



Capacitar at the US/Mexico Border—Patricia Mathes Cane, PhD, Capacitar Founder/Director

CAPACITAR's
Vision is
Healing
Ourselves
Healing
Our World.

CAPACITAR
means
to empower,
to encourage,
to bring each
other to life.

We are an
international
network of
empowerment
and solidarity.

Capacitar teaches
simple practices
of healing,
team building and
self-development
to awaken people
to their own source
of strength and
wisdom so they
can reach out
to heal injustice,
work for peace
and transform
themselves,
their families and
communities.

Using a
popular education
approach,
Capacitar has
worked with
grassroots people
in over
40 countries.

With the current debate about US immigration policies and reforms, Capacitar is committed to work with groups who focus on human rights of refugees and immigrants, people traumatized by border issues, as well as communities impacted by drug cartel violence. To further this work we recently initiated a Capacitar Border Network that includes persons who have participated in trainings and who are using Capacitar in their outreach along the US/Mexico border. The network includes people from 4 states (Texas, Arizona, New Mexico and California) along with partners in Mexico (Juarez, Reynoso, Chihuahua, Saltillo, Oaxaca, Nogales and Tijuana). New bi-national trainings and workshops are planned as well as trauma healing trainings for human rights leaders and families of the disappeared from Chihuahua, Saltillo and other parts of Mexico.

Capacitar participants have brought much creativity and talent to their work in border communities. In January, over 60 men and women completed the 4-module Multicultural Wellness Trainings in El Paso and Ciudad Juarez. Their final reports described significant applications of Capacitar methods with a broad cross-section of groups. Participants created netmaps of their outreach showing how they had multiplied Capacitar with over 5,460 individuals in their organizations and communities.

To view interviews filmed by Taran Collis at the El Paso and Juarez trainings follow the Capacitar International link on YouTube.



Top photo: Capacitar en la Frontera co-coordinator Kathy Revtyak (center) with psychologists and community workers at the Juarez training. Bottom: A psychologist from Juarez reports on her use of Capacitar with groups.



Capacitar Juarez coordinator Sr. Arlene Woelfel SSSF (left) with participants from Ciudad Juarez, Saltillo, Chihuahua and the US.



Capacitar at the Border

During the last seven years, over 50,000 people have been killed in Mexican drug cartel-related violence, and since 2001 over 2100 people have died attempting to cross the border. Thousands of others live as internal refugees in Mexico or have fled to the US to escape kidnappings, extortion and daily violence. Capacitar continues to walk in solidarity with groups along the border and in the future will collaborate with human rights organizations and families of the disappeared in other parts of Mexico. The following articles describe some of the applications of Capacitar in different border communities.

Centro San Vicente, El Paso—Sr. Suzanne Anglim, DC

With the cartel and drug war violence, the lives of many at the border have been painfully affected by kidnappings, torture and killings. The patients and associates of Centro San Vicente Clinics were not spared. Our health system currently serves over 65,000 people per year. Koryna Herrera is a counselor at San Vicente Clinic and uses Capacitar in the Mental Health Counseling Center. Ana Rodriguez RN applies the work as a psychiatric nurse at our homeless clinic. The leadership of our three health care centers has been very supportive of our relationship with Capacitar and we hope to integrate Capacitar practices throughout the culture of our system. Centro San Vicente will again host the El Paso Capacitar training in 2014-2015.



Sr. Suzanne Anglim DC (left), counselor Koryna Herrera (center) and psychiatric nurse Ana Rodriguez RN (right) present their applications of Capacitar at the Centro San Vicente Clinics in El Paso, Texas.

San Diego/Tijuana & Southern California Networks

Capacitar networks are being coordinated by Monica Santos in the San Diego/Tijuana area and by Ree Taylor in the Southern California area. Gatherings, community workshops, rituals, and days of practice, study and support will be offered by both groups, as well as outreach and collaboration with other Capacitar border networks. Members of both groups recently traveled to Nogales and Tucson to participate in the border workshops and to share ideas and experiences with people in these areas.



Representatives from Capacitar Southern California and San Diego/Tijuana Networks



Workshop at HEPAC for staff and local organizations in Nogales, Mexico

Nogales/Tucson Workshops

Capacitar recently offered workshops in Nogales, Mexico, and Tucson, Arizona, coordinated by Mennonite minister Tina Schlabach and sponsored by the Mennonite Central Committee. The Nogales workshops at HEPAC (Hogar de Esperanza y Paz) offered self-care practices for staff working with migrants, youth and women's groups along with tools for organizations focused on justice for migrants, human rights and border issues. In Tucson participants came to learn skills for self-care and outreach as they work with migrants and refugees, persons in detention, justice issues, persons stranded in the desert while crossing the border, and women and children dealing with trafficking and border violence.



Sr. Kathy Braun SSSF (left front), co-coordinator of Capacitar en la Frontera, with the training group from Texas, Arizona, New Mexico and Juarez, MX.

Netmapping Outreach

With Capacitar's popular education approach to healing, training participants are encouraged to multiply what they learn with their families, organizations and communities. Three women from the Office of Human Rights and Families of the Disappeared in Saltillo, Mexico, multiplied Capacitar practices with over 700 people in 2013. They taught many groups including: migrants who



Guadalupe Reyes, Alma Garcia and Paula Robles report on their netmap of teaching Capacitar to over 700 people in Saltillo, Mexico.

had suffered human rights abuse, children in schools and parishes, those who have lost family members in the cartel violence, the tortured, parish groups, leaders who work with women in the barrios and their own staff and colleagues.

At the January Module 4 trainings in El Paso and Juarez, the 60 men and women who completed the course reported that they had multiplied the Capacitar practices with over 5,460 persons at 3 different levels. For some, the practices were used basically in their personal lives. Others incorporated the practices in their groups for self-care, while others integrated Capacitar practices in their organizational culture and community outreach. The practices were applied to many different populations representing over 30 organizations and agencies including: NGOs, parish and community youth groups, pregnancy groups, adolescents, seniors, women's groups, children with disabilities, offices of human rights, families of the disappeared, diabetes and weight-control groups, therapy clients, health clinics, church groups, migrant and refugee groups, jails and detention centers, homeless shelters, spiritual accompaniment programs, nursing students, school of social work, recovery groups, hospice and caregivers, family and friends. As one woman working in an office of human rights said: "Capacitar has been invaluable to us. We are grateful for the practices that help us to live and work in a society impacted by corruption and violence and that empower us to become an oasis of healing in the community."

Capacitar in Family Services and Social Work—Janine Laskowski Gallinar, LCSW

I began working with Capacitar en La Frontera in 2010 and have endeavored to implement Capacitar in my personal and professional life. I work part time as a clinical therapist at a local nonprofit mental health agency, Family Service of El Paso (FSEP), and as a clinical lecturer for the Department of Social Work at the University of Texas El Paso (UTEP).

In my work as a therapist at FSEP, I have been fortunate to have the support from our executive director to make Capacitar part of the culture at our agency. We provide training to support staff, student and professional interns and licensed therapists. The response has been very positive as therapists report using the techniques with clients on an individual basis, with families and with couples. They have also referred clients to a Capacitar group

we host at FSEP. In 2013 we started a support group for the seriously mentally ill (SMI) population that meets weekly for one hour. In every session we practice Capacitar skills with the group focused on recovery and wellness. Capacitar practices complement our goal to improve coping skills, improve the quality of life of our clients and address symptoms related to one's mental health diagnosis. Many of our clients suffer from trauma and depressive-related disorders and the regular practice of Capacitar skills has been instrumental in their healing process. Another benefit to practicing Capacitar with our SMI group has been how the model complements our psychoeducational efforts to increase clients awareness of the mind-body-spirit connection. The most telling evidence comes from the clients themselves and the examples they share of how the practices have helped them in times of panic or to remain in the present moment.

As a clinical lecturer at UTEP, I have been able to incorporate Capacitar in the classes I instruct. In social work education we adhere to the professions code of ethics to use evidenced based practices (EBP) with our clients and teach EBP models to social work students. Capacitar offers an EBP model that is well researched, yet simple to grasp and implement. Students are encouraged to use the practices for their own self care as developing professionals, as well as with clients in their internships and as helping professionals after graduation.

In both settings, at FSEP and UTEP, the Capacitar program has enhanced our efforts as social workers to provide effective and accessible treatment modalities to those in need. I have witnessed firsthand how the practices have brought clients, students and professionals together to share in a common experience continuing the mission of Capacitar International to "heal ourselves, heal our world". It is a blessing to witness the impact Capacitar has on the communities in which I serve and I am excited to be part of the growth of this movement worldwide.



Workshop led by Janine Gallinar, LCSW, at Family Service of El Paso

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Bequests made through your will may be for a specific percentage or sum of an estate.

Gifts of Life insurance - Transfer ownership of a life insurance policy to CAPACITAR.

FREQUENT FLYER MILES

Support our outreach to areas of conflict and violence. We need airline tickets. If you can help us with miles for tickets, call the Capacitar office at 831-471-9215.

CAPACITAR Calendar—2014

2014

- Mar 1 Workshop/Retreat HEPAC Hogar de Esperanza y Paz, Nogales Mexico
- Mar 2 Workshop/Retreat Global Justice Center/Casa Mariposa, Tucson AZ
- Mar 13-14 UNFPA workshop, Panama City, Panama
- Mar 15 Formation Day Panama team
- Mar 17-18 Training for teachers and schools, Panama City
- Mar 20 Workshop Presentation Center, Watts, Los Angeles CA
- Mar 21-23 Training 1 La Casa de Maria, Santa Barbara, CA
- Mar 25-28 Trainings in Haiti
- Mar 29-30 Training 3, Transfiguration Spirituality Center, Cincinnati, OH
- Apr 1-2 Workshop for health workers, House of Peace, Chicago
- Apr 12-13 Training of Trainers 1 Tokyo, Japan
- Apr 14, 15, 16 Tokyo workshops for Fukushima evacuees, elders, mothers of children with cancer
- Apr 18-23 workshops in Tsunami areas
- Apr 24, 25 Workshops in Ishinomaki, Tsunami area, Japan
- Apr 26-27 Training of Trainers 1 Ishinomaki, Japan
- Apr 29 Workshop/Retreat for Sisters of Charity of Otawa, Sendai, Japan
- May 10-11 Training 1 University of Edinburgh Chaplaincy Centre, Scotland
- May 12 Advanced Training 1, The Bield, Perth, Scotland
- May 17-18 Training 1, Barat House, Roehampton University London, England
- May 19 Advanced Formation, Barat House, Roehampton University London, England
- May 23-24 Capacitar Middle East Network Formation
- May 26-29 workshops in Bethlehem and Hebron, Palestine
- Jun 7-8 Training 3, Nano Nagle Centre, Ballygriffin, Ireland
- Jun 14-15 Training 4, Transfiguration Spirituality Center, Cincinnati, OH
- Jun 27-29 Training 2 La Casa de Maria, Santa Barbara, CA
- Jul 4-6 Trauma Healing Training 1 Families of Disappeared, Human Rights Chihuahua, MX
- Jul 20-30 Workshops in Kabul, Afghanistan
- Aug Trainings in Panama
- Aug 26-28 Trainings Barbara Ford Peace Center, Quiché Guatemala
- Sep 3 Advanced Formation 1 El Paso, Texas
- Sep 4-5 Training 1 Juarez, Mexico
- Sep 6-7 Training 1 El Paso, Texas • Sep 8 Advanced Formation 1 Juarez
- Sep 12-14 Training 3 La Casa de Maria, Santa Barbara, CA
- Sep 27-28 Training 2, Edinburgh, Scotland • Sep 29 Advanced Training 2 Perth, Scotland
- Oct Trainings in Indonesia and East Timor
- Oct 1-2 Training Noddfa, Penmanmawr, Wales
- Oct 4-5 Training 2 Roehampton, London, England • Oct 6 Advanced Formation 2 London
- Oct 9 Southern and Western Library & Education Board workshop, Northern Ireland
- Oct 11-12 Training 4 Nano Nagle Centre, Ballygriffin, Ireland
- Oct 20-31, Nov 1-2 Trainings in Argentina; 10th Anniversary Celebration Capacitar Argentina
- Nov 7-9 Training 4 La Casa de Maria, Santa Barbara, CA
- Nov 11-20 Trainings in Japan
- Nov 27-29 Training & workshops, Israel
- Dec 5-8 Workshops in Bethlehem and Hebron, Palestine

2014-2016 Trainings—Multicultural Wellness Education

• Santa Barbara, CA La Casa de Maria, Juliet Spohn Twomey 805-969-5031 juliet@lcmd.org CEUs

2014 Training: Mar 21-23 Jun 27-29 Sep 12-14 Nov 7-9

2015 Training: Mar 13-15 Jun 26-28 Sep 11-13 Dec 11-13

• San Diego CA/Tijuana/Tecate MX Monica Santos advancingstudentsforward@gmail.com

2015 Training: Jun 20-21 Oct 24-25 2016: Jan 30-31 Apr 2-3

Capacitar en la Frontera-El Paso TX/Juarez MX capacitar.frontera@gmail.com

• El Paso TX Training: 2014: Sept 6-7 2015: Jan 17-18 Mar 28-29 Sep 19-20

• Juarez, MX Training: 2014: Sep 4-5 2015: Jan 15-16 Mar 26-27 Sep 17-18

• Chihuahua/Saltillo Trauma Healing Training Educacion.cedehm@gmail.com

2014 Training: Jul 4-6 2015 Training: Jan 9-11 Apr 29-31

• England: London Marj McDaid capacitarlondon@gmail.com

Roehampton, London Training 2014: May 17-18 Oct 4-5 2015: Feb 7-8 May 16-17

• England: Durham Rev. Paul Golightly capacitarlondon@gmail.com

Durham St Anthony Priory Training 2015: Jan 31-Feb 1 May 23-24 Sep 26-27 2016: Feb 6-7

• Edinburgh, Scotland Ali Newell, James Kirk Shirley Gillian capacitarscotland@gmail.com

Training 2014: May 10-11 Sep 27-28 2015: Feb 14-15 May 9-10

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CAPACITAR
International

Healing ourselves, healing our world

212 Laurel Street Suite 210 Santa Cruz, CA 95060 Tel/FAX: 831-471-9215 www.capacitar.org

April, 2014

Dear Friends,

Greetings to you this Springtime! This has been a busy year so far for Capacitar as we reach out to meet the needs of groups in places of violence, poverty and disaster. Special Projects Coordinator Joan Condon just returned from work in Haiti where people are still dealing with the aftermath of the earthquake and hurricane, as well as extreme poverty and community violence. A few weeks ago I was in Nogales, Mexico, and Tucson, Arizona, offering workshops to groups focused on healing border violence and migrant needs. In early April, I will travel to Japan for three weeks for team formation and workshops with Fukushima evacuees, those still living in temporary housing in tsunami areas, caregivers for the elderly impacted by the tsunami, mothers whose children have cancer, and groups working with domestic violence. And in July, we will make an assessment visit to Afghanistan to work with communities traumatized by years of war and violence.

As Capacitar continues to respond to requests for workshops and trainings, your support will empower us to do that. Your donation will make possible:

- Multicultural Wellness Trainings in 15 countries in the US, Latin America, Europe, Africa, Asia and the Middle East
- Work with Latino caregivers and health promoters in US/Mexico border communities and with refugee groups
- Trauma Healing & Leadership Trainings in Rwanda, Uganda, DR Congo, South Sudan, Kenya, East Timor & Indonesia
- Outreach to refugee communities and detention camps through Capacitar en la Frontera
- Trauma Healing Trainings for survivors of the earthquakes in Haiti and in Japan
- Translation and development of teaching materials in different languages.

You are an important part of our Capacitar global family and network and we cannot do this work without you! We are deeply grateful for your generous donations and prayerful support. Together we are committed to the mission of healing ourselves and healing our world.

In peace and solidarity,

Pat Cane

Capacitar International Founder/Director



Retreat for groups working with migrants and families in Nogales



Capacitar Southern California (SoCAL) Network sharing a day of practice and renewal