



Capacitar Advanced Formation 2017

Facilitator: Patricia Cane, Ph.D.

August 18-20, 2017 La Casa de Maria, Santa Barbara CA

Capacitar's Advanced Formation is a renewal program for persons who have completed the Multicultural Wellness Education Training. Facilitated by Patricia Cane, Ph.D., Founder/Director of Capacitar International, the formation focuses on reviewing Capacitar skills, learning additional theories and methods, reflecting on the application of Capacitar to different fields and professions, and building the local Capacitar network.

As we live in a world of violence, anger and frustration, this training program will include discussion and work with challenging emotions and how to stay centered and grounded to empower hope and healing in ourselves and in our world. The program will include the following theories and methods: Capacitar Popular Education; Healing and Transformation models (IONS Institute of Noetic Sciences); how to transform Frustration and Depression to Hope and Patience (Emotional Freedom—Orloff); Acupressure to heal PTSD, stress and depression (Michael Reed Gach); Epigenetics and how our genes are impacted by trauma and healing (The Genie in Your Genes—Dawson Church); Thought Field Therapy (Roger Callahan); Hand Mudras for protection, relaxation and healing (LeSage); and work with self-care and boundaries.

Program Goals:

- Review and integrate basic Capacitar practices and theories learned in the Multicultural Wellness Education Training.
- Learn advanced theories and practices for use in a broad cross-section of professions and community outreach.
- Empower participants to engage in self-care and their healing process by regaining and maintaining balance of body and spirit.
- Build support and renewal for the person and the Capacitar network.



*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
Adapted from the UN Prayer of the Sabbath*