.

VOICES & RESOURCES

Testimonials

“Only here do I feel safe enough to cry. The emotions I’ve locked away for so long are finally released. I feel relief, peace, and the comfort of hearing others’ stories.”

— Program participant

“Every time I’m leaving here filled with a renewed zest for life, motivated to pursue my dreams.”

— Program participant

“I was deeply touched by the “letter to my problem” exercise. While writing it, I realized that my problem is partly already resolved, and partly it got resolved through the process.”

— Program participant

““Tree of Life” was a powerful and transformative intervention that brought out people’s inner resources from the past — it strengthened their faith and hope toward the future.”

— Program facilitator

“Maybe I would say: “Look at me and believe in yourself.” It feels like a message. I’ve been through a lot of hardships, and sometimes when I look back, I’m surprised myself at how I managed to overcome everything on my own.”

— Program participant

> *"The name of the program had a lot to say, and that attracted me as well."*
>
> — Program participant

Resources — scan, watch, explore

Explore the program through video stories, interviews, and the Foundation's online channels.

The Revival story of Marine Gabrielyan (in Armenian)

https://www.youtube.com/@revival_am/videos

Interview with the Director of ASRF, Hovhannes Nikoghosyan

https://www.youtube.com/@revival_am/videos

Video about the Strive phase of the Journey (Armenian)

https://www.youtube.com/@revival_am/videos

Video About Thrive phase (Armenian)

https://www.youtube.com/@revival_am/videos

Online channels

Website: www.revival.am

YouTube: youtube.com/@revival_am

Facebook: Armenian Spiritual Revival Foundation

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CONCLUSION

The Armenian Revival Journey has proven to be a deeply transformative program, blending narrative therapy, active historical thinking, and spiritual values to foster healing and empowerment. Across the three phases — Revive, Strive, and Thrive — participants demonstrated significant improvements in personal agency, social belonging, and pro-future mindset.

The program's layered design allowed for cumulative impact, with the greatest results observed among those who engaged in multiple phases. Notably, 77% of retested participants showed improvement in PCL-5 scores, and 81% of the 52 retested at six months showed sustained or improved impact — highlighting the project's added value in trauma recovery.

The strong facilitation team, continuous supervision, and adaptive learning processes ensured high-quality implementation despite emotional challenges. Community engagement grew through outreach events and a successful PR campaign. Lessons learned across phases guided real-time adaptations and are shaping future program cycles.

The use of narrative theatre, panel discussions, and symbolic souvenirs added depth and cultural relevance to the participants' experiences. Data-driven evaluation confirmed the program's effectiveness and offered insights for replication and scaling.

Overall, the Armenian Revival Journey stands as an innovative model for community-based psychosocial support — rooted in both evidence and cultural identity.

Graduation ceremony — participants celebrate the completion of their journey

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