



## Healing and Transforming the System — 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.

International author and lecturer Peadar Kirby of Dublin City University recently honored Capacitar in his new book *Vulnerability and Violence: The Impact of Globalization* (Pluto Press, London 2006). In his dedication, Dr. Kirby affirms Capacitar men and women in 26 countries "who work with those experiencing violence, poverty and HIV/AIDS offering practical and effective means to empower people amid the vulnerability and violence of today's world. Capacitar's work is a rare example of helping people rediscover the fullness and strength of their vulnerable humanity." Analyzing how globalization impacts all levels of political, economic, environmental and societal systems, Dr. Kirby emphasizes the need to strengthen our networks of solidarity and mutual obligation. As Capacitar offers tools of healing to individuals and communities, our deeper challenge is also to empower the transformation of systems affecting global well-being. This issue of the newsletter will focus on several remarkable people and organizations working for systemic healing and transformation in their communities.

In South Africa Felicity Gibbs, National Director of Operation Hunger, has implemented Capacitar methods in her development projects and centers, recognizing that it is important to heal the trauma of grassroots people along with teaching organic gardening and developing water projects for sustainability in rural areas. In Cape Town, Rotary Clubs are funding police trauma counselors to learn Capacitar practices for their outreach to victims of assault. Rotary is also supporting the implementation of a pilot Capacitar program for psychologists, teachers, staffs and children in township schools to change and heal the violence of the system.

In California, Dr. James Broderick, MD, Director of Santa Barbara County Department of Alcohol Drug and Mental Health Services and his executive leadership team are supporting wellness education and self-care for his staffs as they work with thousands of people and community organizations in the county.

In Northern Ireland leaders of trauma centers and victims groups are collaborating on Capacitar trainings to promote a mentality of wellness in their efforts to bring peace and healing to communities traumatized during the Troubles.

In Mwanza, Tanzania, Constanica Mbgoma is transforming schools and the educational system, so that rather than beating students for misbehaving, teachers and counselors teach the children how to manage their feelings and channel their emotions into constructive behaviors. And in the photo below Nancy Horenburg of Capacitar Botswana is teaching youth in her village energy exercises to help develop self esteem, well-being and positive attitudes as they grow up in a country with high unemployment and with 38% of the population HIV positive.

In his inspiring book, *All Will Be Well* (Eye Books, London 2004) Michael Meegan, a doctor who went to work in a very poor community in rural Africa shares the wisdom he learned: "I do not get used to the pain and cruelty I see, but I believe it is more productive to channel my energy into action, than to give in to frustration or apathy. . . All around us there are opportunities to care, chances to comfort, potential to build, possibilities to love. Everywhere there are doors to open, walls to knock down and bridges to build. . . The good news is that there are more saints and heroes out there than you could ever imagine!"



Nancy Horenburg  
teaching Capacitar  
practices to village  
youth of Modipane  
and Mokatsi at her  
wellness center in  
Botswana

February 2006

# CAPACITAR in Action—Transforming Organizations and Systems

## Alcohol, Drug and Mental Health Services—Santa Barbara, CA —*Laura Mancuso, ADMHS Project Manager*

The Santa Barbara County Department of Alcohol, Drug, and Mental Health Services (ADMHS) recently launched a Multicultural Wellness Education training series. Trainees include county employees, staff of community-based organizations, and service recipients. The ADMHS Director, Dr. James L. Broderick, spoke at the opening session about the Capacitar techniques "healing and transforming ourselves and our service system." He emphasized the importance of self-care to the well-being of staff and clients alike. Employees in the alcohol, drug, and mental health field tend to be very giving individuals. However, they also need to practice good self-care in order to keep doing this important work. Clients need to become more empowered with techniques for managing their conditions because no health system can meet every one of their needs. Over the next year, ADMHS will be evaluating the impact of the Capacitar techniques on the well-being of the 30 individuals trained, as well as their co-workers and clients.



ADMHS Multicultural Wellness Training at La Casa de Maria, Santa Barbara—March 2006



Felicity Gibbs (back row, right) South African Director of Operation Hunger with staff from Limpopo and participants from community organizations, Johannesburg training—February 2006

## Rural Development: Operation Hunger—South Africa

—An Interview with National Director Felicity Gibbs

Operation Hunger is a national effort started over 25 years ago to work with impoverished communities in health and nutrition. We currently have six offices throughout South Africa with 22 full time staff serving nearly 200,000 people each year through several hundred projects. Our outreach ranges from water, bore holes, rain water recovery, chicken and organic garden projects, to HIV/TB, home-based care, support for carers and income generation.

Because I know the value of energy healing work for myself, I asked staff members from each of my offices to participate in the Capacitar trainings. Many of our staff were involved in the struggle against the apartheid system and still suffer from those years of trauma and violence. Capacitar will be of great help to staff as well as to the people they are working with in the communities. One of my favorite stories comes from Clement who was teaching gardening methods to a group of poor rural men in KwaZulu Natal. When he taught them the EFT tapping where you say: "I'm OK! (in Zulu) Ngiapila! Ngiapila!", the men started crying. No one had ever told them they were OK! That's why we are doing Capacitar!



Constancia Mbgoma, Director of the Capacitar Tanzania team in Mwanza

## Schools & Health—Tanzania

—Constancia Mbgoma, Capacitar Tanzania

In January twenty teachers in the primary school program finished a second Capacitar training. They all came with very positive reports six months after introducing Capacitar in the schools. The teachers see the practices as valuable tools for their work both in and out of the classroom. "I am enjoying my work despite the difficulties around," reported a teacher from a school in one of the outlying villages. "Discipline has greatly improved. Children are more attentive. Absenteeism has declined and some are asking to come to school on Saturdays just to do the practices." Other teachers shared: "The other teachers are calling me into their classes to share Capacitar." "My health has greatly improved, I am able to sleep well again. I am helping my mother and the rest of the family." The children are also eager to share with their parents. I met one of the parents who has learned the fingerholds from her 10 year-old daughter. The street boys and girls who are now rehabilitated in two different homes and attending school are quite wonderful with the practices. They do them very peacefully and their behaviour has changed. The staff has requested training when school closes. The heads of schools, education officers and inspectors of the city of Mwanza all came to hear about Capacitar at a meeting we organized at the end of January. I gave an overview and a doctor heading the Psychiatry and Drug Abuse Centre in the city gave a very good talk about how Capacitar is the missing piece in the medical field. After group discussions, participants started asking about when ALL of the schools were going to have Capacitar!

Besides schools we also have invitations to do work with many African religious congregations as well as with HIV/AIDS caregivers in Arusha Archdiocese. I will give these workshops in September when the group meets to review, share and plan for program expansion. There is great commitment to see that Capacitar grows in Tanzania!

## Newlands Rotary—So. Africa Honors Capacitar



Newlands Rotary officials (front row) with Capacitar Founder Pat Cane (center) and the Cape Town Capacitar South Africa team —February 2006

Newlands Rotary officials honored the Cape Town Capacitar team at a recent awards dinner. Founder/Director Pat Cane was named a Paul Harris Fellow of Rotary International, in "appreciation of tangible and significant assistance given to furtherance of better understanding and friendly relations among peoples of the world."

For the last two years, Newlands Rotary has funded the participation in Capacitar trainings of 30 men and women who work with police trauma units, prison education, AIDS and hospice caregiving, youth and children in the schools. For 2006-2007 Rotary will also support a pilot program for teachers and students in township schools where children deal with overwhelming violence and poverty. Through this pilot and the funding of participants in trainings, Rotary is helping to support individual and systemic healing and transformation. In the words of Rotarians Greg Johnson and Jana Kingsley: "Rotary has traditionally built centers and structures for communities. Now we want to build the spirits of the people!"



## Transforming the Past in Ireland

The trauma Advisory Panel, Women's AID and other grassroots organizations of Newry and Northern Ireland hosted a Capacitar workshop bringing together representatives from organizations and community groups working to heal systemic violence and historical conflicts in the region. A Capacitar indepth training and team training will be offered for people from all sides in Banbridge, May 2006-2007.

## Capacitar Celebrates Joan Condon

With deep gratitude and love Capacitar celebrated the recent birthday and retirement of Joan Rebmann Condon. For the last ten years Joan contributed significantly to the development and growth of Capacitar, first serving as board member and volunteer, then as Program Director and Co-Director of Capacitar International. Joan, with her gifts for management, planning, networking and facilitation, empowered Capacitar's international outreach with a focus on organizational development and transformation. Most of all Joan's great heart and wisdom inspired and touched many, from the humblest people in rural villages to those in power.



We will miss Joan in our office, but in "retirement" she will continue to be part of Capacitar, at times offering workshops in the US and internationally. During her visits to Central America "Juanita", as she is lovingly called, will work with the Capacitar teams in El Salvador and Belize, and will also be part of outreach in Indonesia and East Timor.

Joan came to Capacitar with a long history of commitment to grassroots people, serving seven years as Director of the International Medical Relief Fund, that supported health projects in places of poverty and violence. In testimony to Joan, Bill Monning, local leader and professor at the Monterey Institute of International Studies, said: *"Many people ask when viewing someone's years of selfless commitment, 'how do they do it?' Well, I know from my experience working with Joan that one way she has done it is with a smile, a sense of humor, and a manner that seems to convert the burdens of project demands to something fun. A levity, perhaps, rooted in confidence and experience that invigorates others and assures others that a project's objectives are indeed attainable. . . Joan's connection with people and her ability to connect as an equal without pretense or pretentiousness has served to win the trust of communities of poor, indigenous, war-afflicted, and others for whom Joan's work has represented the lifeline to hope and critical resources. And, because of Joan's ability to work so effectively with local communities, her contributions tend to be more than a conduit for humanitarian relief as she has served as 'agent of change' by directly teaching and empowering people and communities to move forward on their own and without dependence on the helping hand from the north. . . I hope that Joan will take some time to smell the roses, to reflect on what she has experienced and learned, and hopefully find avenues and paths to teach and train the next generation of peacemakers and humanitarian workers. Joan, thank you and MIL GRACIAS!"*

## Sophia Center—Cosmology of Health

Join Capacitar and members of our international teams at Holy Names University, Oakland, California July 20-23 for the Sophia Center Summer Institute—The Cosmology of Health. Larry Dossey, MD, Brian Swimme, Miriam Therese Winter and other leaders in the field will be presenting. For information: [www.hnc.edu/sophia](http://www.hnc.edu/sophia) 1-800-794-8813.

Capacitar will have a pre-institute first international gathering of Capacitar people from different countries July 19-20. [capacitar@igc.org](mailto:capacitar@igc.org)

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**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.

**2006**

- April 1 Caring for Self as We Care for Others, Presentation, San Francisco, CA
- April 3-4, 5-6 Workshops Yonkers and East Harlem, New York
- April 7-8 Workshop for Cancer Groups, El Paso, Texas
- April 10 Capacitar International Board meeting
- April 19-21 Santa Barbara Co. Alcohol, Drug Mental Health Services Training 2
- April 21-23 Training 1, La Casa de Maria, Santa Barbara, CA
- April 26 Capacitar for Children teacher workshop, St. Christopher, San Jose, CA
- April 28-30 Training 1, Center to BE, Milwaukee, WI
- Spring 2006 Trainings in Indonesia and East Timor
- May 5-7 Training of Trainers 1 Banbridge, Northern Ireland
- May 13-14 Training 4, Belfast
- May 17 Workshop, Galway, Ireland
- May 19 Workshop, All Hallows, Dublin
- May 20-21 Training of Trainers 2, Dublin
- May 25-26, 27-28 AIDS Training 2, Gaborone & Francistown, Botswana
- May 30 South Africa National Team meeting, South Africa
- June 9-30 Trauma Healing workshops in Kigali & Butare, Rwanda
- July Cantera-Cpacitar Spirituality & Leadership Conference, Managua, Nicaragua
- July 14-16 Training 2, Center to BE, Milwaukee, WI
- July 17 Capacitar International Board meeting
- July 19-20 Capacitar First International Conference, Oakland, CA
- July 20-23 Cosmology of Health, Sophia Center Summer Institute, Oakland, CA
- July 26-28 Santa Barbara Co. Alcohol, Drug Mental Health Services Training 3
- July 28-30 Training 2, La Casa de Maria, Santa Barbara, CA
- August 2-8 Belize workshops
- 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 25, 27 Workshops Wicklow and Dublin
- September 29-30 Training of Trainers 2 Banbridge, Northern Ireland
- October 5 Workshop Tralee, Kerry
- October 7, 8 Workshops—London, England—Crawley & Hammersmith
- October 12-14 Training of Trainers 1, Durban, South Africa
- Oct 25-27 Santa 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 Training 1 Rio de Janeiro, Brazil
- December 1-3 Training 4, Center to BE, Milwaukee, WI
- December 15-17 Training 4, La Casa de Maria, Santa Barbara, CA

**2006-2008 Trainings—Multicultural Wellness Education**

• **Milwaukee, WI** Center to BE, Marjorie Wilbur (414)672-5932 Mwctobe@execpc.com

2006 Training: Apr 28-30 July 14-16 Sept 15-17 Dec 1-3 CEUs—Marian College

2007 Training: Mar 2-4 June 1-3 Sept 7-9 Nov 30, Dec 1-2 CEUs—Marian College

• **Santa Barbara, CA** La Casa de Maria, Juliet Spohn Twomey 805-969-5031 juliet@lcmdm.org

2006 Training: Apr 21-23 July 28-30 Oct 27-29 Dec 15-17 CEUs

2007 Training: Mar 16-18 June 8-10 Sept 14-16 Nov 16-18 CEUs

• **Ireland** Toni Ryan, Kathleen Day ijs cap.ireland@eircom.net

Dublin Training of Trainers: 2006: May 20-21 Sept 23-24 2007: Feb 3-4

Banbridge-Northern Training of Trainers: 2006: May 6-7 Sept 30, Oct 1 2007: Jan 27-28 May 12-13

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 18-20 Sept 21-23 2008: Feb 8-10 May 26-27

• **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

• **Canada** Capacitar Training—University of Winnipeg June 18-23, 2007