



Capacitar Outreach in Areas of Ongoing Conflict—Patricia Mathes Cane, PhD, Capacitar Founder/Director Afghanistan

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
42 countries.

In April, Capacitar began first workshops in Kabul at the invitation of Dr. Hakim Young, MD, founder of the nonviolence communities, Afghan Peace Volunteers (APV) and Border Free. The vision of APV and Border Free is to bring together Afghans from different tribal groups to learn how to live together nonviolently to be able to help create peace and unity in their country. Capacitar Founder Pat Cane and Fr. George Horan of Restorative Justice programs in Los Angeles, formed the Capacitar team. They offered 8 workshops and a number of individual counseling sessions to over 200 participants including, the APV men's and women's communities, APV volunteers, women's sewing groups, street children, and staff of the US Institute of Peace (USIP).

According to the Afghan Ministry of Health, over 90% of Afghan people are traumatized. President Ashraf Ghani, in his March address to the US Congress, described Afghanistan as a mentally ill country. Hamidullah Natiq, Senior Peace-building and Training Program Officer for USIP, commented that no one is addressing the trauma healing that is needed in Afghanistan, and that without this deeper healing, Afghanistan cannot move forward. Culturally, most Afghans are suspicious of Western psychology. There are few psychologists and psychiatrists in the country, and trauma treatment, if available, focuses on talk therapy and medication, rather than addressing the systemic nature of trauma in the society. In our workshops we presented Capacitar as a way to bring health and wellbeing to heal the stress of Afghanistan, rather than talking about the trauma that is everyone's reality. Capacitar has scheduled return visits in February and November 2016 to train trainers and to offer trauma healing methods to many groups that are working to bring peace and nonviolence to Afghanistan.



George Horan and Pat Cane leading a Capacitar workshop for Afghan Peace Volunteers and the Border Free community



Afghan Peace Volunteer, Hoor, welcoming Capacitar to the Border Free Center in Kabul



Dr. Hakim Young, MD with the street children of Kabul learning Capacitar acupressure points and fingerholds for health and wellbeing—April 2015



Women in Afghanistan

—from *Women's Access to Justice in Afghanistan*, USIP Publication 2014

"Ongoing conflict, high maternal mortality and domestic violence rates, limited access to health care, and 'near total lack of economic rights' combine to make Afghanistan the world's most dangerous country in which to be born a woman."

- Afghanistan ranks at the bottom of the UNDP Gender Inequality Index—147 out of 148 nations.
- The literacy rate of females 15 and older is 22%; in 11 out of 36 provinces the literacy rate is under 10%.
- 87% of the women of Afghanistan have experienced at least one form of domestic abuse. 62% have experienced multiple forms of violence (physical, sexual, psychological).
- Female land ownership is 2%.
- Maternal Mortality ratio per 100,000 live births is 400.
- Female life expectancy is 61.
- Percentage of females in the workforce is 16%.



Border Free Community and Afghan Peace Volunteers celebrated with traditional dance in Babur Park

Street Kids of Afghanistan

In the streets of Kabul, children push carts, polish shoes, carry heavy bundles on their heads or sell a variety of goods—any way to earn a few cents to help support their families. An estimated 70,000 street kids, rather than going to school, work to help their families, many widowed or disabled from the wars and ongoing violence. Border Free and Afghan Peace Volunteers run a small school for over 100 street kids offering classes in reading, writing and math. Children from different tribal groups are encouraged to work together as they learn basic skills, along with the values and skills to live with a spirit of peace and nonviolence.



Street children were eager to learn the Capacitar practices at the Border Free Center



Jenin — West Bank, Palestine: *Itaf Awad and Pat Cane led a Capacitar training in May for secondary school teachers and counselors sponsored by the Palestinian Ministry of Education. The focus was on self-care for teachers and the use of the Capacitar practices for classroom management and for counseling students and families. Followup workshops and further teacher trainings are scheduled for 2015 and 2016.*

Aceh, Indonesia—Joan Rebmann Condon

Most people remember the 2004 tsunami that devastated Aceh, as well as parts of Thailand and Sri Lanka. In Aceh, 170,000 people died and over 500,000 were left homeless. However, most people do not recall that, at the time of the tsunami, a civil war was being waged in Aceh between rebels wanting independence and the Indonesian government. The war ended with a peace pact in August 2005 as the government and people turned to rebuilding infrastructure, communities and lives as best they could.

Violence is, once again, surfacing. Just prior to the Capacitar training trip to Aceh in April, two members of the Indonesian security forces were killed. The perpetrators are unknown. On May 21, security forces killed 3 members of an armed group that had attacked them. Again, news reports say the group is unknown. For the people of Aceh, this violence brings back the memories and fears of the years of conflict when at least 15,000 people, the majority civilians, were killed and when ordinary people lived in fear of the government

security forces. So the scheduling of two Capacitar trauma healing workshops near the town of Lhokseumawe was synchronistic. The 48 men and women who took part in the workshops appreciated learning the simple and effective Capacitar techniques for managing their fears, stress and trauma. Some spoke of how the tools could help with their flashbacks to both the violence they had witnessed during the armed conflict and to the tsunami.

The workshops were facilitated by Joan Condon and Linda Sianturi of the Capacitar Indonesia network. Linda also interpreted into Bahasa with assistance from Kifli Jol, who organized the workshops and added some explanations in the Aceh language. As part of teaching fingerholds to manage emotions, Linda taught the song written in Bahasa to help people remember the technique and have a great way to share it with children. A group of 15 children came in to the training and enjoyed the fingerholds song and the Pal Dan Gum movements.



Lhokseumawe, Aceh: Special Projects Coordinator Joan Condon led a Capacitar workshop for a grassroots community impacted by years of disaster, war and ongoing violence.



Capacitar Indonesia trainer Linda Sianturi taught village women the fingerhold song to share with their children and families.



Los Angeles, CA: Founder Pat Cane, with International Team, Mary Litell and Joan Condon, received the Mary Award from Juliet Spohn Twomey, representing the Immaculate Heart Community. The IHM Award was in recognition of Capacitar's global commitment to promote social justice and peace and to foster access of all persons to truth, dignity and full human development.



Albania: Capacitar London Coordinator Marj McDaid, facilitated a May workshop in self-care and trauma healing for staff of the Albanian center that works to promote awareness of human trafficking and gender violence.

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Joan Condon • Pat Cane • Mary Litell osf

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CAPACITAR Calendar—2015

2015

- Aug 19-26 Trainings in Panama
- Aug 28-30 LCDM Advanced Training, Santa Barbara CA
- Sep 4-6 Tr 2, Consorcio de la Mujer, Training for Human Rights Defenders, Oaxaca MX
- Sep 11-13 LCDM Training 3, Santa Barbara CA
- Sep 16 Advanced Formation 4 El Paso, Texas
- Sep 17-18 Training 4 Juarez, Mexico
- Sep 19-20 Training 4 El Paso, Texas
- Sep 21 Advanced Formation 3 Juarez
- Sep 22-23 SF Bay Area Training 3, RSCJ Oakwood, Atherton CA
- Sep 26-27 Training 3 St. Anthony's Priory Durham, England
- Sep 30-Oct 1 Training Noddfa, Penmaenmawr, Northern Wales
- Oct 3-4 Scotland Training 1, Garden Cottage, Perth
- Oct 5 Advanced Training The Bield, Perth
- Oct 7, 8 EANI—Education Authority Northern Ireland, Dungannon, Northern Ireland
- Oct 9 Adv Formation, London
- Oct 10-11 London Training 1, Univ. Roehampton, London, England
- Oct 23-25 JASS Encuentro, Women HR Defenders & Healers of Mesoamerica, Guatemala
- Oct 27-30 Trainings, Quiché, Guatemala
- Nov 4-15 Trainings and Workshops, Tokyo, Ishinomaki, Sendai, Japan
- Nov 19-21 Training 4, Israel Upper Galilee
- Nov 23 Training for Teachers & Counselors, Jenin, Palestine
- Nov 24 Training for Social Workers, Ramallah, Palestine
- Nov 27-28 Training 1, Beit Shams, Beit Jalla/Bethlehem, Palestine
- Dec 8-9 SF Bay Area Training 4, RSCJ Oakwood, Atherton CA
- Dec 11-13 LCDM Training 4, Santa Barbara CA
- Dec 13 SoCal Network Holiday Gathering, La Casa de Maria, Santa Barbara CA
- Dec 16-18 Dance Retreat, CANTERA Managua, Nicaragua

2016

- Jan 11-15 Trainings, Centro de Paz Hma. Barbara Ford, Quiché, Guatemala
- Jan 22-24 Advanced Training, Office of Human Rights for Women, Chihuahua MX
- Jan 29 London Advanced Training
- Jan 30-31 Tr 2, Capacitar London, University of Roehampton, Barat House
- Feb 6-7 Tr 4, St. Antony's Priory, Durham, England
- Feb 13-14 Tr 2, Capacitar Scotland, Garden Cottage, Perth, Scotland
- Feb 15 Advanced Formation, The Bield, Perth, Scotland
- Feb 22-Mar 2 Trainings in Kabul, Afghanistan

2016-2017 Trainings—Multicultural Wellness Education

- Santa Barbara, CA La Casa de Maria, 805-969-5031 Anne Price anne@lcmd.org CEUs
2016 Training: Mar 18-20 July 15-17 Sep 9-11 Dec 9-11
- Tucson, Arizona Sharyn Chesser svchesser@cox.net
Training 2016: Apr 30-May 1 Jul 30-31 Dec 17-18 2017: Mar 4-5
- San Antonio, TX Patricia Connolly DC CapSanAntonio@gmail.com
Training 2016: Dec 3-4 2017: Mar 11-12 May 27-28 Sep 23-24
- El Paso/Juarez Advanced Kathy Braun OSF, Kathy Revtyak CapacitarFrontera@gmail.com
2016 El Paso Adv.: Mar 12 Sep 17 2016 Juarez Adv.: Mar 14 Sep 16
- Toronto, Canada Joan Silcox-Smith jsilcoxsmith@gmail.com
Training 2016: May 7-8 Sep 24-25 2017: Jan 21-22 May 13-14
- England: London Marj McDaid capacitarlondon@gmail.com
Roehampton, London Training 2015, Oct 10-11 2016: Feb 20-21 May 21-22 Oct 8-9
- Durham, England Paul Golightly info@stanthonypriory.co.uk St. Antony's Priory
Training 2016: Oct 15-16 2017: Feb 11-12 Jun 3-4 Sep 30-Oct 1
Advanced Formation 2016: Oct 14 2017: Feb 10 Jun 2 Sep 29
- Perth, Scotland capacitarscotland@gmail.com The Bield and Garden Cottage
Training 2015: Oct 3-4 2016: Feb 13-14 May 14-15 Oct 1-2
- Capacitar Middle East Network Lora Hillel loralih@gmail.com, Ronit Zur ronitzur123@gmail.com
2016 Training: Feb 25-27 May 26-28 Nov 17-19 2017: Feb 23-25
2017: 10th Anniversary Celebration—Capacitar Middle East Network
- Beit Jalla, Bethlehem Eilda Zaghmout eilda@shams.ps
2016 Training: Nov 27-28 2017: Jun 3-4 Nov 25-26
- Tokyo, Japan Training Eiko Maki, CSJ eikocsj@gmail.com
2016 Training: Apr 8-9 Sep 2-3 2017: Apr 7-8 Nov 3-4
- Japan Advanced Formation Eiko Maki, CSJ eikocsj@gmail.com
2016 Advanced Formation: Apr 10 Sep 4 2017: Apr 9 Nov 5
- Argentina, Los Cerezos: Trainings 2017: July
- Rwanda 10th Anniversary Celebration: June 6-12, 2016
- Capacitar 30th Anniversary—August 6-8, 2018, La Casa de Maria, Santa Barbara, CA



CAPACITAR
International

Healing ourselves, healing our world

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July 2015

Dear Friends,

Greetings to you this summer. This is a busy year for Capacitar as our work grows in many places. I am writing this letter from Quiché, Guatemala, collaborating with the team of Centro por la Paz Hermana Barbara Ford, planning several years of trainings for 60 health promoters who will focus on healing gender violence and trauma in four regions of the country. As I work in Quiché, Mary Litell OSF, is offering a training at Cantera in Managua, Nicaragua, where Capacitar started nearly 28 years ago. Later in July we will have trainings in Seoul, Korea working with the Korean Center for Nonviolent Communication, and then in August with groups in Panama focused on programs for community groups dealing with gender violence.

As Capacitar receives invitations to different places of need, your support is more important than ever. Your donations will empower Capacitar to do the following:

- Multicultural Wellness Trainings in 15 countries in the Americas, Europe, Africa, Asia and the Middle East
- Trauma Healing & Leadership Trainings in Uganda, DR Congo, South Sudan, Kenya, East Timor and Indonesia
- Outreach workshops to groups in Afghanistan
- Work with Human Rights Defenders in Mexico, Central America and other world areas
- Work with refugee communities and detention camps through Capacitar en la Frontera at the US/Mexico border
- Trauma Healing Trainings for survivors of the earthquakes in Haiti and in Japan
- Workshops to heal gender violence in Mexico, Central America, Panama and other countries
- Translation of materials into different languages
- Development of manuals for Human Rights Defenders and for those working with refugees at the border.

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



Japan—Coordinator Eiko Maki CSJ, with the Capacitar Japan team: Miura Fukiko, Tsugumi Fujita, Satoko Iwatani, and Yuko Oyama



Koriyama: Fukushima mother and child with Sr. Maki



Fukushima mothers learn Capacitar practices for self-care to manage stress and depression and to use with their children