



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

45 countries.

Self-Care for Human Rights Defenders—Patricia Mathes Cane, PhD, Capacitar Founder/Director

For a number of years Capacitar practices have been used for self-care by human rights defenders and peace activists in different countries. So often people working in war zones, refugee camps or violent situations deal with burnout or secondary trauma as they offer important services to victims and survivors. Without self-care, activists are often unable to continue their work without suffering challenges to their physical, mental or emotional health.

In July we facilitated a Capacitar training with 60 psychologists, lawyers, social workers and indigenous leaders of the Executive Commission for the Assistance of Victims of Violence (CEAVE) in the State of Chihuahua, Mexico. Co-ordinated by CEAVE Director Irma Villanueva and Concepcion Cruz Chavez, the focus of the training was self-care for those who accompany victims and survivors throughout the state, as well as in the Sierra. Participants came from many diverse areas of the State of Chihuahua, as well as from indigenous communities and collectives. CEAVE uses a multidisciplinary approach to working with victims of violence. Because of drug cartel violence, gender violence, kidnappings, assassinations of community leaders, displacement of indigenous communities and increased numbers of suicides, there is great need for accompanying victims and survivors with psychological, educational and social assistance and legal support. This psychosocial approach recognizes that violence does not originate in the individual but from social conditions that impacts the person, family and whole community. The goal of CEAVE is to empower and contribute to the resilience of the person and the community.

For many of the activists of Chihuahua this was the first time that they had ever considered self-care as an important value for their work. Part of the training involved planning by teams of how they would incorporate self-care practices into their personal lives and work. One woman who is a leader of a group of 100 families of the disappeared shared how the training had touched her in a very deep way and that she would use the practices to help many in her community. Capacitar has plans to return to Chihuahua in 2020 to continue trainings with CEAVE and to work with indigenous communities in the Sierra.



Tai Chi for lawyers, psychologists, human rights defenders



Group discussion on self-care for those working with victims



Director Irma Villanueva and Conny Cruz with CEAVE leaders



Capacitar trainers Patty Abozaglo (Ireland) and Dr. Genevieve van Waesberghe (Tanzania) presenting at an international Human Rights Conference



Supporting Wellbeing of Human Rights Defenders

Capacitar Trainers Dr. Geneviève van Waesberghe, MMM, and Patty Abozaglo were recently invited to a retreat held in Barcelona on the Wellbeing of Human Rights Defenders (HRDs) at Risk. The event was part of a research project run by the University of York in the UK, with partners ICORN, Justice & Peace Netherlands, the Martin Roth Institute, Initiative and the New School of Medicine in New York. Forty participants represented 24 countries from Europe, the Americas, Asia and Africa. The aims of the retreat were to network with others doing similar work by sharing experiences, learning from each other and exploring potential collaboration; to be exposed to and develop better understanding of therapeutic approaches that defenders at risk have found helpful; and to prepare and agree on guidelines to support the wellbeing of HRDs at risk, for mental health professionals, and another for coordinators of relocation initiatives. The event presented research findings on the wellbeing of HRDs at risk and discussion of draft guidelines for wellbeing for HRDs.

Participants explored and experienced a variety of approaches facilitated by participants. These included: Body Mapping, Somatic Awareness and Creative Expression, Trauma-focused Cognitive Therapy, Theatre of the Oppressed, Capacitar Wellness and Trauma Healing, Awareness Raising and Active Imagination, Life Drawing and Mindfulness, Process and Embodiment-Focused Psychology, Trauma Tapping Technique (TTT), Laban Dance, Truth Mandala, and Peer-to-Peer Intervention for stress and trauma. The need for self care for HRDs was emphasized especially in the context of relocation where HRDs and, in some cases, their families are exposed to challenges of cultural adaptation. There was openness for using combined approaches that can be more effective and have greater impact in addressing trauma and burnout, respecting cultural diversity.

Patty and Genevieve offered a session together on their Capacitar experience. Geneviève shared her work with various HRDs across 12 countries of Sub-Sahara Africa. She spoke of HRDs who have integrated Capacitar practices into their daily lives, with their families, organizations and beneficiaries. These HRDs now recognise that wellbeing is a right. Participants had the opportunity of experiencing the benefits of Capacitar practices and how they enable men, women and children to play a role in their own healing. The practices empower people to better cope with stress, to separate work from personal and family life, and to contribute to the collective wellbeing of colleagues as an integral part of security and sustainability of action.

Genevieve said: "When you meet HRDs they don't usually speak about how they are or feel. Therefore, I don't ask questions but presume they have had threats, were imprisoned, ambushed or kidnapped. After a training, many will come and say, 'Thank You! I now feel better,' and they mention briefly what they went through and symptoms that now have disappeared. One told me, 'Last night was the first time in 10 years that I slept without nightmares and a lamp lit in my room!' Another said, 'When in prison I used Fingerholds and EFT and my spirit was free'."

The retreat was a great opportunity for Capacitar to contribute to an important effort to support the lives of those involved in the defense of human rights in many parts of the world.



Sr. Ingrid Janish, Capacitar North Kivu Coordinator, with children of DR Congo

Capacitar for Schools in DR Congo

A valuable new project was started by Sr. Ingrid Janish in 12 primary schools in the Kivu area of DR Congo. Capacitar practices are taught in 8 schools in Goma, in 2 schools in the territory of Rutshuru and in 2 schools in the parish of Masisi. Ingrid says, "All is going very well everywhere and our trainers give their best!" During the school summer holidays, Ingrid and her team will also organize "holiday games" including Capacitar practices with 80 pupils in Goma, 30 in Rutshuru and 30 in Masisi! "So you can understand that it will be a very busy time for us, but the children are our best Capacitar multipliers!" The children in all of the schools where Ingrid and her team work have been traumatized by the ongoing violence in the region. The simple Capacitar practices give children tools to calm and stabilize themselves when they have flashbacks, mental confusion or traumatic experiences. And the practices help them to focus and to learn more effectively in the classroom.

Capacitar's New Seeds in Germany

*"Healing our own souls, Healing the people and strengthening their roots,
Now it lies in our own caring hands, To make blossom this tiny plant.*

Let Capacitar grow within us to create a network of love."

—Anna Moser and Regina Reinart

Capacitar made its way to Germany in 2018! We were lucky to be part of the first training that took place in Aachen. We were part of a diverse group of 35 women and men from different parts of Germany. Some of us work in the health care sector, others with refugees and others again in global development. In trying out the practices, we witnessed the positive effects Capacitar had on ourselves and in the different settings in which we live and work. Most of us shared the practices with friends and family members and many of us also used Capacitar in professional settings.

As authors of this article, we work with human rights and frequently visit people directly involved in projects in Brazil. Many human right defenders we work with in Brazil deal with extremely stressful situations on a daily basis. Sometimes they are threatened due to their commitment, sometimes they accompany people in dangerous situations that can cause trauma. On different occasions during visits to Brazil we introduced some of the exercises and got good feedback about how stress-relieving the practices are. Capacitar has become part of our daily life at work, at home or while traveling. It was amazing how in less than a year, our training group grew from being strangers to becoming members of the same Capacitar family. Now it lies in our own caring hands to make blossom the Capacitar plant among us!



Capacitar Wales celebrating 10 years at Noddfa

Capacitar Wales 10th Anniversary at Noddfa

Since 2009, Noddfa, a lovely retreat center in Penmanmawr, Northern Wales, has been home to Capacitar (www.noddfa.org). Along with their community, the Sisters of the Heart of Mary, Patrice Power and Mary Jo McElroy, have integrated Capacitar practices in all of their programs. Some of the people who come to Noddfa are caregivers for spouses or family members, so the gatherings give respite to many. Participants come from Wales, as well as many areas of the UK. The 10th anniversary celebration at Noddfa included some women who have been part of the gatherings from earliest days. Five of the women came supported by their walkers and they spoke of how Capacitar and Noddfa have helped them: "I feel peaceful and relaxed. This puts the whole world aright!" "I love the friends I meet and the peace and quietness this gives me." "This is like coming home!" "This is better than medicine!" Many commented that using the Capacitar practices has made a significant difference in their personal lives and work.

Capacitar in England

Paul Reynolds and Billy Knight were invited to attend a Capacitar open evening in 2018 where it became clear that what they learned could be offered as interventions to clients and also be used for their own wellbeing. Capacitar England Coordinator Paul Golightly then invited them to take part in a wellbeing day to which Paul and Billy brought 10 of their own clients. The feedback was overwhelmingly positive and reinforced the need for alternative therapies within their treatment program. Paul and Billy work with substance misuse services in one of the most socially deprived areas in the northeast of England. Their clients come from various backgrounds with the majority suffering some form of trauma that manifests as anxiety and depression. After completing their Capacitar training, Paul and Billy spoke with clients and colleagues about offering a complimentary therapy group within the NBPS (Neurological, Biological, Psychological, and Sociological) timetable, and since then have offered Capacitar weekly workshops.

They have also used Capacitar in Youth Services working with young people living in social deprivation and poverty. The practices have been well accepted by the youth. One client, aged 14, lives with parental substance misuse and has been addicted to alcohol and cocaine since age 12. Using Tapping and Fingerholds as coping strategies, the young person is now substance free. Paul and Billy have also used Capacitar practices with armed forces veterans and feedback has been very positive.



Sharon Johnson discusses the Teacher Trauma Tool in her Circles of Care trainings

Capacitar for Trauma in South African Schools

Teachers in South Africa deal with multiple crises and trauma in the classroom. Now a Trauma Informed Schools (TIS) Initiative has been launched in Cape Town by a government psychological support team for high-risk schools on the violent Cape Flats. Workshops, entitled Circles of Care, include a Teacher Trauma Tool to enable teachers to better deal with stressed and traumatized children. The trainings are designed and facilitated by Dr Sharon Johnson, a Capacitar trainer in Cape Town for the Western Cape Education Department (WCED).

"While teachers are informed about the effects of multiple traumas on children, they do not feel adequately equipped to deal with complex issues," said Sharon. After four 2-hour trainings in brain science and psychoeducation, together with body work that included Capacitar Emergency Kit techniques, teachers felt more equipped to deal with learner responses to trauma. Some of the teachers shared their insights: "The class gave me practical ways of how to deal with my learners during a crisis or trauma." "A calm teacher creates a calm classroom!" "I can look at the realities and after effects of trauma on learners."

Sharon also recently demonstrated Capacitar techniques as part of ice-breakers to a group of 500 learners during a WCED talk on cyberbullying. Social media abuse has been recognised as part of the definition of bullying as a trauma for children. Cyberbullying covers a wide range of communication, such as WhatsApp messaging, Instagram, Twitter and emails, and learners are more and more in danger of exposure to exploitation and harm.

Sharon's latest initiative in schools, partnering with the NGO Gravitree, is in the rural areas of Cape Town, where trauma in schools has been identified as a primary concern in the local communities. Sharon hopes to introduce her Circles of Care and Teacher Trauma Tool, with the Capacitar Emergency Kit, in a pilot project later in the year.

"I am writing a book on my experiences in high-risk schools entitled, 'Circles of Care: Introducing the Teacher Trauma Tool' to get this work out to a wider audience. Trainings hopefully will continue in 2020," said Sharon. In the meantime, Sharon is completing her first book: "Lessons in Care: Triumph over Trauma and Tribulations at a State Centre for Abused and Neglected Youth." This book includes a chapter on teacher self-care and the introduction of Capacitar practices into post-doctoral research at the centre.

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CAPACITAR Calendar—2019-2020

2019—Workshops & Trainings

- Jul 12-14 Training Human Rights Commission for Women, Chihuahua, MX
- Jul 30-31 Women's Workshop, Los Angeles CA
- Aug 2-4 Tr 4 Holy Spirit Retreat Center, Encino, CA
- Aug 5-9 Trainings in Guatemala, Barbara Ford Peace Center, Quiché
- Aug 24-25 Tr 3, Zwochau, Eastern Germany
- Aug 31-Sep 1 Tr 2 Glasgow, Scotland
- Sep 4-15 Trainings in Argentina
- Sep 21-22 Training 1 Oakwood, Atherton, CA
- Oct 12-13 Tr 4 Dublin, Ireland
- Oct 16-22 Workshops, counseling in Kabul, Afghanistan
- Nov 1-15 Trainings in The Philippines-Tagatay, Iloilo, Nueva Ecija
- Nov 2-12 Trainings in Tokyo, Ishinomaki, Fukushima, Okinawa, Japan
- Nov 22-23 Trainings in Israel
- Nov 26-30 Trainings in Palestine: Jenin, Ramallah, Beit Jalla
- Nov Trainings in The Philippines
- Dec 6-7 Tr 2 Oakwood, Atherton, CA
- Dec 7-8 Tr 4, Zwochau, Eastern Germany
- Dec 14-15 Refugee Accompaniment Training, Encino, Holy Spirit Center
- Dec Dance Retreat, Cantera, Managua, Nicaragua

2020—Workshops & Trainings

- Jan 23, 24 Advanced trainings in Juarez and El Paso
- Jan 25-26 Tr 1 El Paso, Texas
- Feb 1-2 Tr 1 Tucson, AZ, El Rio Health Center
- Feb 8-9 Tr 1 Encino, CA, Holy Spirit Retreat Center
- Feb 12-20 Trainings and Counseling, Kabul, Afghanistan
- Mar 7-8 Tr 1, Dublin, Ireland, Marino College
- Mar 13-14 Tr 3 Oakwood, Atherton, CA
- Mar 14-15 Tr 1, Luxembourg, KORU
- Mar 21-22 Tr 3, Perth, Scotland, Finn's Place
- Mar 28-29 Tr 1 Aachen, Germany
- Mar Trainings in Haiti

2019-2021 Trainings

- Encino, CA Holy Spirit Ctr, 818-943-0781 Sheila Grady mrssgrady@gmail.com CEs
2020 4-Module Training: Feb 8-9 May 16-17 Aug 29-30 Dec 5-6
- San Francisco Bay Area: Atherton, CA Sr. Patty Creedon pcreedon@rscj.org
2019 Training: Sep 21-22, Dec 6-7 2020: Mar 13-14, Jun 5-6
- El Paso, Texas Kathy Revtyak KRevtyak@epccg.org
2020 Training: Module 1 Jan 25-26 2020 dates TBA
- Tucson, Arizona Sharyn Chesser svchesser@cox.net
2020 Training: Feb 1-2 May 23-24 Sep 19-20 2021: Jan 23-24
- Canada, Gabiola Island 2020: Sep 23-26 2021: May 19-22
- Scotland The Bield--Perth, Finn's Place--Glasgow capacitar.scotland@gmail.com
2019 Training: Aug 31-Sep 1 2020: Mar 21-22 Jun 13-14
- Capacitar Ireland capacitar.ireland1@gmail.com
Foundation Training 2020: Mar 7-8 Jun 6-7 Oct 17-18 2021: Feb 27-28
Advanced Training 2021: May 1-2 Sep 25-26 2021 Team dates TBA
- West Bank, Palestine--Beit Jala--Eilda Zaghmout eilda@beitshams.
2019 Training: Nov 29-30
- Israel, Upper Galilee, Capacitar Mideast Network, Lora Hillel loralih@gmail.com
2019 Training: Nov 22-23
- Japan Trainings 2020-2021 Sr. Eiko Maki, CSJ Eikocsj@hotmail.com
2020 Trainings: Apr 3-11 Nov 6-14 2021 Trainings: Mar 26-Apr 3 Oct 29-Nov 9
- Aachen, Germany Anke Reerman, anke.reermann@bistum-aachen.de
Training 2020: Mar 7-8 Jun 27-28 Oct 3-4 2021: Mar 6-7
2020 Aachen Advanced Training: Jun 20-21
- Eastern Germany, Zwochau Anke Reerman, anke.reermann@bistum-aachen.de
Training 2019: May 18-19 Aug 24-25 Dec 7-8
- Southern Germany, Stuttgart Anke Reerman, anke.reermann@bistum-aachen.de
Training 2020: Jul 4-5 Sep 5-6 2021: Mar 13-14 Jun 26-27
- Luxembourg (KORU) Lidice Mendizabal lidice@koru-foundation.org
Training 2020: Mar 14-15 Oct 10-11 2021: Apr 17-18 Oct 9-10
- Panama 10th Anniversary & Trainings Apr 20-26, 2020

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• Joan Condon • Pat Cane • Mary Litell

Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon • Marjorie Wilbur • Elvira Ramos
Francine Shapiro • Bishop Pierre DuMaine • Yasmin Talmon Gabel

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CAPACITAR
International

Healing ourselves, healing our world

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August, 2019

Dear Friends,

Special greetings to you this summer. As we read of the conditions that children and families are suffering in many places, will you help us with our healing work so needed at this time in our world? Your support will empower Capacitar to work with children and families in the U.S. and in other countries, and to do the following:

- Trainings for those working with refugees and the detained in the US, Europe and the Middle East
- Multicultural Wellness Trainings in 15 countries in the Americas, Europe, Africa, Asia and the Middle East
- New 4-Module trainings in Germany, Luxembourg, the Philippines and the U.S.
- Trauma Healing & Leadership Trainings in DR Congo, South Sudan and Haiti
- Work with refugee communities and asylum seekers at the US/Mexico border and in different areas of California
- Workshops to heal gender violence in Japan, Mexico, Guatemala, Panama and other countries
- Translation and publication of Capacitar manuals and materials in Spanish, Arabic, French and German.

We cannot do this work of healing and transformation without you! We are deeply grateful for your generous donations and prayerful support through the years. Together we are committed to the mission of healing ourselves and healing our world.

With peace and blessings,

Pat Cane

Capacitar International Founder/Director

NOTICE

REGARDING CAPACITAR'S SPRING MAILING:

We have had recent challenges with our local post office. At the time of our last mailing we discovered that some Capacitar supporters did not receive their Spring newsletter, or even worse, when they tried to send a donation to our office, their mailing was returned with the message that our office had been closed! Just so you know, we are very much alive and well in our office! Hopefully this problem has now been solved with our Postmaster. Capacitar depends on your donations to carry out our mission and work. So, if your donation was returned, please consider resending it and supporting us.

Thank you!

Pat Cane and the Capacitar Staff



Tucson, Arizona—Ernie Perez, Rev. Tina Schlabach, Gloria Montijo and Pat Cane at the Capacitar Advanced Training at El Rio Health Center

YASMIN

With much love we remember Yasmin Talmon Gabel who died of cancer in Israel in June. Yasmin was a trainer with the Capacitar Middle East Network. She taught Capacitar to Israeli women's groups and worked with Israeli and Palestinian girls in a peace project. Yasmin was a light to many and will be greatly missed by the Capacitar International Family.

