

CAPACITAR



HEALING OURSELVES HEALING OUR WORLD

Capacitar International 30th Anniversary Celebration

Mary & Joseph Retreat Center Rancho Palos Verdes, California

August 6-8, 2018

We are people of Capacitar,
 We are wisdom and creativity embodied,
 A voice for Gaia's energy unfolding.
 We are community—discerning, empowering and compassionate.
 We are change, encouraging inner and outer healing,
 Willing to be in the cauldron of transformation.
 We recognize our wholeness and holiness
 Opening to grow with peace, power and love.
 We desire to heal and compassionately transform our wounds into wisdom.
 We are witness to the pain and injustice around us,
 Committed companions in the struggle.
 We celebrate equality and diversity, respecting differences.
 We believe that giving is the act of receiving.
 We heal ourselves to go forth to heal our world.
 We believe that we are interconnected,
 Part of ancestors and children to come,
 Part of soil, earth and stars.

—Capacitar Philosophy

Capacitar is an international network of empowerment and solidarity whose vision is: Healing ourselves, healing our world. Capacitar teaches simple practices of healing, team-building and self-development to awaken people to their own source of wisdom and strength 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 in over 45 countries in the Americas, Africa, Europe, the Middle East and Asia. Capacitar is a Spanish word meaning to empower, to encourage, to bring each other to life.



30th Anniversary Logo—Artist, Sandra Helou—Mendoza, Argentina

Capacitar is solidarity, love, healing and awareness. The 30 years of Capacitar are like a hologram. Born in one person and group, the spirit has multiplied and has been replicated in millions of persons globally. The elements of the logo represent a sacred geometry: the Fibonacci Spiral, the Infinity Symbol, the Circle and the Mandala. The Fibonacci Spiral symbolizes beauty and harmony, what one emits to the world with self-healing. The Infinity Symbol that has no end, is associated with love, the family, freedom and duality—masculine/feminine, birth/death, balance of opposites. The Infinity Symbol forms a person in the lotus position, meditating, connected to oneself and all being, healing oneself and healing the world. The logo forms a circular Mandala in five distinct colors connected to the energy centers (the chakras), as well as to the diversity of the five continents where Capacitar blossoms. Meditating on the sacred geometry of the symbol, one connects with the heart center where the physical and spiritual consciousness awakens to flow within oneself radiating out to the world.

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A MESSAGE FROM CAPACITAR FOUNDER/ DIRECTOR

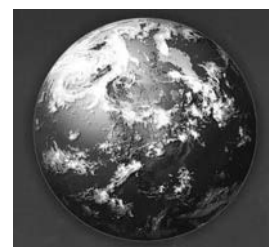
PATRICIA MATHES CANE, PHD

Welcome to Capacitar International's 30th Anniversary Celebration! We gather together from twenty countries, five continents and ten states of the United States, speaking more than twelve languages. At this challenging time on the planet as we face threats of nuclear disaster, climate change, environmental disasters, refugee displacement, domestic and political violence and war, we are part of a greater circle of the human family all committed to healing ourselves and healing our world.

Since the first workshops in the barrios of Nicaragua in 1988, countless people in hundreds of cultures around the world have learned Capacitar practices and have adapted the simple tools for use with their families, organizations and communities. We could never have envisioned the many applications of the work and the outcomes that have resulted, as seeds of healing were sown in more than forty-five countries—in the Americas, Africa, Asia, the Middle East and Europe.

Capacitar's mission focuses on the awakening of a spirit of healing and transformation in individuals and communities. As Capacitar people, and as participants in this conference, you have taken on this mission offering to many your vision, experience and commitment, your grassroots and professional leadership and your academic expertise. You are working in a fascinating cross-section of places. You offer Capacitar skills to a wide variety of people including: women and families, survivors, the dying, the elderly, refugees, families of the disappeared, human rights activists, persons with HIV/AIDS, former child soldiers, veterans, youth at risk, gangs, persons dealing with cancer, disability and mental health issues, caregivers, religious, rural peoples, the indigenous, prisoners, the tortured, persons in detention, psychologists, social workers, students and teachers. And you bring your wisdom, enthusiasm, spirit and gifts to heal and empower those around you.

With our 30th Anniversary we celebrate each person here, along with the many Capacitar people around the globe who are with us in spirit as we give our hands and our hearts to this greater calling. Together we commit ourselves to walking in solidarity with the peoples of our world.



We can't do the work of social transformation without personal and community healing. Capacitar gives us significant tools to deal with compassion fatigue and to transform the culture of our organization so we can better serve our communities.

—Rwanda team leader



25th Anniversary Conference—La Casa de Maria, Santa Barbara, CA 2013

30 YEARS HEALING OURSELVES, HEALING OUR WORLD

Capacitar's beginnings go back to the 1980s, the war years in Central America, when Sr. Mary Hartman, CSA, a member of the Nicaraguan Human Rights Commission, invited Pat Cane to work on a grassroots art festival. During the event as Pat practiced Tai Chi and acupressure for her own self-care, Mary said: "Your art is great, but when will you teach us how to do 'that'!" Mary intuitively recognized the value of these ancient wellness practices to help people deal with the violence and trauma of their lives. With this insight Capacitar was born. From grassroots Nicaraguans came the word "capacitar"—a Spanish verb meaning to empower, to encourage, to bring to life—that became the name of an organization and the spirit of a movement. From CANTERA, a center in Nicaragua, came the method of popular education based on the work of Brazilian Paulo Freire. Through popular education people awaken to their own wisdom and possibilities, empowered to multiply what they learn in the community. Capacitar adapted Freire's approach to awaken "body literacy," integrating skills for body, mind and spirit to empower people to heal their own lives so they could reach out to transform their families and communities.

First Years and the Healing Tent

As word of the first workshops spread, union friends in Guatemala dealing with violence and death threats in the early 90s, requested "relaxation" workshops to help them cope. Then friends in Chile wanted to learn what was being taught in Central America. Materials were needed for the work, so the first Capacitar manuals were developed in Spanish. In 1993 Capacitar was invited to El Salvador to coordinate the Healing Tent for the Feminist Congress of Latin America and the Caribbean. As work continued to grow, Capacitar incorporated in 1994 as a California-based nonprofit. In 1995 a team of 25 Capacitar women from 12 countries traveled to China to coordinate (in English, Spanish and Chinese) the Healing Tent for the NGO World Forum on Women, in collaboration with the

Chinese Medical and Traditional Medical Associations. Capacitar teams also led solidarity trips to Guatemala, Nicaragua and El Salvador building bridges of understanding between people of the US and Central America. Workshops multiplied in many places in the Americas: Peru, Bolivia, Brazil, Colombia and Mexico.

Growth through Sisters in the US

From the beginning many communities of Sisters empowered Capacitar's growth, and through their support, the work began to spread in the US. With Mary Ondreyco, SNJM, and the Holy Names Sisters Capacitar offered workshops in Watsonville, California, to migrant camp women, Head Start teachers and families. In St. Louis, Missouri, Mercy Sisters organized national-level workshops, bringing together Mercy partners from the Midwest, Texas, Mexico and Belize. The first manuals in English were developed for these trainings. In Wisconsin, Sisters of St. Agnes invited Capacitar to offer workshops at the newly-formed Center to BE. In Richlands, Virginia, Mercy Sisters opened Sunrise Center and brought Capacitar to Appalachian women affected by domestic violence and the poverty of the coal mines. Sisters at Mercy Hospital in Laredo, Texas, hosted Capacitar workshops for women and families who lived in poverty in border communities. Sisters of Charity of Nazareth brought Capacitar to their center in Bardstown, Kentucky. Sisters of the Presentation supported the new office in Watsonville with a development director, and later Sisters of the Divine Savior joined the staff in Santa Cruz. In the 1990s "wellness" was a new concept in the consciousness of health systems, so in 1997 Mercy Sisters sponsored Capacitar workshops at their wellness center in Cincinnati, Ohio, and supported a pilot program in Multicultural Wellness Education.

A New Focus on Trauma Healing

When Hurricane Mitch devastated Central America in 1998, Capacitar's outreach took on a new focus. Co-directors Joan Condon and Pat Cane were scheduled to work in Honduras the day the hurricane hit. When they couldn't arrive they promised that Capacitar would walk in solidarity with the people of Honduras when the disaster was over. The hurricane circled over Central America for eight days with great loss of life and infrastructure. In response to the suffering of many, Pat Cane refocused her doctoral research to study trauma healing and the impact of body mind spirit practices on people dealing with traumatic stress from Hurricane Mitch and political violence. The manual [Trauma Healing](#)



Capacitar's logo comes from a pre-Colombian design of the lotus, an image of enlightenment in many cultures. The image symbolizes people coming to life—rooted to the energy of the earth, with arms raised to the energy of the heavens, hands joined in solidarity around the world and the seed of life growing within.

and Transformation (2000) was the outcome of this research. In many ways "trauma healing" was what Capacitar had been doing all along. So this study gave a clearer understanding of the process, the method and the multicultural potential of Capacitar's popular education approach to trauma healing with grassroots people.

Little did Capacitar realize how relevant this new focus would be until September 11, 2001. Synchronistically the year before, Dominican Sisters of Hope had invited Capacitar to share skills with Latinos and African Americans living in East Harlem. The work was scheduled for late September, 2001. The trauma healing workshops offered two weeks after the attack on the Twin Towers helped many people who lost family or friends as well as those who were too poor to get professional help for their traumatic stress.

International Growth in Africa, Asia and Europe

As Capacitar continued to grow in the Americas, team members Joan Condon and Mary Litell, OSF, felt called to the people of East Timor who suffered the massive destruction of their country after a vote for independence from Indonesia. In 2001, Joan and Mary traveled to East Timor to work with families, refugees and orphans. With the Bali bombings Capacitar extended outreach to Indonesia, and after the tsunami and violent earthquakes there, offered trainings in different areas and conflict zones.

Mary Litell also initiated Capacitar work in Africa. When several funding proposals were rejected, Mary sent a letter of appeal to friends and within a short time received several thousand dollars, and from her cousins, two frequent flyer tickets. In 2002, Mary Litell and Pat Cane offered the first workshops in Tanzania and Kenya in collaboration with the Maryknoll Sisters, and in South Africa with several AIDS groups. Through a synchronistic meeting

with the Dominican Sister who directed the AIDS Office for the Southern African Bishops Conference, Capacitar was invited in 2003 to offer workshops for hundreds of caregivers and AIDS groups in South Africa, Botswana, Swaziland and Lesotho. One young man with AIDS inspired the theme for these trainings. During a workshop he challenged: "I want you to teach me how to live well each moment, as I face living and dying with AIDS!" "Living in Wellness" became the theme of the work as well as the focus of the AIDS and caregivers manual.

About the same time that African outreach was developing, an email came from Dublin asking if Capacitar was doing anything in Ireland. Toni Ryan had just returned from a year in Chile where she worked with the Capacitar Chile team. By coincidence, Pat Cane was planning a holiday there with her twin sister and said she would be happy to offer some workshops. Since May 2003, Capacitar Ireland has grown in all of Ireland with NGO status, nationally accredited courses for health and childcare workers, and a national team. To date it has hosted over 15 Multicultural Wellness Trainings, advanced trainings, ritual gatherings and numerous taster days in all parts of Ireland and Northern Ireland. Members of the Ireland team have also taken Capacitar to Brazil, Nigeria, Peru, Sri Lanka and other countries.

Evolution of Programs and Outreach

As accredited programs developed, Capacitar reached another level of maturation and outreach. A yearly Multicultural Wellness Education (MWE) training was established in 2000 at the Center to BE in Milwaukee under the leadership of Director Marjorie Wilbur. In 2003, Juliet Spohn Twomey of La Casa de Maria developed retreats for Latinas, and started yearly MWE trainings.



20th Anniversary Conference, La Casa de Maria, Santa Barbara, CA 2008

Capacitar is the missing piece we need!

—Director of a Tanzanian psychiatric hospital

The Capacitar training helped me to recognize feelings and body sensations. Now I can begin to listen to them, to let go and to heal.

—US Participant

In Northern California St. Anthony's Foundation established MWE trainings in San Francisco. In Canada MWE programs and workshops were scheduled for Victoria, Winnipeg and Toronto. At the border with Mexico, bi-lingual MWE trainings have been held in San Diego, CA, El Paso and San Antonio, TX. And MWE trainings have also been offered in Ohio, New York, Kentucky, Virginia, Connecticut and Arizona.

In Cincinnati, Ohio, parish nurse Mary Duennes was concerned about the health problems of inner city children and their families. With hospital funding Mary led a three-year pilot program, Capacitar for Kids, in two parish schools and has continued outreach in her area. A manual was produced for teachers and families that is now being used in Europe, the Americas, Africa, the Middle East, and Japan with translations in Spanish, Japanese, and Arabic. In El Paso and communities bordering Mexico, cancer was the concern. When women were diagnosed with cancer, there were few resources for treatment. With support from the El Paso Cancer Consortium, Capacitar offered trainings for health promoters and developed a cancer manual in Spanish and English.

Work with Community Trauma

With Hurricane Katrina and other massive disasters, Capacitar stepped up its commitment to work with community trauma, PTSD (posttraumatic stress disorder) and ongoing trauma. An "Emergency Kit" of best practices was created for use by individuals and communities that could be downloaded from the Capacitar website. When Hurricane Stan hit Guatemala, a friend translated the materials into Spanish for use in devastated Mayan communities. From Rwanda came a French translation, and from Brazil, a Portuguese translation. Currently the Emergency Kit is available in over twenty-seven languages on the website.

In response to the continued violence of the Middle East, Juliet Spohn Twomey and Pat Cane traveled to Israel and Palestine in 2007 to work with Women in the Center in Nazareth, as well as with trauma groups near the Lebanese border and on the West Bank. The Capacitar Middle East Network was formed and started hosting workshops in the Upper Galilee.

Capacitar had not envisioned work with genocide survivors, but when Sr. Antoinette Gasibirege, SH, a survivor from Rwanda came to a US training and experienced the impact of the healing practices on herself, she asked: "When is Capacitar coming to Rwanda?" With Antoinette and the leadership of Dr. Genevieve van Waesberghe, MMM, trauma healing trainings were offered in 2006 and 2007 to participants from Rwanda, Burundi and Democratic Republic of Congo, with very positive outcomes.

A national team formed and advanced trainings were offered in different regions of the country. Trocaire, the Catholic Development Agency of Ireland, funded the Rwanda work, as well as trainings in Burundi. Trocaire has also supported AIDS/Trauma workshops in Nigeria, trainings in Sierra Leone, and outreach in Haiti and Sri Lanka.

In Watts, near Los Angeles, the Presentation Learning Center works with Spanish-speaking immigrant families impacted by poverty, violence and immigration policies. Capacitar has been integrated into all of the programs developed by Sisters Jane Bonar, PBVM and Catherine Burke, PBVM. An MWE program was offered at Presentation Learning Center with leaders from the center as well as from groups working with restorative justice in Los Angeles.

Trainings in Europe and the Middle East

Since 2008 the Multicultural Wellness program has grown in Europe and the Mideast. First workshops and trainings started in 2009 in London Hammersmith, under the leadership of Margaret Wilson, RSCJ. A Capacitar England team was formed with London coordinator Marj McDaid, and outreach has been offered to schools, care facilities, the elderly, youth at risk and detention centers. Trainings have also been offered in Northern England, under the leadership of Rev. Paul Golightly at St. Antony Priory.

In 2010 workshops and trainings were inaugurated in Scotland by Ali Newell. A Capacitar Scotland team developed, with trainings coordinated by Marianne Anker-Petersen, Carmel Byrne RSCJ, Shirley Gillan, and Nancy Adams. Trainings have been held in Edinburgh, Glasgow and Perth with outreach to retreat and spirituality centers, schools, care facilities, refugees, survivors and communities in need.

In Northern Wales, yearly Capacitar workshops have been offered at Noddfa Retreat Centre in Penmaenmawr, coordinated by Sisters Mary Jo McElroy and Patrice Power, RSHM. Capacitar practices have been integrated into ongoing programs for caregivers at Noddfa.

The first MWE training was inaugurated in the Northern Galilee, Israel in 2010 by the Capacitar Middle East Network—Lora Hillel, Asmahan Mansur and Ronit Zur. Trainings have included Jews, Christians, Muslims and Druze from many areas of Israel. With Itaf Awad, Capacitar workshops have been offered to Palestinian groups in Jenin, Ramallah, and Beit Jala, including peace groups, Aida Camp refugees and a nonviolence center. Training materials and manuals have been translated into Hebrew and Arabic. To date teams have given workshops and trainings in many areas of Israel and Palestine. An MWE training is now offered at Beit Shams in Beit Jala with participants from many parts of Palestine.



2004 US/Mexico Regional Conference—San Diego, CA

Translation of Materials

As trainings and workshops proliferated in different countries, manuals and the Emergency Kit were translated into appropriate languages by local volunteers and volunteers of Trommons to make materials more available to groups. The Emergency Kit is now available for download from the Capacitar website in 27 languages. The Living in Wellness: Trauma Healing Manual has been published in English, French, Spanish, Portuguese, Kinyarwanda, Hebrew, Arabic, Dari, Japanese and Setswana.

Development in the Caribbean and Latin America

Capacitar started its first workshops and MWE trainings in Panamá in 2010 under the leadership of Alibel Pizarro and Isali Pizarro. A Capacitar Panamá team developed and outreach workshops focused on work with women's groups, refugees, rural communities, families with children who have cancer, and groups dealing with gender violence. Capacitar Panamá also reached communities in the Darién Province of Southern Panamá through the work of Maryknoll Sister Joji Fenix, MM.

Ongoing Capacitar trainings in Argentina have been led by the team of Los Cerezos—Susana Dias, Sarita Fliess, and Marcela Fortin. Trainings have reached many parts of Argentina: Buenos Aires, Bariloche, Neuquén, Mendoza, Resistencia and Córdoba.

In San Juan de Lurigancho and other poor communities around Lima, Peru, new trainings for hundreds of Peruvians were led by Pat Cane with a Peruvian team coordinated by Mary Ondreyco, SNJM, Peg O'Rourke PBVM and Mary Dwyer, SJ.

With the support of Rotary International, Catalina Tucson Rotary, in partnership with other Peruvian Rotary Clubs, 240 men and women living in 5 poor areas around Lima, received a trauma

healing training led by Maria Elena McElroy and a training team from Tucson, Arizona. A followup study and training led by Pat Cane and Maria Elena in 2015 showed that the participants had replicated what they learned with their families and communities.

Response to Disasters—Earthquakes, Hurricanes and Tsunamis

With the earthquake and devastation in Haiti in 2010, International Trainer Joan Condon started outreach to NGOs and church groups working with survivors in Port au Prince and impacted areas. An in depth trauma healing training was offered to form a team in Haiti that would be able to spread Capacitar to grassroots groups in the impacted areas. Support materials were translated into Haitian Creole.

In 2010, a large earthquake and tsunami devastated parts of Central Chile. International Trainer Mary Litell, OSF, trained 45 Chilean men and women in trauma healing methods so they could offer outreach to the survivors and aid workers of the area.

In June 2013, Capacitar began its first outreach in Japan with the invitation of Maryknoll Sister Kathleen Reiley, MM. Responding to the survivors of the 2011 earthquake, tsunami and nuclear disaster in the Tohoku (northeastern) area of the country, Pat Cane offered workshops to survivors and aid groups in Fukushima, Sendai, Ishinomaki and other devastated communities. Work focused on the elderly and those living in temporary housing, caregivers, mothers with children affected by radiation, domestic violence (DV) survivors and schools. MWE Trainings and Advanced Trainings are now coordinated by the Capacitar Japan Team led by Sr. Eiko Maki, CSJ, and Satoko Iwatani. Manuals and training materials, including the Capacitar Manual for Children and Schools, have been translated into Japanese. New team outreach has also started in Okinawa to address the needs of survivors of gender violence.

Capacitar en La Frontera and Human Rights Centers

With the escalation of the drug cartel warfare at the Texas/Mexico border and the growing issue of refugees fleeing the violence, the Capacitar en la Frontera team developed, led by Kathy Braun, OSF, and Kathy Revtyak. MWE trainings were offered in El Paso and Ciudad Juarez, along with regular workshops and visits to Juarez to accompany the women and families unable to escape the violence. In Juarez, trainings coordinated by Arlene Woelfel, OSF, have included human rights activists and families of the disappeared. In El Paso ongoing workshops are offered in the El Paso Detention Center for women and men detainees awaiting processing or deportation led by Richard Sotello, SJ, and Kathy Braun, OSF. The Capacitar Refugee Accompaniment Manual was developed and is now available in five languages.

Trainings were led by Pat Cane in Chihuahua, Mexico with CEDEHM, the Office of Human Rights for Women, and Families of the Disappeared. A Manual of Self-care for Human Rights Defenders was developed in collaboration with CEDEHM.

In 2014, Capacitar workshops were offered in Tucson, Arizona and Nogales, Mexico, coordinated by Mennonite minister Tina Schlabach, and focused on human rights outreach, border issues and work with refugees and undocumented persons.

In 2015, Panamá coordinator Alibel Pizarro and Pat Cane offered a 2-module self-care training for human rights activists sponsored by the Women's Consortium of Mesoamerica. The training included 45 women from 12 states of Mexico and 3 Central American countries (Honduras, Guatemala and El Salvador).

Growing Presence in African Countries

With the poverty and violence in many African countries, Capacitar is a growing presence in the region. Capacitar Rwanda received its NGO status in 2012 and Founder Antoinette Gasibirege, SH, has led national-level trainings for over 10,000 participants. Capacitar methods have been integrated as part of the culture of a number of NGOs and development groups. In 2016, Capacitar Rwanda celebrated its 10th Anniversary with participants from many groups that have received trainings and support.

Dr. Genevieve van Waesberghe, MMM, has offered Capacitar trainings in many African countries: Tanzania, Kenya, South Sudan, Uganda, Nigeria, Cameroon, DR Congo, Central African Republic and Senegal. In South Sudan, Genevieve trained hundreds impacted by years of war in a peace program that integrated Capacitar methods to prepare people with skills to live in peace. In Uganda, supported by the Sacred Heart Sisters and Hilda Bamwine, RSCJ, outreach has focused on religious communities, women, HIV groups, former child soldiers, schools and orphans. In Tanzania, Costansia Mbgoma has led Capacitar in schools and community groups. In Senegal a training was led by Genevieve focused on self-care for women and human rights activists dealing with gender violence, and in Kenya trainings involved persons working in HIV/AIDS and mental health outreach.

In the Democratic Republic of Congo workshops reached refugee camps in Bukavu and Goma addressing the needs of women and families impacted by years of war and violence. A Capacitar North Kivu team was formed by Sr. Ingrid Janisch, ISB, for outreach that includes schools, pastoral work, health, protection of



2016 Capacitar Rwanda 10th Anniversary Celebration—Kigali



2016 Celebration of Capacitar North Kivu, DR Congo

children, HIV/AIDS groups and women in refugee camps. To date, many thousands of people have been trained by the North Kivu team as the violence, human rights violations and conflict continue.

Trauma Response in Korea

In 2014, Pat Cane was invited to lead trauma healing and self-care trainings in collaboration with the Korean Center for Nonviolent Communication in response to a national tragedy. The Sewol Ferry disaster in April impacted the people of South Korea with profound grief, shock, depression and rage. As the world helplessly watched the ferry sink, the captain and members of the crew abandoned ship leaving hundreds of people trapped. Among the 304 passengers who died were 250 Dawon High School students who were on a holiday. Over 330 men and women came to the Capacitar trainings and presentations. Participants included members of the nonviolent communication community, facilitators, university professors, teachers, psychologists, social workers, religious, trauma counselors, nurses, medical professionals, police, those working in restorative justice, persons working to heal sexual and gender violence, and community leaders. Capacitar has offered followup trainings in Seoul and has developed materials in Korean.

Support of Nonviolence Groups in Afghanistan

In 2015, Capacitar received an invitation from Dr. Hakim Young, MD, founder of the Border Free Community in Kabul, Afghanistan to support them with trauma healing trainings. The youth at the center come from different Afghan tribes and were learning how to live and work together. Restorative Justice leader Fr. George Horan and Pat Cane have offered Capacitar workshops

and counseling sessions to hundreds of the youth and students who come to the nonviolence center for support as they live under the reality of ongoing war, suicide bombings, and continual threat from ISIS and the Taliban. ZOOM internet classes and exchanges have also been offered to the youth.

New Outreach in The Philippines

Capacitar began a new program in the Philippines in March, 2017 in partnership with the Philippines Solar Village Project and its director Diana Q. McDermott. Diana had heard about Capacitar from a friend in the Santa Barbara training and attended a short workshop. She loved what she learned and decided Capacitar was needed in the Philippines. Capacitar trainer Joan Condon facilitated introductory workshops for groups in Lucena and New Washington, Aklan in March. The success of these workshops led to an in-depth training program organized by Diana McDermott and Vicki Estrella for approximately 30 people. As the first people graduate in November 2018, a new training cycle will begin in Iloilo.

Response to Disaster in Haiti

Capacitar has continued to provide trainings to a number of different groups in Haiti. However, after the massive destruction caused by Hurricane Mathew in October 2016, Capacitar International, in collaboration with its advisers for Haiti Pere Frantz Cole and Wilson H'Odiore, created a plan to respond to those traumatized by this latest disaster. A group of people previously trained in Capacitar were selected to receive a special mentoring training in July, 2017. From this group eight were chosen to go to Les Cayes and provide workshops to survivors of the hurricane under



2018 Capacitar Scotland 10th Anniversary Celebration—The Bield, Perth

mentorship of Capacitar trainer Joan Condon. Since then the whole group who received the mentorship training continue to share what they have learned with those in need.

Trainings in Toronto, Canada

In 2016 and 2018, trainings in Toronto, Canada have been offered at Emmanuel College, University of Toronto, coordinated by a team: Kimberly Penner, Joan Silcox Smith, Irene Ty, Deborah Sinclair, Harvey Skinner, Susan Harris, Nancy Mayar, and Margaret Czach. Training participants have included ministers, spiritual directors, social workers, psychologists, educators, persons working with refugees, members of First Nations, leaders of NGOs and community organizations.

Tucson Rotary-Funded Wellness Training for Children

Sharyn Chesser and Maria Elena McElroy spearheaded a Rotary-funded project in 2016, Wellness Education for Children, in Pima County, Tucson, Arizona. Sponsored by Catalina (Tucson) Rotary Club and the Rotary Foundation D5500, forty professionals from 16 different agencies received full-tuition scholarships. The project touched the lives of children from before birth through the early twenties. The participants included nurses, social workers, child development specialists/educators, speech pathologists, nurse practitioners, counselors, lactation consultants, physical therapists occupational therapists, and mental health specialists.

Guatemala Trainings to Heal Gender Violence

From 2016 through 2018, Pat Cane led trainings for Mayan health promoters sponsored by Centro de Paz Hermana Barbara Ford in Quiché, Guatemala. The project, funded by the Swedish Embassy, focused on healing gender violence and abuse within families and communities. Sixty Mayan men and women participated

in the trainings and replicated what they learned in hundreds of villages and communities throughout the Quiché. Outreach included work with children and families, schools, midwives, health centers and community organizations.

East Coast Trainings

Special Projects Coordinator Joan Condon has offered trainings in Connecticut, New York, Massachusetts, Washington DC and at the Penobscot Nation, Indian Island, Maine. She returned to Utica, New York and the Mohawk Valley Center for Refugees in October 2017 to make a presentation at the UNSPOKEN Conference for Human Rights, sponsored by the Center.

Trauma Healing Outreach in Santa Barbara and Montecito

In December 2017, fires devastated large parts of Southern California in Ventura and Santa Barbara Counties. La Casa de Maria, a retreat center in Montecito where Capacitar has worked for 15 years, survived the fires after weeks of mandatory evacuations. But on January 9, 2018, torrential rains hit the area creating a wall of mud, boulders and debris that flowed rapidly down the mountains taking out a number of La Casa buildings, offices, a meditation chapel, trees and grounds. Capacitar's 30th Anniversary Conference had been planned to be held at La Casa. As the retreat center rebuilds and renews its sacred grounds, Capacitar will continue to be one of the La Casa-sponsored programs offering the Multicultural Wellness Training, along with advanced trainings.

During the time of recovery, the Capacitar SoCAL network, led by Ree Taylor and Sheila Grady, have offered trauma healing workshops in collaboration with La Casa and local Montecito churches and organizations.

Trauma Healing Outreach in the British Virgin Islands

In 2019, international trainer Joan Condon will lead trauma healing trainings in the British Virgin Islands that were devastated by Hurricanes Irma and Maria in 2017. Lilian Jarales-Hewlett, whose healing center and home were destroyed in the hurricanes, is participating in the Capacitar training in the Philippines and has invited Joan to initiate this new training.

Refugee Outreach in Luxembourg

In 2019-2020, Pat Cane will offer trauma healing and MWE trainings in Luxembourg for the KORU Foundation, led by Lidice Mendizábal. KORU focuses on offering trauma healing and holistic skills for refugees and asylum seekers and those who work with them. Participants will include leaders of NGOs and other community-based organizations.

2018-2020 Trainings in West and East Germany

Under the leadership of Anke Reermann, Capacitar trauma healing and MWE trainings will be led by Pat Cane in Aachen, Germany, sponsored by Missio and other foundations and NGOs. Missio funds the Capacitar work of Sr. Ingrid Janisch in DR Congo and sponsored her speaking tour in Germany in 2017. Ingrid offered Capacitar workshops as part of her German presentations and people wanted more. The first MWE training will be held in Aachen in the West of Germany starting in July, 2018. Groups in four dioceses of the East of Germany have already scheduled training dates for 2019.

Work at the University Level

As Capacitar has continued to grow, its teaching and methodology are recognized by institutions of higher learning. University-level courses have been taught in: All Hallows College (Dublin, Ireland); Holy Names University, Sophia Center MA Program (Oakland, CA); Pacifica Graduate Institute Doctoral Program (Santa Barbara, CA); Social Work MA Program, University of Texas (El Paso, TX); and Social Work Program, Catholic University (Rwanda). Other university programs have recognized Capacitar unique holistic popular education approach to trauma healing with past keynotes at Trinity College, Dublin, and the Nevola Symposium, Maine-Dartmouth University.

30th Anniversary Celebration

With the 30th Anniversary Conference there is much to celebrate. Through this gathering Capacitar leaders have the opportunity to learn and share, drawing from each other the inspiration and strength to continue the work of healing in their communities. Like the African Tree of Life where each generation stands and grows on the shoulders of their forebears, Capacitar has grown strong with the spirit of diverse cultures and peoples working to heal and transform the wounds of the world. As we anticipate the coming years of global change and challenge, may Capacitar be an instrument of healing and awakening, bringing hope and a new heart to the human family.



2017 Trauma Healing Training, Les Cayes, Haiti

CAPACITAR IMPACTS & OUTCOMES

In 2011, Capacitar published its research and reflection report, Healing Trauma, Empowering Wellness. The report describes Capacitar's multicultural popular education approach to trauma and presents theory, research, outcomes and case studies. The project, directed by Special Projects Coordinator Joan Condon, represents two years of work, including meetings with teams, 210 videotaped interviews from 12 countries, focus groups and questionnaires. The project, supported by Trocaire (Catholic Development Agency of Ireland), studied the impact of Capacitar's work on individuals, organizations and systems. The following summarizes the main themes:

Trauma Theory

Trauma is no longer an individual experience, it is also a societal and a global experience. In many places where Capacitar works people have little access to medical or psychological care to heal their traumatized lives and often a therapy approach is not appropriate. Through popular education methods, Capacitar gives people tools to empower the "instinct to heal" in themselves, their families and communities. Many people suffer anxiety and depression, not only from their own personal traumas, but also from crises in the larger world. In many families and cultures, trauma is often repeated from generation to generation. To stop societal and intergenerational trauma requires that we heal the legacy of attitudes and behaviors that affect the whole system. As people heal their trauma, they are empowered to reach out to bring healing to their families and communities.

Individual Impacts and Outcomes

Capacitar teaches "body literacy". Participants learn to identify where their body is tense, and then they learn simple effective practices they can do for themselves to be in charge of their own self-care and healing. With use of wellness practices, participants typically experienced a diminution of physical symptoms related to stress and trauma. They also reported improved emotional states, more energy, less fatigue and less anxiety. These impacts were not dependent on culture or country. The use of Capacitar practices led to significant change in people's lives. One hundred percent of the people interviewed reported significant change. For some it was improved family and work relationships or leaving situations or jobs that were unhealthy. Personal change descriptors often reported include: "I am peaceful; I think before I react; I accept myself; I can manage conflict." One of the impacts of using Capacitar practices that people often reported was the ability to manage emotions, especially fear and anger.

Organizational Impacts and Outcomes

Many people trained by Capacitar have introduced the practices into their organizations. They recognized the impact the practices had in their own lives and believed sharing them with staff

would improve staff relationships and the culture of the organization. In some organizations the practices are totally integrated into organizational culture and in others, Capacitar is used at staff and program levels. Staffs trained in Capacitar practices report improved relationships with each other and better relationships with clients: more unity and support among staff and more welcoming and accepting behaviors with clients. One of the positive things about Capacitar practices is how they can be adapted to fit many different programs, providing added benefit to clients. Programs that include the practices serve children, families, seniors, prisoners, students, HIV/AIDS patients, caregivers, single parents, refugees, human rights activists, widows, etc., in a cross section of countries and cultures.

Larger Systems: Impacts and Outcomes

Capacitar methods and practices model openness to new ideas and ways of thinking. In our age of chaos due to war, political unrest, economic crisis, and natural disasters, entire populations are traumatized. It is critical for larger systems to embrace new ways to work with people within systems so that those systems are not, in themselves, traumatizing but instead foster empowerment, respect, justice and peace.

The Capacitar model, based in popular education which embodies a cycle of reflection and action for change, expects training participants to share what they have learned within their families, communities and organizations. This multiplication, or spillover, is critical in the work to change societal systems. When people are able to manage their personal stress and trauma, self-perception and behaviors change. As individuals change—become less stressed, calmer, feel more in control of their own lives—family and community relationships are positively impacted. This helps create more caring and humane systems within families, communities and organizations, which then impacts the larger society as a long-term process.

There are many examples of how Capacitar is being integrated into larger systems and programs. The center Healing Hearts Restoring Hope, that works with murder victim's families and communities in Los Angeles, uses the practices for self-care of staff, as well as for ministry in jails. In El Paso, Capacitar workshops are being offered by chaplains in a Homeland Security detention center. In North East Inner City Dublin, KASPr, a program for children and families, has incorporated Capacitar methods in their outreach in schools in an area rampant with drugs and violence.

As a result of this study Capacitar can report that the practices and methods it teaches have a positive impact on individuals and organizations and in institutions and systems where it has begun to be used. For an e-copy of this report, Healing Trauma, Empowering Wellness: www.capacitar.org.

ACHIEVEMENTS & MILESTONES

TRANSLATIONS OF MANUALS & MATERIALS

The Capacitar Emergency Kit of Best Practices is now available in 27 languages on the Capacitar website www.capacitar.org: (Albanian, Arabic, Bahasa Indonesian, Chinese, Dari, Dutch, English, French, German, Greek, Haitian-Creole, Hebrew, Italian, Japanese, Kinyarwanda, Korean, Nepali, Polish, Portuguese, Russian, Spanish, Slovak, Swahili, Serbo-Croatian, Tagalog, Tetum, Xhosa).

Manuals, MWE training materials and advanced training materials are in the following languages:

- **English:** Trauma Healing & Transformation Manual
Refugee Accompaniment Manual
Capacitar for Kids Manual
Living in Wellness—Trauma Healing Manual
Living in Wellness: Cancer Manual
Living in Wellness: AIDS/HIV Manual
Multicultural Wellness Education Training Syllabus
- **Spanish:** Trauma Healing & Transformation Manual
Refugee Accompaniment Manual
Capacitar for Kids Manual
Living in Wellness—Trauma Healing Manual
Living in Wellness: Cancer Manual
Multicultural Wellness Education Training Syllabus
- **French:** Trauma Healing & Transformation Manual
Refugee Accompaniment Manual
Capacitar for Kids Manual
Living in Wellness: Trauma Healing Manual
Multicultural Wellness Education Training Syllabus
- **Arabic:** Living in Wellness: Trauma Manual
Multicultural Wellness Education Training Syllabus
Refugee Accompaniment Manual
Multicultural Wellness Education Training Syllabus
- **Hebrew:** Living in Wellness: Trauma Manual
Multicultural Wellness Education Training Syllabus
- **Haitian Creole:** Basic Capacitar Manual
Living in Wellness: Trauma Manual
Multicultural Wellness Education Training Syllabus
- **Bahasa Indonesian:** Basic Capacitar Manual
- **Portuguese:** Capacitar for Teachers & Schools
Living in Wellness: Trauma Healing Manual
- **Japanese:** Living in Wellness: Trauma Manual
Multicultural Wellness Education Training Syllabus
Capacitar for Children and Schools
- **Kinyarwanda:** Living in Wellness: Trauma Manual
Multicultural Wellness Education Training Syllabus
Capacitar for Children and Schools

- **German:** Multicultural Wellness Education Training Syllabus
Refugee Accompaniment Manual
- **Korean:** Multicultural Wellness Education Training Syllabus
Advanced Training Materials
- **Dari:** Living in Wellness: Trauma Manual
Capacitar training materials
- **Tetum:** Living in Wellness: Trauma Healing Manual
- **Setswana:** HIV/AIDS Manual

WHERE CAPACITAR HAS WORKED

United States: Alaska, Arizona, Arkansas, California, Connecticut, Florida, Iowa, Illinois, Kentucky, Maine, Massachusetts, Minnesota, Mississippi, Missouri, Nevada, New York, New Mexico, North Dakota, Ohio, Oregon, Texas, Tennessee, Virginia, West Virginia, Washington DC, and Wisconsin

Canada: Toronto, Victoria, Winnipeg

Central America: El Salvador, Guatemala, Honduras, Nicaragua

South America: Argentina, Bolivia, Brazil, Colombia, Chile, Peru

Mexico: Chiapas, Chihuahua, Ciudad Juarez, Durango, Hidalgo, Leon, Mexico City, Nogales, Oaxaca, Tijuana

Caribbean: Belize, Haiti, Dominican Republic, Panama

Asia: East Timor, Indonesia, Sri Lanka, Japan, Korea, The Philippines, Afghanistan

Africa: South Africa, Botswana, Lesotho, Swaziland, Tanzania, Kenya, Rwanda, Burundi, Nigeria, Sierra Leone, Uganda, DR Congo, Cameroon, Senegal, South Sudan, Central African Republic

Europe: Ireland, Northern Ireland, England, Scotland, Wales, Germany, Luxembourg

Middle East: Israel, Palestine

AWARDS

- Texas Congressional Award for Cancer Work—El Paso, TX
- Rotary International Paul Harris Fellow, Cape Town, South Africa
- Agape Foundation Peace Award for the Long Haul, San Francisco, CA
- Mary Award for Justice and Peace, Immaculate Heart Community, Los Angeles, CA

When we reach out beyond our own worlds and touch the lives of others, all of us are empowered. Together we form a community of compassion and service much greater than our individual selves.

—Pat Cane

A MESSAGE FROM OUR BOARD PRESIDENT

DR. VALERIE BENGAL, MD, FAAFP

It is with great joy and gratitude that we celebrate the 30th Anniversary of Capacitar. We are fortunate to be hosted by the Mary and Joseph Center, joined by some of the community of La Casa de Maria. La Casa de Maria has been enormously supportive of our work for over 15 years. We stand with them as they recover from the catastrophic debris flow of this past January.

Dr. Patricia Cane, continuing years of work in the peace and justice movement, started Capacitar in Nicaragua 30 years ago when asked by people there to share her skills. The organization has grown according to the foundational principles of meeting a community where it is, developing a partnership, and using the Capacitar practices as a means of both personal and community empowerment and education. Unresolved trauma is a major cause of poor health; however, healing from trauma makes people and communities stronger and more resilient. Capacitar's strength is that it assists communities and groups in pursuing their goals, rather than imposing its own. This approach yields stability and sustainability as groups continue and amplify the work.

The popular education model is especially powerful in reducing health care disparities and ameliorating social determinants of health. The roving spotlight of media coverage of disasters and wars and the allied relief efforts tends to move on after a brief and acute response, but Capacitar is there for the long haul to help rebuild communities. We are living in a time of accelerated change and crises, which demand fundamental solutions, not superficial repairs. As I learned from my Capacitar training and also in my study of integrative medicine, our work is that of a gardener rather than that of a mechanic.

I thank Dr. Pat Cane, Joan Rebmann Condon, Sr. Mary Litell, OSF, Dr. Genevieve van Waesberghe, MMM, Sr. Antoinette Gasibirege, SH, as well as the Board of Directors and hundreds of country leaders and trainers, for their wisdom and dedicated service.

Through our network of supporters, donors, kindred organizations, and communities in need, Capacitar is committed to creating a positive alternative future for many years to come.

A MESSAGE FROM OUR GLOBAL CONFERENCE/SPECIAL PROJECTS COORDINATOR

JOAN REBMANN CONDON, MA

It is a great pleasure to welcome you to Capacitar's 30th Anniversary Celebration. In the five years since we last gathered as the Capacitar International network, Capacitar work has continued to grow. During the next two days we will celebrate each of you who made the journey to be together and the work that you do. We will also celebrate all the people around the world who cannot be with us this year but who are committed to self-care and self-healing and to healing their communities and the larger world we all share. When people come together to share Capacitar, their differences don't matter. They recognize that we are all part of the human family and we all need to heal. We are not victims of our in-

dividual circumstances but have power over our own healing—the instinct to heal is in all of us. This is the true power of each person. They may be survivors of genocide or natural disasters, they may struggle to meet the everyday needs of their families or they may live comfortably. They may live in Asia or Africa, in Latin America or Europe, the Caribbean or North America. What they share is the power to heal themselves and thus to heal their families, communities and society. Capacitar lives in the hearts of each person in the network and through them is present in each of their cultures. They bring hope for a future of understanding, reconciliation and peace. It is an honor and a privilege to be part of this network and to play a small part in bringing peace and healing to our world.



2006 US Regional Gathering—Sophia Center, Oakland, CA



2001 Central American Regional Conference—El Salvador

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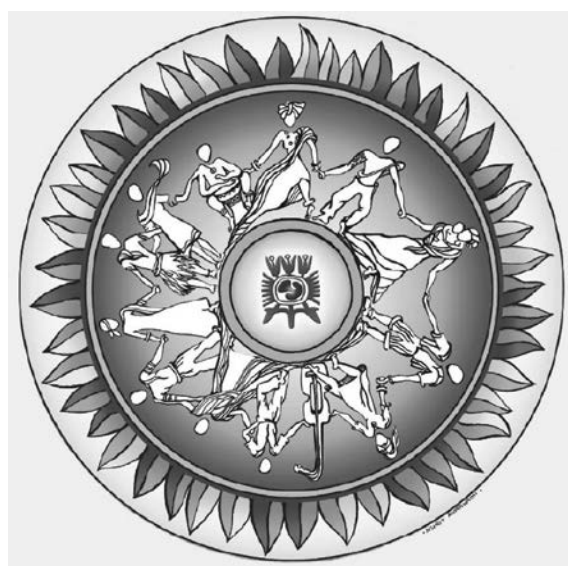
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 Hyunjoo Jeong

Afghanistan

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The Philippines

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2013 25th Anniversary Capacitar Logo

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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