Capacitar: Healing the Leader — Patricia Mathes Cane, Ph.D. Founder/Co-Director

In our work with people of diverse cultures, Capacitar recognizes the importance of healing the trauma of leaders, caregivers and activists so they can more effectively serve their communities.

In Ireland, we recently met with a psychologist who directs a victims’ trauma center in Belfast. Aine said that she and her staff wanted to change the name of their center to one of wellness. She felt that people wanted to move beyond being victims to healing their lives. Ginn Fourie, a member of the Capacitar South Africa team in Cape Town, leads trainings with the man who gave the order to assassinate her daughter. Ginn recognizes that violence can only be stopped if leaders work together to heal their wounds and bring reconciliation to each other and to their communities. Rotary in Cape Town is funding the participation of police trauma counselors in our trainings saying it is important to rebuild the lives and spirits of the people.

In Argentina, we worked with Irene, a community leader in Neuquen, who was finally able to release the tears and pain she held for over twenty years. Under the dictatorship she was tortured and family members were disappeared. Another leader, Nara, is currently under death threat by the provincial government because of her protests in defense of the rights of children. Nara is learning how to live daily in the eye of the hurricane with peace and strength to continue her struggle for justice in the community.

Steven Wineman in his book Power-Under analyzes trauma, societal violence and internalized powerlessness describing how the oppressed can become the oppressor (www.TraumaAndNonviolence.com). He says that unhealed wounds of leaders are often projected onto others. And compassion fatigue or secondary trauma similarly impacts the effectiveness of leaders, caregivers and those who serve others.

We dealt with these themes in our training—Healing the Healer, Healing the World—at the Second National ProVida Conference in Peru. ProVida provides medicine and health services to vast numbers of poor throughout Peru. Most health promoters came to the training unaware that they were suffering from compassion fatigue. As Director Estrella Mendoza said, “Our people know many healing practices, but how can they heal others if they themselves are unhealed.”

The vision of Capacitar is to offer simple tools of healing and empowerment to leaders so they can recognize their own wisdom and capacity to heal and transform themselves, their communities and societies. In the words of Ben Okri of Nigeria: “What will we choose? Will we allow ourselves to descend into universal chaos and darkness? Or might we choose to make this time a waking-up event, a moment of world empowerment. . . .We rise or fall by the choice we make. . . by the light that we use or refuse. . . .”

Ginn Fourie (front right) with community leaders and professionals of Western and Eastern Capes at the Capacitar Training in South Africa February 2005
CAPACITAR in Action

UNITED STATES PROGRAMS

• NEW YORK—Ten Years After Beijing

• NEW YORK—Committee for Hispanic Children and Families
Eighteen staff members of the Committee for Hispanic Children and Families took part in a Capacitar training facilitated by Joan Condon, March 11-13. The Committee reaches out to the Hispanic population in New York City through educational programs around childcare, HIV/AIDS, and other issues.

• NEW YORK—East Harlem
Fran Whelan OP, sponsored two Capacitar workshops facilitated by Joan Condon in East Harlem. Twenty-eight women, including staff from the Little Sisters of Assumption Family Health Center and Mercy Center attended. Both organizations reach out to those in need in the local communities. A second workshop was offered for families from the local Spanish-speaking community, with 27 mothers participating along with 20 children.

• SANTA BARBARA, CALIFORNIA—La Casa de Maria
Capacitar continues to collaborate with La Casa de Maria on the Multicultural Wellness training with professional and grassroots participants from many areas of Southern California. A second cycle of training is scheduled for 2006. Other offerings planned include a program in April at the time of the GAIA conference on HIV/AIDS.

• SAN JOSE, CALIFORNIA—Catholic Charities
Eight women from Northern, Central and Southern California completed the Multicultural Wellness Training offered in collaboration with Catholic Charities and Presentation Center. They are doing outreach to a cross section of people including refugees, women at risk, seniors, mental health programs, schools and retreat centers.

• SAN FRANCISCO, CALIFORNIA—Care for Caregivers
Mary Litell, OSF, offered a Care for Caregivers training for staffs and people doing outreach to impoverished communities in the Tenderloin and San Francisco Bay Area.

• ORANGE, CALIFORNIA—Trauma Healing Training
The Trauma Healing training facilitated by Mary Litell, OSF, has given many tools and methods to religious working with missionaries returned from places of violence, such as Rwanda, and for outreach to women and children who have been victims of trafficking.

• CINCINNATI, OHIO—Capacitar for Kids
Children and teachers at St. Joseph’s and Holy Family Schools will complete their second year using Capacitar for Kids, coordinated by parish nurse Mary Duennes. At the January inservice, teachers reported that the program has been beneficial in the classroom and on the playground in helping students focus, release stress and strong emotions and improve their capacity to learn. Learning about Capacitar’s international work has also inspired students. One young child donated 75 cents (a very large amount of money for him) to help other poor children in places where Capacitar works.

• MILWAUKEE, WISCONSIN—Center to BE
The fifth year of training in Multicultural Wellness Education is being offered in Wisconsin at the Center to BE, coordinated by Director Marjorie Wilbur. Participants include: health professionals and religious leaders from Wisconsin, Illinois, Tennessee and Canada, several Hispanic leaders from Casa de Romero in Milwaukee, a religious from Rwanda and missionaries doing international outreach.

Left: Team leaders from all regions of Peru walking the Capacitar labyrinth at the Second National ProVida Conference in Chaclacayo, February 2005
Right: Grassroots and professionals of Argentina celebrating with the Capacitar labyrinth at Los Cerezos in Buenos Aires, March 2005
The following exercise brings deep peace to body, mind and spirit in moments of stress, anxiety or insomnia. Close your eyes and breathe deeply. Rest in a peaceful place within yourself, perhaps imagining a beautiful garden or place in nature that you love. Feel grounded and protected breathing in the energy of the earth through your entire body. Breathe out, releasing into the earth any tension, negativity or concerns. Feel deep peace, connected with your sacred center. For several minutes rest in peace and beauty in your center.
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REMEMBER CAPACITAR IN YOUR ESTATE PLAN
Requests 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.
The legal name is CAPACITAR International, Inc., Santa Cruz, CA.

Gift Capacitar With
Stocks - Shares may be sent to Prudential Financial, 26135 Carmel Rancho Blvd.
Carmel CA 93923 (831)625-6890. Capacitar’s account number is OW-961815.

FREQUENT FLYER MILES
Support our outreach to areas of conflict and violence: We need airline tickets to:
Indonesia, East Timor, Southern or Eastern Africa, Asia Pacific (60,000-70,000 miles)
Central America, South America (35,000-50,000 miles).
If you can help us with miles for tickets, call the Capacitar office at 831-471-9215.

CAPACITAR Calendar—2005-2006

- April 2-3 Training 4, Capacitar/Catholic Charities, San Jose, CA
- April 9 Care for Caregivers, St. Boniface, San Francisco, CA
- April 8-10 Bi-Lingual Training 3, La Casa de Maria, Santa Barbara, CA
- April 15-17 Training 1, Center to BE, Milwaukee, WI
- April 18-22 Workshops in Quiche, Guatemala
- April 22 Workshop, La Casa de Maria, Santa Barbara, CA
- May 7-8 Cycle 2-Training 3, Dublin, Warrenmont, Presentation Centre
- May 12-13 Cycle 3-Training 2, Dublin, Kerith Centre, Carmelite Monastery
- May 14-15 Training 1, Belfast, Northern Ireland
- May 19-19 SACBC AIDS Training and Capacitar workshop Gaborone, Botswana
- May 20-22 Johannesburg Training 2, South Africa
- May 27-29 Capetown Training 2, South Africa
- June 3-5 Training 2, Center to BE, Milwaukee, WI
- June 25 Workshop for Caregivers, Presentation Center, Los Gatos, CA
- June 28-July 31 Trauma Healing workshops for tsunami survivors, Sri Lanka
- July 8-10 Mission San Luis Rey Retreat Center, Oceanside, CA
- July 13-15 Trainings in Nicaragua, CANTERA
- July 22-24 Bi-Lingual Training 4, La Casa de Maria, Santa Barbara, CA
- August 16-17 Capacitar for Kids Teacher Training, Cincinnati, OH
- August 16 Capacitar workshop, Cincinnati, OH
- September 9-11 Training 3, Center to BE, Milwaukee, WI
- September 17, Mission San Luis Rey Retreat Center, Oceanside, CA
- September 24-25 Cycle 2-Training 4, Dublin, Warrenmont, Presentation Centre
- September 29-30 Cycle 3-Training 2, Dublin, Kerith Centre, Carmelite Monastery
- October 1-2 Training 2, Belfast, Northern Ireland
- October 7-9 Johannesburg Training 3, South Africa
- October 10-11 Port Elizabeth, SACBC AIDS Training, CARE
- October 14-16 Capetown Training 3, South Africa
- October 24-26 Swaziland SACBC AIDS Caregiver Trainings
- November 11-13 Cycle 2, Training 1, La Casa de Maria, Santa Barbara, CA
- December 2-4 Training 4, Center to BE, Milwaukee, WI
- December 10 Presentation Center Winter Retreat Day, Los Gatos, CA

2005-2007 Trainings—Multicultural Wellness Education

- **Wisconsin Trainings**
  2005 Training: Apr 15-17 June 3-5 Sept 9-11 Dec 2-4
  2006 Training: Apr 28-30 July 14-16 Sept 15-17 Dec 1-3
  Center to BE, Milwaukee, Marjorie Wibir (414)672-5932 Mwctobe@execpc.com
  CEUs offered through Marian College.
- **Santa Barbara, CA**
  Training Cycle 1—2005 Apr 8-10 July 22-24
  La Casa de Maria: For information: Irene Falzone 805-969-5031 bizdev@lcdm.org
- **South Africa: Johannesburg**
  For information: Sharon Ries 082-330-2917
- **South Africa: Capetown**
  Information: Sharon Johnson bookingsforafrica@telkomza.net
  Capetown 2005: Feb 24-26 Feb 24-26
- **Dublin, Ireland/No. Ireland.**
  For information: Tony Ryan toniry@eircom.net
  Training Cycle 2-Dublin: 2005: May 7-8 Sept 24-25
  Training Cycle 4-Dublin: 2006: Jan 21-22 May 6-7 Sept 23-24 2007 Feb 3-4
- **2005 Trauma Healing Training—Orange, CA, Sisters of St. Joseph**
  2005: May 13-15 Oct 7-9 Sr. Sharon Becker: sbecker@csjorange.org