



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

people in over

45 countries.

Living with Resilience & Hope—Patricia Mathes Cane, PhD, Capacitar Founder/Director

People around the world recognize that we are living in a most challenging time politically, economically, socially and ecologically. With disasters like the recent wildfires in Los Angeles, the wars in Gaza and Ukraine, the loss of many thousands of jobs in the US, and the loss of aid to the poor around the world, so many people deal with anxiety and fear facing a precarious future. Capacitar's recent global gatherings focused on how to live with resilience and hope at this time. By understanding brain research and how positive attitudes can impact the amygdala (fear center) and the cognitive brain, we can learn to rewire our brains to change old patterns and responses that no longer work. This can empower us with resilience and hope in the midst of the challenges.

Resilience is the ability to successfully adapt to stressors, maintaining psychological well-being in the face of adversity. Active Hope, a concept of Buddhist scholar Joanna Macy, means finding and offering our best response when facing concerns about our lives and world situation. It offers tools that help us face "the mess we're in". The innate response of most animals and humans is to save oneself from dangers. For humans this involves two parts of the brain: the amygdala and the cognitive brain. To better manage our anxieties and fears, it is important to understand how these parts work and what triggers responses, especially during these days of global chaos. The fear-producing amygdala has protection as its goal reacting to what might cause potential harm. The amygdala is also constantly learning and changing with daily experiences and can be rewired. Capacitar's mission is to empower people with healing tools to manage fear and anxiety and to rewire stuck patterns in the brain. This edition of the Spring newsletter will

share stories of some Capacitar teams who are doing just that. We will also share on page 3 several practices to manage fear and anxiety. Capacitar uses these methods with refugees, with people impacted by climate disasters, with those traumatized by wars and poverty, with healthcare professionals who deal with Covid burnout, as well as with ourselves. We encourage you to share some of these tools with your family and friends to give them ways to manage their feelings when out of control. In this way we are able to "heal ourselves and heal our world".



Nadette Foley coordinating a training for Ukrainian refugees in Dublin



Joan Condon leading a community workshop in Suchitoto, El Salvador



George Horan, Pat Cane and leaders of Border Compassion, Mexicali, MX



Ireland graduates receiving their certificates of training in January, 2025, Dublin

Capacitar Ireland

—Marian Baker, Capacitar Ireland, Coordinator

In January, Capacitar Ireland Association completed a Foundation Training with 30 participants proudly receiving certificates. The practicum reports submitted were exceptional, and showed that the practices have been integrated into participants' personal and professional lives. They also described how they are being used with a wide range of people of all ages and in various settings from pre-schools to people on a cancer journey.

Monica O'Reilly and Marian Baker were invited to facilitate a brief Capacitar session for Midwives and theatre nurses. The 48 people who attended represented 3 maternity hospitals in Dublin—The National Maternity Hospital, The Retunda Hospital and The Coombe University Hospital. Capacitar Practices were offered at the end of a long day's training that focused on trauma.

Marian Baker recently completed a number of 6-8 week courses:

- Stress Management—for Dublin City Heathy Co-Op. The next course is scheduled to start on March 12th.
- A Wellbeing Course with seniors attending the Daughter's of Charity Community Services. The oldest member of the group was 88 years. Surprisingly their favourite practice was Pal Dan Gum, an energetic exercise.
- Stress Management with the Daughter's of Charity aimed at inner city community people.
- Trauma Healing with Ruhama, an organisation supporting women affected by prostitution and trafficking.

Capacitar is as active as ever in the North East of the country.

- Ann Brady and Paula Carron offer Capacitar classes on Zoom Mondays.
- They also bring Capacitar to a large women's Lifestyle group in Drogheda.
- A special event is planned for February to honour St. Brigid. This will be held in Faughart, Co Louth which is the birthplace of Brigid.

In Cork/Kerry a Capacitar Regional Network is led by Maeve Lankford and Margaret O'Grady, both Capacitar Tutors. There are now over 22 people on our mailing list who are using practices to enable their own self-care and wellbeing, including recovery from critical illness, as well as those integrating practices into their work with clients, in community and professional settings and in work with refugees.

The next Foundation Training is scheduled to start on May 10-11, with Dr. Pat Cane facilitating Modules 1 & 3 and the Capacitar Ireland Team facilitating Modules 2 & 4. Renewal Days to be led by Pat are also scheduled for May and October and open to the Capacitar Ireland network.



Germany Coordinators Anke Reermann & Norbert Freiters with Training 5 participants

Capacitar Germany

—Dr. Professor Norbert Freiters, Coordinator Capacitar Deutschland

Capacitar Deutschland continues to grow at a national level with activities that take place all over Germany, including one-day workshops and evening sessions. Our network is getting stronger reaching out to more areas of the country. In August 2024, Capacitar Germany was able to complete the fifth 4-module Capacitar training cycle. The sixth training began in February 2025, with Pat Cane joining us for Module 3 in June as well as for the Training of Trainers and a board meeting. The new Capacitar Healthcare Manual has also been translated into German to be used with healthcare professionals.

Capacitar Nusantara—Indonesia

The Capacitar Nusantara team provided trainings in Bandung, Solo, Jakarta and on Zoom in the last months of 2024. Yudi, Putri, Nina and Pam facilitated a zoom session for 98 mental health practitioners, doctors and nutritionists. Ineke and Alvie worked with the Community Health Center staff in East Jakarta and Ika and Alvie shared Capacitar techniques with students at the Design and Visual Communication Department at Tarumanegara University in Jakarta. The latter was to help students deal with the trauma of the suicide of one of their classmates. Pam shared with students and teachers in Semi Palar Leaning Home in Bandung. She was joined by Nina, Putri and Sheila in providing a workshop for teachers of special needs children. Astuty and Alvie traveled to Solo in Central Java to work with new students in the Polytechnic Machine and Industrial Academy. In February, the team met on Zoom to share experiences and future plans.

Capacitar South Africa

Moira Boshoff of Port Elizabeth continues to share Capacitar through AIDS/HIV ministry and outreach in different parishes. Moira has trained 5 caregivers to teach Capacitar to children in schools as part of their stress relief children's programme. Moira was also invited by St Luke's Retreat Centre to facilitate a one-day Capacitar Living in Wellness workshop attended by 12 participants who were very positive. Moira also recently published a book on grief, so needed in South Africa. And after a Parish Mission, 8 parishioners wanted to be trained for Care Ministry. They now have an active, enthusiastic group to continue care outreach, especially to the very poor.

Capacitar DR Congo

The Capacitar team of DR Congo, based in Goma, is dealing with some of the greatest challenges. Thousands of people have been killed since rebels captured Goma over a month ago. DR Congo, a country of more than 100 million people, has experienced decades of violence driven by ethnic tensions and fights over access to land and mineral resources, causing one of the world's largest humanitarian crises. The volunteer Capacitar DR Congo team tries to help the traumatized population wherever they are and live, whether in the city or in the countryside. They share Capacitar with children in schools and with people in parishes to promote resilience. People have no resources. Many are starving. If anyone would like to help these valiant people and the team with a private donation, please contact Pat Cane.

Capacitar Rwanda

Sr. Antoinette Gasibirege, SH, founder of Capacitar Rwanda, and her team continue to do amazing outreach to many of the poorest areas of Rwanda. Since its founding, the organization has touched the lives of 40,500 Rwandans who have received Capacitar healing. The team also recently supported the commemoration of the 30th anniversary of the genocide. Through Capacitar's initiatives, Antoinette and her team help foster a commitment to healing that empowers individuals to transcend painful memories and cultivate a renewed sense of healing and reconciliation.

Practices to Manage Fear & Anxiety

Two effective methods for managing fear and anxiety are tapping and acupressure. The following practices can be done on oneself when feeling anxious or with another person to empower them to manage feelings.

Tapping

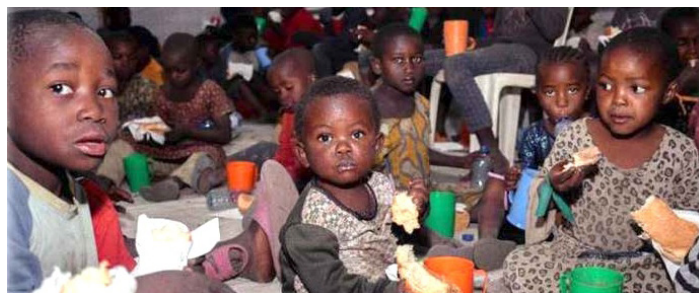
There are a variety of Tapping methods that can be found on different websites—EFT, TFT, TTT, etc. As Capacitar we usually teach EFT (Emotional Freedom Tapping) that is simple and effective. Download the Emergency Kit of Best Practices from our website www.capacitar.org. EFT is found on page 3. The practice is also available on our Capacitar YouTube short videos.

Butterfly Tapping

When dealing with fear and anxiety, it is important to imagine how we would like to feel when facing dangers or chaos. Butterfly Tapping, adapted from EMDR, is very simple and effective. The practice is as follows:



Cross your hands in front of the chest, and with the middle fingers feel for sensitive points located on the inside of the arm joints. These are Lung 1 points. At the same time imagine how you would like to feel positively about whatever is bothering you. See yourself like in a movie acting in a positive way. Now start alternate tapping the Lung 1 points about 15 times while imagining your body relaxing. Feel your solar plexus softening, your heart center opening, your mind clearing with positive images of yourself. Repeat the tapping process several times. Continue the Butterfly Tapping for several minutes, embedding the positive images of yourself to transform old patterns of negativity and failure in your inner response. Whenever self-doubt or negative feelings arise, especially at night, repeat the Butterfly Tapping.



Starving school children in Congo receiving help from the Capacitar team in Goma

Capacitar El Salvador

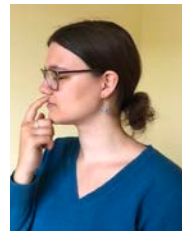
Joan Condon returned to El Salvador in January with the original Capacitar team coming together for the first time in almost twenty years. Joan led a group of 60 seniors who learned Tai Chi, Fingerholds and the Holds. Joan also facilitated a 2-day training for members of the Rosa Andrade Midwife Association who provide prenatal, birth and postnatal care for women in the many rural communities in Suchitoto. They will use practices for themselves and share as part of their service to women and newborns. In addition, 25 community workers from CCR, Pro-Vida and Cripdez gathered at the Centro Arte para la Paz in Suchitoto for a 2-day Capacitar training. As workers in health and development of marginalized communities, they provide services in many communities working with youth, children, women, and varied community groups.

Acupressure Points

There are many points that are simple and effective to manage a variety of feelings and to empower oneself. The following photos show a few points that can easily be done on oneself or another. Hold the points with the index and middle fingers for several minutes until the pulsing sensation feels strong, steady and calm.



The points or positions above are for releasing anxious feelings. The wrist point is effective for anxiety. The hand can be lowered so no one knows you are anxious. The Sore Spot (center) can be held or rubbed to calm oneself when fearful or anxious. The head hold is excellent for calming and stabilizing oneself or another when in crisis or feeling overwhelmed.



When overwhelmed with fear or anxiety the points above are effective. The Seal of Tranquility (left) helps to center us. The point under the nose is to stabilize oneself when in crisis. The hold on the right is for emotional balance.

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Hussain Behtaash

The Philippines

Diana McDermott

CAPACITAR Calendar—2025

2025 Workshops & Trainings

For information, dates, times and links to Zoom or in-person trainings and gatherings in different languages, contact the following team leaders:

- **Los Angeles/Southern California Tuesday Zoom gatherings:**
Sheila Grady sgrady@capacitar.org
- **Spanish language Zoom trainings in Nicaragua, El Salvador:**
Joan Condon jcondon@igc.org
- **Tucson, Arizona El Rio Health—Shelley Whitlatch,** swhitlatch@elrio.org
- **Capacitar Ireland Trainings:** Marian Baker capacitarireland1@gmail.com
- **Germany Trainings:** Anke Reermann anke.reermann@bistum-aachen.de
- **Scotland Trainings & Zoom:** Nancy Adams capacitarScotland@gmail.com
- **England Trainings & Zoom:** Paul Golightly capacitaralbion@outlook.com
- **Israel Trainings:** Lora Hillel, Ronit Zur loralih@gmail.com, ronitzur123@gmail.com
- **Philippines 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

2025-2026 Scheduled Training Dates:

- **MWET 4-Module Zoom Training 2025** Joan Condon & Sheila Grady
Apr 12, 26; Jun 7, 14; Sep 13, 20 jcondon@igc.org
- **Zoom Relax and De-Stress with Capacitar Practices: 2025: Spring TBA**
Joan Condon, jcondon@igc.org
- **Global Gatherings Eng 2025:** Oct 10,11 sgrady@capacitar.org
- **Global Gathering Sp 2025:** Mar 8, Oct 18 Alibel Pizarro, tallersalud.pa@gmail.com
- **El Paso Tr. 2026 Dates TBA,** Kathy Revtyak, kathryn.revtyak@gmail.com
- **Juarez Mexico 2025** Dates TBA Claudia Brandes capacitar.juarez@gmail.com
- **Mexicali Workshops 2025:** Dec TBA with Pat Cane & George Horan,
Border Compassion, Suzanne Jabro, CSJ, sjabro@csjla.org
- **Nicaragua Zoom 2025:** Monthly, jcondon@igc.org
- **England, York Trainings 2025:** St. Bede's Adv Training Day with Pat Cane,
May 23, Paul Golightly Capacitaralbion@outlook.com
- **Noddfa, N. Wales 2025 Adv Training** with Pat Cane Sep 16-18
Mary Jo McElroy, noddafen@aol.com
- **Philippines Training for 2025** 2025 Dates TBA Jcondon@igc.org
- **Japan Trainings 2025:** July & Nov Dates TBA with Pat Cane, Tokyo,
Ishinomaki, Fukushima Yuko Oyama, yukooyama.edu@gmail.com
- **Germany 4-Module Training** Anke Reermann, Norbert Frieters
anke.reermann@bistum-aachen.de
2024-2025 MWE: 2025: Mar 8-9, Jun 28-29; Aug 23-24
- **Germany Training of Trainers** with Pat Cane & Team, Jun 21-22, 2025
- **Scotland, Edinburgh Trainings 2025:** Dates TBA, Ali Newell & Nancy Adams
capacitarScotland@gmail.com
- **Scotland Adv Training 2025:** Mar 28 with Pat Cane
- **Ireland Foundation Training 2025** May 10-11 Pat Cane & Team in-person:
capacitarireland1@gmail.com 2025: Sep 27-28
- **Ireland Renewal Days 2024** with Pat Cane, May 17, Oct 4
Marian Baker capacitarireland1@gmail.com
- **Israel & Palestine Trainings:** Dates 2026 TBA, Pat Cane & George Horan,
patcane@capacitar.org
- **Indonesia MWET Training 2025:** Dates TBA Joan Condon,
jcondon@igc.org

Gifts Made In Honor of

Joan Condon • Pat Cane • Mary Litell, OSF • Patty Abozaglo
• Valerie Bengal MD • Mary Duennes • Sharron Duggan • Ree Taylor

Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon • Carl Taylor • Maria Mathes
Desmond Kelleher • Wilma Sauer • Marion Vittitow • Alistair Amery
• Sr. Jane Bonar, PBVM • Anne Jennings • Austin • Judy Jackson



**CAPACITAR
International**

Healing ourselves, healing our world

2901 Park Avenue Suite B12 Soquel, CA 95073 Tel: 831-477-7644 www.capacitar.org

April, 2025

Dear Friends,

Greetings this Springtime as we witness the new life awakening in plants, flowers and nature around us. Yet in the midst of the beauty of our earth, we face the challenges of climate emergencies, war, violence, poverty and disaster. Our Capacitar teams are more than ever committed to empower new life and healing, bringing renewal to people and their communities. Our mission to heal and transform ourselves and our world is being realized in small yet important ways. Will you help us fulfill 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:

- Trainings for those working with refugees and immigrants in the US, Mexico, Central America, Asia and Europe
- New 4-Module trainings and Zoom trainings in Indonesia, the Philippines, Europe and the Americas
- Work with refugee communities and asylum seekers at the US/Mexico border and in different areas of California
- 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
- Trainings for healthcare professionals who deal with burnout in the US, Europe and elsewhere.

We cannot do this work of healing and transformation without you! Thank you for your generous donations and prayerful support since our founding in 1988. Together we are committed to the mission of healing ourselves and healing our world.

With peace and blessings,

Pat Cane

Capacitar International Founder/ Executive Director



Capacitar Rwanda celebrating the 11th Anniversary of work in Kisaro



Capacitar caregivers in South Africa learning practices to use with those with HIV/AIDS



Capacitar Indonesia trainers practicing the Holds for stress management with new student in Solo at the Polytechnic Machine and Industrial Academy.