



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

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
and transform
themselves, their
families and
communities.

Using a
popular education
approach,
Capacitar works
with grassroots
people in
25 countries and
16 states in the US.

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

Capacitar Co-Director Joan Condon gave a side-event presentation, "Grassroots Approaches to Health Care", at the United Nations Commission on the Status of Women. The International Association of Presentation Sisters, coordinated by Sharon Altendorf, PBVM, sponsored Capacitar's participation. In 1995 Capacitar coordinated the Healing Tent for the NGO World Forum of Women in China. Ten years after the Beijing Conference, Capacitar remains dedicated to the conference Platform of Action goal to improve the physical, mental and social well-being of women.

• 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 Chacacayo, February 2005

Right: Grassroots and professionals of Argentina celebrating with the Capacitar labyrinth at Los Cerezos in Buenos Aires, March 2005



INTERNATIONAL PROGRAMS

• SRI LANKA

The first Capacitar workshops for tsunami survivors will be offered in June and July by Aiveen Mullally of Capacitar Ireland and Founder/Co-Director Pat Cane, funded by Trocaire Ireland. Trauma healing workshops will be for orphans and staffs of organizations working to heal the country.

• BELIZE

Joan Condon led leadership trainings in Dangriga, Punta Gorda and Belize City for community leaders, Belize Women's Commission, Human Resources Commission and HIV/AIDS groups. Indepth trainings are planned for 2005-2006 to be led by Joan Condon and Denise Sauseville, RSM.

• EL SALVADOR

The Capacitar El Salvador team (six women and one man) is dedicating this year to "creating a culture of peace" in response to violence in Salvadoran society. An average of 10 people a day are murdered. The team will work with teachers, students and families in rural community schools, as well as with NGO staffs and professionals. Joan Condon facilitated a workshop for the team on Capacitar spirituality, philosophy and team development.

• GUATEMALA

April workshops were led by Pat Cane in El Quiché and in Guatemala City for teams of different organizations—Utz K'Aslemal working in mental health and accompaniment of exhumations; Caritas El Quiché center for drug and alcohol recovery; and CEDEPCA working in community outreach.

• ARGENTINA

Pat Cane offered three Capacitar trainings in Buenos Aires and Neuquen for grassroots and professionals in collaboration with Susana Diaz and Sarita Fliess of Los Cerezos and the developing teams in Argentina. Trainings are being planned for Cordoba, Neuquen, Cartamarca and Buenos Aires.

• PERU

Healing the Healer was the theme of the ProVida Conference facilitated by Pat Cane with 54 grassroots health promoters representing all parts of Peru. Estrella Mendoza, ProVida Director of Alternative Medicine, is planning a future in-depth Capacitar training of trainers for 2006-2007.

• BOTSWANA

May workshops for youth, grassroots leaders and professionals will be coordinated by the Botswana team that includes Francoise Horenburg, Patricia Huitt, SCN and Sr. Angela Kebikale, CP, of the Bishops Conference (SACBC) AIDS Office. An indepth training will be offered in 2005-2006.

• SOUTH AFRICA

A second cycle of trainings in Cape Town and Johannesburg is being offered along with a training of trainers to form the growing Capacitar South Africa teams. Certification of programs and NGO status are also in process. Participants are doing outreach to a broad cross section: Hospice, Cancer, HIV/AIDS, police trauma counseling, schools, health and development projects, Operation Hunger teams, women's groups, youth at risk, and indigenous communities.

• IRELAND & NORTHERN IRELAND

Founder/Director Toni Ryan is coordinating two Dublin trainings with a fourth training of trainers for 2006-2007. In Belfast, an in depth training will include people from all sides of the conflict. NGO status and certification of courses for schools and health professionals are in process for Capacitar Ireland.



Above: Michele Irving of the Human Resources Commission and grassroots leaders of Dangriga, Belize, using communication skills in a leadership training.

Middle: Nursing Director Esther Pepper of St. Luke's Hospice learning Capacitar practices to use with staff, families and cancer patients in Capetown, So. Africa.

Bottom: Claire Quigley, Director of the Trauma Region most affected by the Troubles in Northern Ireland, at a training for trauma healing.

CAPACITAR Self-Care Corner

for Stress, Anxiety & Insomnia

The following exercise brings deep peace to body, mind and spirit in moments of stress, anxiety or insomnia. The fingers of the left hand hold the point between the eyebrows or in the middle of the forehead. The fingertips of the right hand hold the point in the middle of the chest.

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.

CAPACITAR Staff, Board and Advisors

Founder/Co-Director

Patricia Mathes Cane, Ph.D.

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Botswana

Francoise Horenburg

Pat Huitt, SCN

East Timor

María Días

Eileen Brady, MM

Indonesia

Inge Tapan

Ireland/Northern Ireland

Toni Ryan

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, Warrenmount, Presentation Centre
- May 12-13 Cycle 3-Training 2, Dublin, Kerith Centre, Carmelite Monastery
- May 14-15 Training 1, Belfast, Northern Ireland
- May 18-19 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, Warrenmount, 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

Gifts Made In Honor of

Martha Rebmann • Margie & Marv Petersen • Mary Duennes • Amanda Suchara

Gifts Made In Memory of

Joe Avila, SJ • Dolores Hemmerle • Thomas Conlon • Monica Wilson
Joan Petrick MM • John P. Collins, Sr • Tom Condon • Kyoshi Saganeka
Marjorie MacNair • Edna & Phil Warren • Peggy Robertson • Peg McGuire
Louise Muir Newberry • Harold Rumbel, MD • Thomas Wartinger, MD
George Carr, OSF • Mary Premenko • Philippa Patnude, PBVM
Allan Reinhart • Margaret Patricia Faherty, PBVM • Kyoshi Sadanaga
Nicholas Patrick Kelly • Musetta Bengal • Alice Khalikulova

REMEMBER CAPACITAR IN YOUR ESTATE PLAN

Bequests 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 OWW-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.

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 Wilbur (414)672-5932 Mwctobe@execpc.com
CEUs offered through Marian College.

• **Santa Barbara, CA** Training Cycle 1—2005 Apr 8-10 July 22-24

Training Cycle 2—2005 Nov 11-13 2006: Apr 21-23 July 28-30 Oct 27-29
La Casa de Maria; For information: Irene Falzone 805-969-5031 bizdev@lcmd.org

• **South Africa: Johannesburg** For information: Sharon Ries 082-330-2917
Johannesburg 2005: Mar 4-6 May 20-22 Oct 7-9 2006 Feb 17-19

• **South Africa: Capetown** Information: Sharon Johnson bookingsforafrica@telkomsa.net
Capetown 2005: Feb 25-27 May 27-29 Oct 14-16 2006 Feb 24-26

• **Dublin, Ireland/No. Ireland:** For information: Toni Ryan toniryan@eircom.net
Training Cycle 2-Dublin: 2005: May 7-8 Sept 24-25
Training Cycle 3-Dublin: 2005: May 12-13 Sept 29-30 2006: Feb 2-3
Training Cycle 1-Belfast: 2005: May 14-15 Oct 1-2 2006: Jan 28-29 May 13-14
Training Cycle 4-Dublin 2006: Jan 21-22 May 6-7 Sept 23-24 2007: Feb 3-4
Cross Border Training-No.Ireland 2006: Sept.30-Oct.1 2007: Jan 27-28 May 12-13 Sept 29-30

2005 Trauma Healing Training—Orange, CA, Sisters of St. Joseph

2005: May 13-15 Oct 7-9 Sr. Sharon Becker: sbecker@csjorange.org