



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 works  
with grassroots  
people in over  
35 countries.

## Healing Ourselves, Healing Our Systems—Patricia Mathes Cane, Ph.D., Capacitar Founder/Director

This coming year, 2013, Capacitar celebrates its 25th anniversary of commitment to healing and transformation. Since our first workshops in the barrios of Managua in 1988, many thousands of people in hundreds of cultures around the world have learned Capacitar practices and have adapted the simple tools of empowerment for use with their families, organizations and communities. We could never have envisioned the many applications of the work and the outcomes that have resulted. What has been most interesting to our leadership team is the use of Capacitar methods for systemic change in organizations and communities. This newsletter describes two systems that are currently using Capacitar: mental health organizations and restorative justice programs.

Several years ago when Capacitar received funding from a development agency in Ireland, the program officers working with us challenged us to think bigger, saying: "We already know that Capacitar methods change the lives of individuals. Now start focusing on how your work can impact whole organizations and systems." Some of the first questions we now ask when invited to work in a new area are: Who are the people and the organizations with whom we could work to most effectively make a deeper impact? And how can we develop leadership so that the work and programs are sustainable for the long haul?

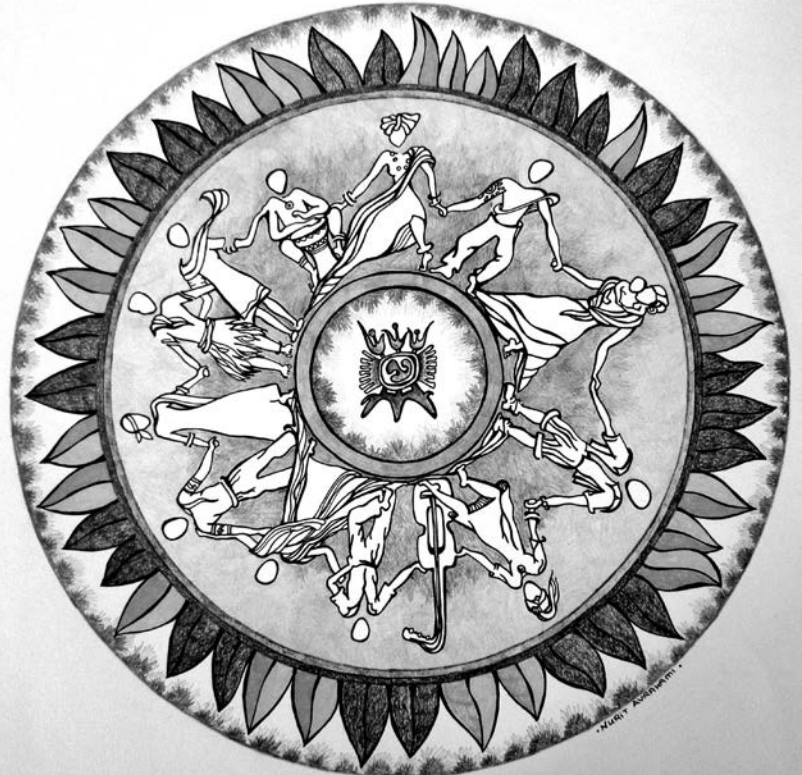
There are many examples of how Capacitar is impacting systems. In Northern Ireland, teachers and psychologists with the Library and Education Boards are implementing Capacitar methods in their crisis response programs and for self-care. In Rwanda, development agencies, widows and genocide recovery groups, trauma healing and HIV/AIDS centers have incorporated Capacitar into their outreach. At the Texas/Mexico border, Capacitar is being used in refugee centers, with detainees in the El Paso Detention Center and with Justice and Peace work in Ciudad Juarez. Capacitar practices have also been used by many disaster recovery groups to help people deal with the stress and trauma of hurricanes, earthquakes, tsunamis and other disasters.

There are now courses in Capacitar theory and methods in several universities. In Dublin, Ireland, a course is offered at All Hallows College to empower students who are in re-entry programs. In Butare, a course will be offered next year at the Catholic University of Rwanda in the Department of Social Work. At Pacifica Graduate Institute in California, doctoral students learn Capacitar methods in a Somatic Psychology program. At Holy Names University in Oakland CA, M.A. students in Creation Spirituality at Sophia Center learn Capacitar practices and theory.

We are grateful to the many people who are part of the Capacitar circle bringing hope and healing to our world!

*We join with the earth  
and with each other  
with our ancestors and  
all beings of the future  
to bring new life to the land,  
to recreate the human community,  
to provide justice and peace,  
to remember our children,  
to remember who we are.  
We join together as many  
and diverse expressions  
of one Loving Mystery,  
For the healing of the earth  
and the renewal of all life.*

*—Capacitar Prayer  
from UN Prayer of the Sabbath*



**Capacitar 25th Anniversary Celebration**  
September 6-8, 2013 La Casa de Maria—Santa Barbara, CA

For details & application form: [www.capacitar.org](http://www.capacitar.org)

# Capacitar 2012 Outreach

## Capacitar in Mental Health & Wellness Initiatives

—Sharon Kuehn, Capacitar Board Member

Since 2007, several colleagues and I have offered workshops in Capacitar “Wellness Tools for Healing Trauma” at a variety of mental health recovery conferences in the US. Now that the significance of trauma, with the need to address trauma healing, is widely recognized in mental health, both progressive service providers and peer support organizations are eager to access the simple and effective practices taught in Multicultural Wellness Education. In the Wellness Tools Workshops, we teach the basic protocols as described in the Capacitar Emergency Toolkit ([www.capacitar.org](http://www.capacitar.org)).

In June 2012, at the first nationwide retreat on ‘Wellness Recovery Action Planning (WRAP) and Healing the Effects of Trauma,’ we presented a Wellness Tools Workshop to the delight of participants. The Director of the Copeland Center for Wellness and Recovery, Matthew Federici, identified Capacitar as a recommended practice, so Capacitar ‘Wellness Tools for Healing Trauma’ will be featured in future Copeland Center trainings ([copelandcenter.com](http://copelandcenter.com)). In addition, the Substance Abuse and Mental Health Services Agency (SAMHSA) funds a major national initiative to increase the overall wellbeing and the lifespan of people with mental health issues. This year, Wellness Initiative leaders selected a workshop on Capacitar and Empowerment Yoga as a sponsored presentation for the national Alternatives 2012 Conference in Portland, Oregon in October. A thousand participants gathered to learn about best practices in mental health recovery, peer support and wellness. It gives me great satisfaction and joy to share these simple, safe and free practices that help people to feel better in the moment, and to strengthen our sense of peace and connection.



*Capacitar Middle East training with Jews, Christians, Muslims and Druze*



*Scotland training for teachers, therapists, chaplains and social workers, Edinburgh*



*Capacitar Ireland advanced training with 40 participants from all of Ireland*



*Training at Transfiguration Spirituality Center, Cincinnati, Ohio*



*Training reunion at La Casa de Maria, Santa Barbara, California*

## Capacitar in Restorative Justice Programs

—Fr. George Horan, Office of Restorative Justice, LA Diocese

When I first heard about Capacitar, I thought that it would be a wonderful addition to our efforts to help the families of murder victims heal from their trauma and grief. Victim advocate Rita Chairez, chaplain Marciano Avilla, and I decided to take the training. After the first day, we realized that this was something that we and our staff needed to deal with the vicarious traumatization that comes along with working with murder victims’ families and prisoners. Rita has done a number of workshops with victims and has seen remarkable results. She also did a full day retreat based on Capacitar at the California Institution for Women (CIW), and the women begged for more. We have used Capacitar with individuals in the jails who are experiencing the grief and loss of separation from their families and the prospect of long sentences to prison. We are now in the process of incorporating Capacitar practices formally into the curriculum of the Los Angeles County Jails’ Education-Based Incarceration Program. With the recent suicide of one of the deputies, we realize that we must also make Capacitar available to the staff of the jails. After doing the fingerholds with the women in the Victim Offender Education Group at CIW, one of the women summed it up clearly, “What a gift!” Capacitar is an incredible gift that I believe can help transform the criminal justice system.

## Multicultural Wellness Trainings in 30 Countries

—Patricia Cane, Capacitar Founder/Director

Since 1998, Capacitar Multicultural Wellness Education trainings have been offered in over 30 countries. The course was developed and researched in a doctoral program and piloted in an Ohio wellness center and with Central American groups. To date many thousands of grassroots and professionals have participated in the 4-module training and have used the methods with a wide variety of communities, organizations and cultures. The photos on the right represent a cross-section of groups currently receiving training.



## Capacitar Trainings in Haiti

—Joan Condon, Capacitar Special Projects Coordinator

In July, we began a Trauma Healing training program in response to Capacitar's October 2011 needs assessment trip to Haiti. At that time we visited or offered workshops for 14 organizations evaluating whether Capacitar's program would be helpful to the people of Haiti. The vast majority felt it was a viable alternative to deal with the ongoing trauma of the Haitian people. Partnerships were developed with three Haitian organizations: ODELPA works in health and development, primarily with rural women; CRAD (Center for Research and Action for Development) has projects in women's development, education, health and psychosocial support; and CEDDISEC is a project of the Episcopal Church for young people who volunteer in their communities and in the camps.

The July training at CRAD included 34 men and women from both urban and rural areas, and 32 women, mostly from rural areas, participated at ODELPA. A second module was held in November for each of these groups and a third is planned for early 2013. Also in July, 24 young people from CEDDISEC gathered at St. Pierre's College in Port Au Prince for a workshop that was tailored to give them tools to use in their outreach work. Thousands of people left homeless after the January 2010 earthquake still live in tent camps and, along with others living in sub-standard housing on denuded hillsides, suffer additional losses each time there is heavy rain, as with the recent Hurricane Sandy.



*CEDDISEC participants at a Capacitar training in Port au Prince, Haiti*

## El Salvador Trainings in Rural Communities

—Joan Condon, Capacitar Special Projects

In September, I met with the Capacitar El Salvador team and visited their training project in two rural communities in the department of Cuscatlán. In El Barío they have two groups: for women and youth. In Aguacayo, there is a mixed group. An 8-week program offered Capacitar practices for dealing with the stress and trauma of post-war El Salvador in repopulation communities. Problems leading to stress are the increase in gang pressure on youth, along with a difficult economy where many youth are not able to find work and where women and men struggle to meet the needs of their families. Many are also affected by intergenerational trauma from their families' experiences in the civil war that ended in 1992. The team will begin a third series of workshops in November in Suchitoto and plan to expand outreach with workshops in the greater San Salvador area.



*Capacitar El Salvador training for Aguacayo families and youth, Cuscatlán*

## Tools for Peace in South Sudan & Congo DRC

—Dr. Genevieve van Waesberghe, MMM, Capacitar Africa Trainer

This past year trainings were offered in two African countries impacted by long histories of war and violence—South Sudan and Congo DRC. In collaboration with Kathy Arata, SSND, who coordinates a peace initiative at diocesan levels, I offered ten trainings to hundreds of men and women in Juba, Wau and Malakal. Participants included teachers, parish workers, women's groups, prisoners, soldiers, police and prison staffs. The focus was to offer tools for healing and peacebuilding.

In Bukavu, Congo DRC, I was invited to lead trainings for Human Rights Defenders, sponsored by Amnesty International and Protection International. Working in dangerous and challenging situations, the activists daily deal with vicarious traumatization and ongoing stress. All recognized that self-care and staff-care are essential if they are to continue working for the long haul for justice and peace in the DRC and Kivu region.



*Kathy Arata, SSND, at a Capacitar training for soldiers and police, Wau, South Sudan*



*Genevieve van Waesberghe at an Amnesty and Protection International training, Congo*

## CAPACITAR Staff, Board and Advisors

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Rita Kennedy

### Special Projects

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Caritas Habinomana

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Ronit Zur

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Nancy Fahey osf • Pauline Risse osf • Norberta Delinger osf • Barbara Dyer osf

Carol Snyder osf • Margaret Keeler osf • Mary Litell osf

### Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon

### REMEMBER CAPACITAR IN YOUR ESTATE PLAN

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—2012

### 2012

- Nov 19-25 Trainings for teachers and communities, León, Mexico
- Nov 30-Dec 1 Workshop, Sophia Center, Holy Names University, Oakland, CA
- Dec 7-9 Formation Training, La Casa de Maria, Santa Barbara CA
- Dec 18-20 Nicaragua Dance Retreat, CANTERA, Managua, Nicaragua

### 2013

- Jan 7-11 Trainings 1, 2 San Juan de Lurigancho, Lima, Peru
- Jan 19-20 Training 4 Transfiguration Spirituality Center, Cincinnati, OH
- Jan 24-25 Training 1 Juarez, Mexico • Jan 26-27 Training 2 El Paso, Texas
- Jan 29-31 Training 3 Barbara Ford Peace Center, Santa Cruz del Quiché, Guatemala
- Jan Workshops San Antonio, Texas
- Feb 4-5 Advanced Training 2 All Hallows College, Dublin, Ireland
- Feb 16-17 Training 1 Sacred Heart School, Hammersmith, London, England
- Feb 23-24 Training 1 The Bield, Perth • Feb 25 Advanced Formation 1 The Bield, Scotland
- Feb Indonesia/East Timor Workshops
- Mar 1-2 Training 1 Holy Land Trust, Bethlehem, Palestine • Mar 3-7, 10-11 Workshops Israel
- Mar 8-9 Advanced Training 1 Capacitar Mideast Network, Upper Galilee, Israel
- Mar 22-24 Training 1 La Casa de Maria, Santa Barbara, CA
- Mar Trainings 3 Haiti
- Apr 1-5 Trainings 2, 3 San Juan de Lurigancho, Lima, Peru
- Apr 6-7 Training 1 CT/East Coast
- Apr 8-10 Workshops Darien, Panama • Apr 13-14 Training 4 Colón, Panama
- Apr 20-21 Training 1 Transfiguration Spirituality Center, Cincinnati, OH
- Apr 24-May 5 Retreats, workshops Argentina
- May 11-12 Training 2 Sacred Heart School, Hammersmith, London, England
- May 16-17 Training 2 Juarez, Mexico
- May 18-19 Training 2 Garden Cottage, Perth • May 20 Advanced Formation 2 The Bield, Scotland
- May 25-26 Advanced Training 3 All Hallows College, Dublin, Ireland
- May 30-31 Workshop Noddfa, N.Wales • May 31-Jun 2 Enneagram Workshop, Noddfa, Wales
- Jun 5-6, 9-12, Workshops, Capacitar Mideast Network, Israel
- Jun 7-8 Advanced Training 2 Capacitar Mideast Network, Upper Galilee, Israel
- Jun 14-15 Training 2 Holy Land Trust, Bethlehem, Palestine
- Jun 26-28 Leadership Training Cantera, Managua, Nicaragua
- Jun 27 Workshop St. Louis, MO
- Jun 29-30 Training 2 Transfiguration Spirituality Center, Cincinnati, OH
- Jun 29-30 Training 2 CT/East Coast
- Jul 12-14 Training 1 La Casa de Maria, Santa Barbara, CA
- Jul 23-30 Trainings Nairobi, Kenya • Aug 1-12 Trainings Uganda
- Aug 17-18 Advanced Training 4 All Hallows College, Dublin, Ireland
- Sep 6-8 Capacitar 25th Anniversary Celebration Global Conference, LCDM, Santa Barbara CA
- Sep 13-15 Training 3 La Casa de Maria, Santa Barbara, CA
- Sep 21-22 Training 3 Transfiguration Spirituality Center, Cincinnati, OH
- Sep 26-27 Training 3 Juarez, Mexico • Sep 28-29 Training 3 El Paso, Texas
- Oct 5-6 Training 3 Garden Cottage, Perth • Oct 7 Advanced Formation 3 The Bield, Scotland
- Oct 12-13 Training 3 Sacred Heart School, Hammersmith, London, England
- Oct 19 Capacitar Ireland 10th Anniversary Celebration, Dublin, Ireland
- Oct 28-30 Training 1 Barbara Ford Peace Center, Santa Cruz del Quiché, Guatemala
- Nov 9-10 Training 4 Transfiguration Spirituality Center, Cincinnati, OH
- Nov 14-16 Training 1, Capacitar Mideast Network, Upper Galilee, Israel
- Nov 22-23 Training 3 Holy Land Trust, Bethlehem, Palestine
- Nov 30-Dec 1 Training 1, Nano Nagle Centre, Ballygriffin, Ireland
- Dec 6-8 Training 4 La Casa de Maria, Santa Barbara, CA
- Dec 18-20 Nicaragua Dance Retreat, Cantera, Managua, Nicaragua

### 2013-2015 Trainings—Multicultural Wellness Education

- Santa Barbara, CA La Casa de Maria, Juliet Spohn Twomey 805-969-5031 juliet@lcdm.org CEUs  
2013 Training: Mar 22-24 Jul 12-14 Sep 13-15 Dec 6-8
- San Francisco/Santa Clara, Presentation Center, Los Gatos CA patcane@capacitar.org CEUs  
2013 Training: Jun 21-23 Aug 23-25 Oct 23-27 2014: Jan 10-12
- Cincinnati, OH, Transfiguration Spirituality Center, ctretrats@gmail.com 513-771-2171 CEUs  
2013 Training: Apr 20-21 Jun 29-30 Sept 21-22 Nov 9-10
- Capacitar en la Frontera-El Paso/Juarez capacitar.frontera@gmail.com  
El Paso TX Training: 2012: Nov 10-11 2013: Jan 26-27 Sep 28-29 2014: Jan 25-26
- Juarez, MX Training: 2013: Jan 24-25 May 16-17 Sep 26-27 2014: Jan 23-24
- England: London Margaret Wilson RSCJ, Marj McDaid capacitarengland@gmail.com  
Hammersmith, London Training 2013: Feb 16-17 May 11-12 Oct 12-13 2014: Feb 1-2
- 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
- Capacitar Middle East Network Training 2013: Nov 14-16 2014: Feb 27-28-Mar 1 May 22-24 Nov 27-29
- Bethlehem, Palestine Training: 2013: Mar 1-2 Jun 14-15 Nov 22-23 2014: Feb 21-22





December, 2012

Dear Friends,

Special greetings to you this holiday season! As we celebrate a time of light transforming the darkness, we look with compassion to the many people in our country and around the world who are suffering from recent disasters and violence. As Capacitar we reaffirm our commitment to be part of the healing process in our world and to bring light and empowerment to these places of need. To do this we again ask you to join hands in our efforts with a generous donation to our work.

Your donation will help make possible:

- Work with Latino caregivers and health promoters in California and in border communities in El Paso TX/Juarez MX
- Trauma Healing Trainings for survivors of the earthquake and violence in Haiti
- Outreach to communities impacted by recent disasters in the US
- Multicultural Wellness Trainings in 15 countries in the US, Latin America, Europe, Africa and the Middle East
- Trauma Healing & Leadership Trainings in Rwanda, Uganda, Congo DRC, South Sudan, Kenya, East Timor & Indonesia
- Outreach to Native Americans and First Nations peoples
- Outreach to refugee communities and detention camps through Capacitar en la Frontera.

Capacitar cannot do this work without you. At this time when finances are a struggle for everyone, we are especially grateful for your generous donations and prayerful support. Know that we remember YOU as part of our Capacitar global family and network during the healing circles at our trainings. Together we create hope and possibilities through our mission of healing ourselves and healing our world.

In peace and solidarity,

*Pat Cane*

Capacitar International Founder/Director



*Capacitar en la Frontera training with participants from El Paso & Juarez*



*Capacitar Rwanda national advisors at a planning meeting*