



Capacitar Team Outreach around the World—Patricia Mathes Cane, PhD, Capacitar Founder/Director

Our name "Capacitar" comes from the Spanish verb meaning "to empower, to encourage, to bring to life." When the Covid pandemic started over two years ago, Capacitar team members in many countries did just that! They experienced the trauma, stress and grief of people in their communities, and they were empowered to reach out sharing Capacitar tools to bring life and hope to those in need.

This edition of the Summer newsletter will offer stories of some of this outreach from different countries—Japan, Canada, Ireland, Scotland, Germany, Indonesia, the Philippines and US/Mexico border communities. Capacitar people have been like sunflowers facing global challenges, giving light and grace to many. In the words of an anonymous poet: *"You, Sunflowers, show us the beauty of staying connected with all that nourishes and sustains us."* Many team members have said: "Thank goodness for Capacitar! We have tools to nourish and sustain us so we can bring healing and hope to our families and communities."

In recent work in Germany, I was inspired by the kindness and generosity of people who have opened their homes to Ukrainian and African refugees fleeing war, violence and disasters in their homelands. One woman in our training described the plight of a mother and her child. "A young pregnant African woman arrived with nothing but the child within her. She went into labor in a train station and was sent by authorities to a local hospital for care. She is now hiding in a refugee tent camp in our town since she is a survivor of domestic violence and fears for her life. Our family like grandparents, have warmly welcomed her and her newborn son!" This same German family is also hosting a Ukrainian woman and her two children teaching them Fingerholds to ease their traumatic memories and anxiety.

In the Philippines, during the challenging times after the recent elections, the Capacitar team from the Gelacio Foundation Family Farm School in Mindoro reached out to elementary schools offering workshops for around 400 kids. They taught Fingerholds, Pal Dan Gum, Drum Massage and deep breathing to give the children tools for their stress and traumatic memories. They also did a session with teachers who are dealing with burnout from the pandemic.

The Capacitar Japan team offers bi-weekly classes on Zoom for people who accompany Ukrainian refugees. Participants include volunteers from the UK, EU, US, Australia and Japan who are also active leaders of groups in their world areas. Team leader Yuko Oyama described the hesitation of volunteers for seeking help although they were close to burnout due to secondary trauma and their isolation. Many mentioned their lack of self-care and inability to pay attention to their own physical and mental health. After they experienced the impact of the Capacitar practices, the volunteers said they wanted to share what they learned with the refugees. To encourage them, many of the Japan team introduced themselves as survivors of the 2011 tsunami disaster, and some as survivors of sexual trauma, so that participants felt comfortable to open up to seek help and experience solidarity.

In the challenging times we currently face, may we reflect the light and commitment of Capacitar teams who with enthusiasm, compassion and hope reach out to those in need. They truly embody the words of poet Avijeet Das: *"You are touching so many people's lives. You are Sunflowers! You bring hope to people. You inspire one and all in the World."* May we also be Sunflowers for our families and our world!



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.



Capacitar 2022 Outreach

Capacitar in Canada

Incorporating Capacitar in a Global Mental Health Course

—Harvey Skinner PhD, CPsych, FCAHS, York University, Toronto

"I have never come across a program like Capacitar that focuses on teaching holistic practices to help people heal their minds, bodies and spirits. As Global Health students we are often taught ways to promote health from a medical and Western perspective. Capacitar allows us to view a different perspective. There needs to be more programs like Capacitar that share holistic practices globally and not just a Western worldview of health." *(Student reflection from the June 2022 course.)*

For the past four years I have taught a 4th year undergraduate course at York University on "Global Mental Health: Eastern, Indigenous and Western Perspectives". This highly interactive course is taught both in person and online (Zoom) using the principles of experiential education.

What is 'normal'? This question is a catalyst for the course which delves into how mental health is understood and acted upon globally from three broad worldviews: Eastern, Indigenous and Western. Also, drawing on Capacitar, students are challenged to deliberate and critically reflect on an integrative approach for healing ourselves, healing others and healing our world. Mental health and mental illness are examined through multiple philosophical and cultural lenses. In Learning Circle groups, students develop knowledge and practical skills for working with culturally diverse people and communities as Agents of Change for advancing mental health local to global. Special attention is given to the impact of colonization on Indigenous peoples wellbeing and mental health.

Through skill-based learning, students experience how simple practices from Capacitar (eg. Fingerholds, EFT, Tai Chi) can empower us to care for others as well as our own wellbeing. One highlight for students each year is the "inspired conversation" hour with Dr. Patricia Cane. Pat talks about the mission, history and global outreach of Capacitar, and then leads students in a practice training. The response and impact, as you can see from these student reflections, is exceptional.

"I feel that as a nursing student, I should be learning about culturally diverse practices to help my future patients with their mental health. I have integrated the Capacitar Fingerholds into my health practice. I work as a Clinical Extern in a hospital, and I helped my patients relax and calm themselves with the Fingerholds. The patients were shocked that holding fingers helped them!" *(Student reflection from the June 2022 course.)*



Queens Nurses and COPE Scotland at a Capacitar training

Capacitar in Scotland

Capacitar for Queens Nurses Institute (QNIS) and COPE Scotland

—Nancy Adams, MA, Capacitar Scotland Coordinator

In 2021-22 Capacitar Scotland was privileged to team up with the Queens Nurses Institute Scotland (QNIS) and COPE Scotland on a project funded by a grant from the COVID-19 Health Care Support Appeal. It enabled us to offer the foundation training to 24 Queens Nurses. Clare Cable, the CEO of QNIS, had done the foundation training a few years ago. She incorporated Capacitar practices into her leadership training of Queens Nurses but her vision was to go much further. She wanted to encourage the health care system to recognise that self-care for nurses was not an "optional extra" but integral to the wellbeing of the staff as a prerequisite for them to offer the best care possible for their patients: "healing ourselves, healing our world".

We had the first three modules on Zoom, but we were able to hold the final 4th module of training in person. The sense of community that had evolved over the first three modules continued to blossom as we met together in person for the first time. The depth of that connectedness enabled the group to move seamlessly into "hands-on" practices, providing the opportunity to experience the full richness of the Capacitar learning. Twenty-one nurses completed the course, receiving diplomas certified by both Capacitar Scotland and Capacitar International. Already, many of these nurses have contributed to enhancing and empowering wellbeing among their colleagues in the NHS by participating in live on-line lunchtime sessions facilitated by QNIS. Many have also been willing to be filmed offering the wellbeing practices for on-going self-care for themselves, their colleagues and for people with whom they work in the community. The nurses have emerged, with considerable energy and commitment, as proficient practitioners and "multipliers" of the Capacitar approach to "healing ourselves, healing the world".

But the story does not stop there. QNIS and Capacitar are hoping to partner again later in 2022-23 to train another 24 social care nursing staff employed in care homes and at home services across Scotland. An application has been made with the Workforce Wellbeing Fund for Adult Social Work and Social Care. If successful, we will offer a training of 3 modules on Zoom, with the last module in-person. We are hopeful!

During the first lockdown for Covid-19, QNIS put together an inspirational Leadership Dance including Queens Nurses across all of Scotland—the Lowlands, the Highlands and the Islands of Scotland. You cannot help smiling at the Highland cows joining in the dance!

Capacitar in Ireland

Capacitar Practices with Refugees—Louise Keating, Glenree

As part of my work with the Glenree Centre for Peace and Reconciliation (www.glenree.ie), I facilitate a women's group for asylum seekers in a suburb of Dublin. Our organisation works with people affected by the conflict in Northern Ireland as well as other conflicts internationally. The women's group, established four years ago, was inspired by the work of Capacitar with refugees at the US/Mexico border. We draw primarily on practices for self-care and trauma healing contained in the Capacitar Emergency Kit. Our group meets monthly in one of Dublin's largest "Direct Provision" centres, (privately owned hotel accommodation subcontracted by the state for housing asylum seekers). Over sixty thousand people have spent years in "direct provision" in Ireland, some for up to ten years.

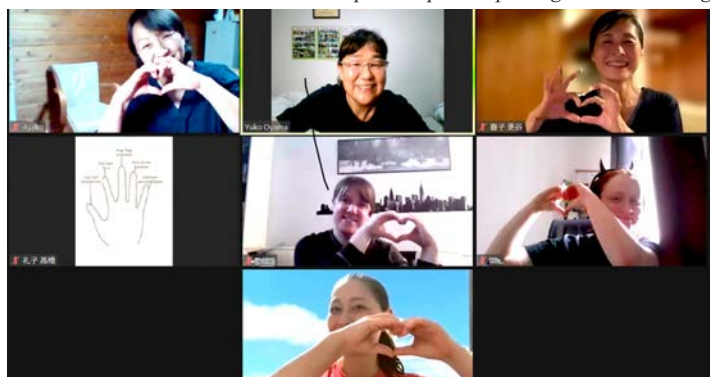
As the war in Ukraine continues, the "real time" images on social media open hearts and minds to what it really means to be a refugee. Unprecedented numbers of traumatised people are seeking refuge in Ireland. Thirty thousand have arrived in the past 3 months, a small number compared with countries bordering the conflict, yet posing enormous challenges nonetheless. All visa restrictions have been lifted, welfare support fast-tracked, and efforts to meet the demands for accommodation escalated. Many ordinary people are opening up rooms in their homes to accommodate these women and children (mostly). All kinds of community initiatives are emerging throughout the country. The situation is also "holding up a mirror" showing the disparity of our responses to a European war compared to wars in other parts of the world, i.e., Syria, Afghanistan, Yemen, Palestine, and many parts of Sub-Saharan Africa. In the face of so much uncertainty, Capacitar's holistic approach can help us manage fear and anxiety and be compassionate towards ourselves and others, as we grapple to find just solutions to the dilemmas we face as a global community.



Capacitar Deutschland founding members, Germany



Capacitar Spanish-speaking Global Gathering



Capacitar Japan Zoom training for those who work with refugees

Capacitar in Germany

Capacitar Deutschland Coordinator, Anke Reermann, MA

Recently, I was invited to give a 4-hour Capacitar training for refugee women in Aachen. Ten women and as many little children, participated, coming from 7 countries: Ghana, Ukraine, Turkey, Palestine, Central African Republic, Vietnam and Syria. The group social worker printed out the Capacitar Emergency Kit in all the appropriate languages. This was a big support for the women to see the practices in their own languages. During the training I noticed, that especially the Switching exercise gave the women a chance to relax, and some fell asleep right away. Even deeper relaxation came from the Holds. The women gave very positive feedback and the social worker plans to have weekly sessions for them using Capacitar.

Capacitar Founder Pat Cane came in June to offer a Training of Trainers module that included participants from all over Germany. During our time together, one major step we took was starting an NGO "Capacitar Deutschland e.V." with founding board members from north, south, east and west of Germany. The next step is get it legalized!! We are very grateful and proud of all that is growing here in Germany over the past five years since Ingrid Janisch from the Democratic Republic of Congo introduced Capacitar to us.

Capacitar Global Gatherings

Capacitar Special Projects Coordinator, Joan Condon, MA

Changing old and, usually, unconscious patterns that affect our behavior was the theme of the June Global Gatherings. Participating in the various English and Spanish gatherings were 103 people from Japan, the Philippines, Indonesia, England, Scotland, the USA, Mexico, Panama, Argentina, Spain and El Salvador.

After a Powerpoint presentation on the theme of unconscious patterns and how they can affect us personally and as a culture and society, participants took time to reflect on their own patterns. They then shared reflections in small groups and in a plenary. Some of the themes people noted were: not always saying yes but learning to say no; becoming more positive; finding our voice and using it; our responsibility to society; and changing patterns of fear, guilt, shame and violence. Capacitar staff also shared practices, some of them new: butterfly tapping and several hand gestures to deal with anxiety, fear, self-confidence and opening our hearts in loving-kindness. The next Global Gatherings are scheduled for October: English on the 14th and 15th; and the Spanish-language gathering on October 29.

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CAPACITAR Calendar—2022-2023

2022—Workshops & Trainings

Because of Covid 19 continued lockdowns in many places around the world, some Capacitar international trainings have either been postponed or adapted as Zoom or hybrid trainings. For information, dates, times and links to Zoom trainings and gatherings in different languages, contact the following team leaders or check the website calendar www.capacitar.org.

- Los Angeles/Southern California Tuesday/Thursday Zoom gatherings: Sheila Grady sgrady@capacitar.org
- Spanish language Zoom workshops in Nicaragua, El Salvador: Joan Condon jcondon@igc.org; Alibel Pizarro tallersalud.pa@gmail.com
- El Paso, Texas Trainings: Kathy Revtyak KRevtyak@epcg.org
- Tucson, Arizona Trainings: Sharyn Chesser svchesser@cox.net
- Cincinnati, Ohio Zoom: Mary Duennes mmduenness@gmail.com
- Toronto, Canada: Joan Silcox Smith jsilcoxsmith@gmail.com
- Capacitar Ireland Foundation & Advanced Trainings: Fiona Cody capacitar.ireland1@gmail.com
- Germany Trainings: Anke Reermann, anke.reermann@bistum-aachen.de
Advanced & 4-Module Trainings in Aachen & elsewhere: 2022-2023
- Scotland trainings & Zoom: Nancy Adams capacitarscotland@gmail.com
- England trainings & Zoom: Paul Golightly capacitalrbion@outlook.com
- Israel Zoom & Gatherings: Lora Hillel, Ronit Zur loralih@gmail.com, ronitzur123@gmail.com
- Phillippines Zoom: Joan Condon jcondon@igc.org
- Indonesia Zoom: Yudi Aridanto yudi_ardianto@yahoo.com
- Japan Trainings & Zoom: Yuko Oyama, yukooyama.edu@gmail.com
- Panama Trainings & Zoom: Alibel Pizarro tallersalud.pa@gmail.com

2022-23 Scheduled Training Dates:

- Multicultural Wellness 4-Module Zoom Training 2022 with Sheila Grady & Joan Condon Jul 23, 30; Sep 17, 24. sgrady@capacitar.org
- Capacitar Advanced Training with Pat Cane in-person Mar 25-26, 2023 Holy Spirit Retreat Center, Encino CA sgrady@capacitar.org
- Tucson Trainings with Pat Cane in-person October 6, 7, 8, 9, 2022 Sharyn Chesser, svchesser@cox.net
- Capacitar Zoom Global Gatherings 2022: English Oct 14, 15.
- Spanish Zoom Global Gathering dates Oct 29, 2022
- Canada Zoom Trainings: Sep 17, 2022, Jan 28, 2023 Joan Silcox Smith jsilcoxsmith@gmail.com
- Germany 4-Module Trainings with Pat Cane, Anke Reermann, Norbert Frieters Nov 26-27, 2022; Feb 11-12, Apr 22-23, Jun 3-4, 2023 anke.reermann@bistum-aachen.de
- Germany Training of Trainers with Pat Cane & Team, Apr 15-16, 2023
- Scotland Advanced Training with Pat Cane in person: Nov 12, 2022 Nancy Adams, CapacitarScotland@gmail.com
- Ireland Foundation Training with Pat Cane & Team in person: Nov 19-20, 2022, Feb 4-5, 2023, Apr 29-30, Jun 10-11
Ireland Advanced Training with Pat Cane, Nov 18, 2022 Fiona Cody capacitar.ireland1@gmail.com
- UK Advanced Training in-person at Noddfa, Wales, Nov 25-26, 2022, Paul Golightly capacitalrbion@outlook.com
- El Salvador Tr in-person Joan Condon, Oct 21-25, 2022, jcondon@igc.org
- Philippines Zoom MWET Tr Dates TBA, Joan Condon, jcondon@igc.org



CAPACITAR
International

Healing ourselves, healing our world

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July 2022

Dear Friends,

Special greetings to you this Summer as our world continues to deal with mass shootings, war, violence, climate change and the pandemic. Capacitar teams are committed to work locally and internationally via Zoom, other internet platforms and now, in some places, in-person, sharing healing tools to empower and bring light to their communities. In spite of so many challenges, our vision to bring healing and transformation to ourselves and to our world is being realized. Will you help us with our mission in the many places where we work? Your support will empower Capacitar teams in the US and in other countries to do the following:

- Workshops for refugees from Ukraine and places of conflict and disaster and for those accompanying them
- Trainings for those working with refugees and the detained in the US, Mexico, Central America and Europe
- Multicultural Wellness Trainings in the Americas, Europe, Asia and the Middle East
- New 4-Module trainings and Zoom trainings in Germany, the Philippines, Scotland and the US
- Work with refugee communities and asylum seekers at the US/Mexico border and in different areas of California
- Workshops and Zoom trainings to heal gender violence and racism
- Translation and publication of Capacitar manuals and materials in different languages
- Development of self-care workshops and translation of manuals to accompany youth and climate activists.

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



The Capacitar team in Mindoro, the Philippines, brings light to schoolchildren with the Fingerholds