



## Capacitar: Cosmology of Healing— Patricia Mathes Cane, Ph.D. Founder/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,  
work for peace  
and transform  
themselves, their  
families and  
communities.

Using a  
popular education  
approach,  
Capacitar works  
with grassroots  
people in  
26 countries.

"Health is the vibrant participation in the creative energies of the universe." Cosmologist Brian Swimme set the focus and inspired the vision for the Sophia Center Summer Institute at Holy Names University, Oakland, CA. Capacitar offered a keynote presentation for the institute describing the vital role of grassroots people in awakening and empowering this creative healing capacity in individuals and communities. Concurrent with the conference, 22 Capacitar team leaders and board members from around the world gathered together to share and learn from each other, to broaden their perspective and to envision the future.

Constancia Mbogoma, leader of Capacitar Tanzania spoke of her work with street children, teachers, schools and prisons and her desire to bring Capacitar to mental health services in her country. Marion Baker of Capacitar Ireland described work with marginalized women and families served through her community center An Cosan in Tallaght, Dublin. Marion has developed and obtained national certification for a Capacitar course for child care workers in Ireland. Susana Diaz of Argentina spoke of the destructive impact of global economic policies on the poor of her country, and the work she and her team at Los Cerezos are doing to bring healing to those affected by trauma and violence. Maribel Perez of Guatemala and Karen Wohler of Minnesota told stories of their outreach to Mayan communities affected by a long history of political violence and most recently by Hurricane Stan. Maribel has translated the new Capacitar trauma manual and the emergency kit into Spanish to make these available to more people. Nina Jusuf of Indonesia and Joan Condon shared the history of their work in Indonesia and East Timor, and how the Capacitar practices have been used by many grassroots people affected by growing violence,

the tsunami and the recent earthquakes and volcanic eruptions. Irene Lukefahr, BVM, spoke of her outreach to refugees in Ghana. Mary Litell, OSF, shared the vision of her July training in Nicaragua that focused on archetypes and cultural transformation. And Laura Mancuso, project manager for Santa Barbara County Alcohol Drug Mental Health Services, described the positive impact that Capacitar methods are having on participants, clients and the mental health system in her area in California.

As violence grows daily in all parts of the world, it is important to recognize that in the midst of the apparent chaos so much more is happening at the grassroots to bring hope and renewal. In the new cosmology, chaos and opposition are key factors in the creative process for regeneration. Sophia Center Director Jim Conlon in his closing remarks spoke of the deep urgency in all of us to heal and that we are genetically encoded to be whole. Capacitar's role is to vibrantly participate in this healing process, to manifest and embody the vision and theory, to be bridge and catalyst to grassroots people as we move with grace through the chaos of our times.



*Top: Capacitar international panel offering a keynote presentation for the Sophia Center Institute, Cosmology of Healing.*



*Left: Celebrating a global gathering of Capacitar with 22 team leaders and board members from Tanzania, Ireland, Argentina, Guatemala, Indonesia, Texas/Mexico border communities and different parts of the U.S.—Sophia Center Holy Names University, Oakland, CA-July, 2006*

# CAPACITAR in RWANDA

## Transforming the Wounds of Genocide—Pat Cane

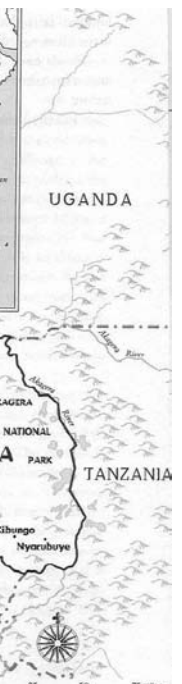
Rwanda, with 8.2 million people, is a remarkably beautiful country with "a thousand hills and a thousand problems." In 1994 during 100 days of genocide, one million Tutsis and Hutu sympathizers were systematically slaughtered throughout the country while the world watched and did nothing. This past June at the invitation of Sr. Antoinette Gasibirege, SH, a genocide survivor, Capacitar made an exploratory visit. In three weeks time we offered 15 workshops to more than 1000 people representing over 40 organizations and grassroots groups from around the country.

Capacitar's growing presence in Rwanda is made possible by the collaboration of many people. Costancia Mbogoma of Tanzania planted the first seeds in Butare in October 2005. Our June workshops in Butare and Cyangugu were coordinated by Sr. Genevieve van Waesberghe, MMM, a Dutch doctor who heads Igiti cy' Busingo, a center working with AIDS and trauma. Along with Antoinette Gasibirege, Genevieve is co-founder of Capacitar Rwanda. Dr. Mary Fabri, psychologist and director of Marjorie Kovlar Center for survivors of torture in Chicago, coordinated Capacitar trainings in Kigali for trauma counselors. Fr. Eugene Murenzi, director of Komara center for deaf and disabled children, coordinated workshops in Kibuye. Anne-Pascale Brault, Ph.D., head of the foreign language department at De Paul University in Chicago, translated the Capacitar Trauma Manual into French. Workshops were offered in three languages: English, French and Kinyarwanda. Participants included: trauma counselors, survivors, genocide widows, psychologists, teachers, religious, priests, social workers, students, and those working with street children, youth, prisoners, the deaf, mentally disabled, orphans who are heads of households and people from all provinces of Rwanda, as well as from the Democratic Republic of Congo, Burundi and Uganda.

Everywhere we worked people commented: "Everyone in Rwanda is traumatized, and everyone needs Capacitar." The workshops in Butare and Cyangugu were supported by the Irish foundation, Trocaire. Trocaire will fund future trainings in 2007-2008, translation of the Trauma Manual into Kinyarwanda, the development of trainers and a national team of Capacitar Rwanda, and outreach to Congo (DRC), and the Great Lakes region. Capacitar International is committed to walking with and learning from the vibrant and resilient people of Rwanda.

*Below: Dr. Genevieve van Waesberghe, MMM, (left) with her staff of Igiti cy' Busingo, a center that works with the traumatized and with HIV/AIDS—Butare, June 2006*





Clockwise from top left: Trauma counselors of Igiti cy' Busingo; Rwandan village woman; widows from Congo and Cyanguu; grassroots leaders at Cyanguu workshop; ARCT—Rwandan national association of trauma counselors; children of Kibuye; rural children and orphans; Kibuye woman and child; Capacitar Rwanda co-founders—Sr. Antoinette Gasibirege, SH, and Dr. Genevieve van Waesbergh, MMM.

## Bringing Hope and Healing to Rwanda—Antoinette Gasibirege, SH

When I first learned about Capacitar at a workshop in Chicago, I was struck by the goal of trauma healing and transformation. As a survivor of genocide in Rwanda I am one who has been healed and transformed by using Capacitar practices in my daily life—as prayer, as relaxation, as a way to handle and harmonize my emotions. I am not a victim of the genocide now. And I have enough energy to live a new life.

Capacitar uses a popular education approach for trauma healing giving people simple ways to handle symptoms and heal themselves. I know by experience how all Rwandan people are somehow traumatized. Capacitar's vision in Rwanda is to heal past wounds and to rebuild inner strength and energy in the Rwandan people. We need to learn how to take care of ourselves because there aren't enough trauma counselors and psychologists to help everyone in the country who needs help. What we can do is teach Rwandans to awaken their own wisdom and and capacity to heal so they can reach out to create a more peaceful and healthy society.

During our June workshops I saw the impact of Capacitar on my people. All the groups welcomed Capacitar, wanting to be healed and transformed, wanting to be in good health. Rwandans are thirsty and hungry in mind, spirit and body. Capacitar is one effective way to quench the thirst of the Rwandan people and to mend the wounds so we can rebuild our homes. This is my dream: Capacitar in Rwanda. I know God's blessing is with this work.

## Working with Trauma—Stories from the Field—Pat Cane

People often ask: "How can the simple practices that Capacitar teaches help those who are severely depressed and suffering from PTSD (posttraumatic stress disorder)?" Some of the interesting new brain research cited in *The Instinct to Heal*, by psychiatrist David Servan Schreiber, shows that trauma deeply affects the emotional brain. Traditional psychology uses cognitive or talk therapy, along with medication to stabilize the person. However, it is through the body and somatic therapies, rather than by only talking about the problem, that the natural instinct to heal is awakened and the emotional brain returns to balance. ([www.instincttoheal.org](http://www.instincttoheal.org)).

We saw many dramatic examples of this instinct to heal during our work in Rwanda. Agathe, head of a widows' organization, came to a workshop very depressed. After learning Tai Chi, fingerholds and EFT (the Emotional Freedom Technique), her face began to change and she started to smile. When she returned the next day she described how she had slept soundly without medication and felt energy and strength in her body. As most Rwandans, she never thought she could heal from the horrific experiences of the genocide. Memories remain, but Agathe is no longer a victim of her history and she now has skills she can use for herself and with the widows in her organization.

Violet was nine years old when militias brutally murdered her father as he held her in his arms. Antoinette and I met Violet in the psychiatric ward of Butare Hospital. She seemed paralyzed, unable to walk, wanting to die, and heavily medicated. We did the EFT protocol on her a number of times, reassured her that she wasn't paralyzed, and eventually got her out of bed helping her to move her legs. After we left the hospital, she started to walk on her own, and shared with her friends what we had taught her. Antoinette continued to support and encourage her, and at last report Violet has gone back to school and wants to live and help her sisters who are also survivors.

(For more stories from Rwanda, see the Capacitar website: [http://www.capacitar.org/new/letters\\_field.html](http://www.capacitar.org/new/letters_field.html))

## CAPACITAR Staff, Board and Advisors

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### Gifts Made In Memory of

Otis Carney • Tom Condon • Joy and Dave Cowie • Carl J. Enstad

### 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.

## CAPACITAR Calendar—2006-2007

### 2006

- August 26 California Mental Health Conference NAMI, San Francisco, CA
- August 28-31 Utz k'aslemal team trainings Quiche, Guatemala
- September 4-5 Trauma Conference, CEDEPCA, Guatemala City
- September 15-17 Training 3, Center to BE, Milwaukee, WI
- September 23-24 Training of Trainers 3, Dublin
- September 26 Chrysalis Workshop, County Wicklow
- September 27 Dublin Teacher's Workshop
- September 29-30 Training of Trainers 2 Banbridge, Northern Ireland
- October Trainings in Indonesia and East Timor
- October 5 Workshop Tralee, Kerry
- October 7, 8 Workshops—London, England—Crawley & Hammersmith
- October 12-14 Training of Trainers 1, Durban, South Africa
- October 25-27 S. Barbara Co. Alcohol, Drug Mental Health Services Training 4
- October 27-29 Training 3, La Casa de Maria, Santa Barbara, CA
- November 4 Presentation Center Workshop, Los Gatos, CA
- November 10-12 Workshops: Health Care providers, ministry, Toronto, Canada
- November 16-18 Workshop, Victoria/Vancouver, Canada
- November Training 1 Rio de Janeiro, Brazil
- December 1-3 Training 4, Center to BE, Milwaukee, WI
- December 9 Capacitar Taster Workshop La Casa de Maria, Santa Barbara, CA
- December 15-17 Training 4, La Casa de Maria, Santa Barbara, CA

### 2007

- January 20-21 Training 1 Cork, Ireland
- January 26-27 Training of Trainers 3, Banbridge, N. Ireland
- February 3-4 Training of Trainers 4, Dublin
- February 14-16 Training Lima, Peru
- February 18-24 Trainings Argentina
- March 2-4 Training 1, Center to BE, Milwaukee, WI
- March 9-11 Training 1, Elizabeth Seton Center, New York
- March 10 Capacitar for Teachers & Schools La Casa de Maria, S. Barbara, CA
- March 16-18 Training 1, La Casa de Maria, Santa Barbara, CA
- March 19-31 Trainings 1 and workshops, Butare, Cyanguu, Kigali, Rwanda
- April 26-30 Workshops, Johannesburg, Rustenburg, South Africa
- May 2-3 Port Elizabeth AIDS workshop, South Africa
- May 4-6 South Africa National Training of Trainers 2, Port Elizabeth
- May 11-12 Training of Trainers 4, Banbridge, N. Ireland
- May 19-20 Training 2 Cork, Ireland
- May 19-21 Training 2, Elizabeth Seton Center, New York
- May 26-27 Training 1 London, England
- June 1-3 Training 2, Center to BE, Milwaukee, WI
- June 8-10 Training 2, La Casa de Maria, Santa Barbara, CA
- June 18-23 University of Winnipeg, Canada
- July 1-18 Trainings 2 and workshops, Butare, Cyanguu, Kigali, Rwanda

### 2006-2008 Trainings—Multicultural Wellness Education

- **Milwaukee, WI** Center to BE, Marjorie Wilbur (414)672-5932 Mwctobe@execpc.com  
2007 Training: Mar 2-4 June 1-3 Sept 7-9 Nov 30, Dec 1-2 CEUs—Marian College  
2008 Training: Mar 14-16 May 30-31, Jun 1 Sept 12-14 Nov 30, Dec 5-7
- **Santa Barbara, CA** La Casa de Maria, Juliet Spohn Twomey 805-969-5031 juliet@lcmdm.org  
2007 Training: Mar 16-18 June 8-10 Sept 14-16 Nov 16-18 CEUs
- **New York** Elizabeth Seton Center, Arlene Ketchum SC. 212-579-3657  
2007 Training: Mar 9-11 May 19-21 Aug 24-26 Dec 1-3
- **Ireland** Toni Ryan, Kathleen Day ijs cap.ireland@eircom.net  
Banbridge—Northern Training of Trainers: 2006: Sept 29-30 2007: Jan 26-27 May 11-12  
Cork Training: 2007: Jan 20-21 May 19-20 Sept 29-30 2008: Feb 2-3
- **London, England** Margaret Wilson RSCJ, margaretwilsonrscj@hotmail.com  
Training 2007: May 26-27 Sept 22-23 2008: Feb 9-10 May 10-11
- **South Africa** Felicity Gibbs felicity@mail.ngo.za 083-555-5523  
Team Training 2006: Oct 12-14 Durban, 2007: May 4-6 Port Elizabeth Oct 5-7 Cape Town