



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.

## Peace Work for the Long Haul — Patricia Mathes Cane, Ph.D. Founder/Co-Director

Capacitar was recently chosen by the Agape Foundation to receive their first annual Peace Prize. Agape Foundation recognizes that "peace is more than the absence of conflict. It is the active engagement, inspiration and proactive encouragement of social change." The award affirms Capacitar's commitment to heal and empower people so they can better work for peace and justice in their families and communities.

In accepting this award, Capacitar celebrates the many people in 26 countries who are doing the hard work and with whom we walk in solidarity. From grassroots people over the years we have learned so much about the human cost of peacemaking. And through them we have come to understand the inner process so needed to heal personal and societal wounds in order to live and work as an embodiment of peace.

Our July visit to Sri Lanka reflects Capacitar's engagement in this process of healing and peacemaking. Aiveen Mullally of Capacitar Ireland and I worked with many hundreds of people affected not only by the recent tsunami, but also by a long history of conflict and racism between North and South, Tamils and Sinhalese. This conflict in many ways is similar to that of Ireland. In one poor community in the Jaffna area we met the principal of a school who embodied the trauma of the war and tsunami. Sr. Maria Joseph described how her first school was bombed and

destroyed in the conflict. With international aid the community rebuilt the school and was preparing to celebrate its inauguration. The tsunami hit, destroying the school again, taking the lives of many children and families. As Maria Joseph struggles with her own overwhelming pain and loss, she has stayed with the surviving families and children to help them rebuild their lives. Aiveen and I shared Capacitar practices to give her teachers and children some simple skills to heal their trauma. And we plan to walk with the people in Sri Lanka for the long haul.

As we work with people so battered by trauma and violence, we discover that pain and suffering can catalyze personal and societal healing and transformation. The challenges and turmoil can break open our hearts, awakening the wisdom to create new ways of living with peace and compassion. That is our vision and hope as Capacitar.

In the words of African ritual healers Sobonfu and Malidoma Somé: "We call upon our Ancestors, Spirit of the earth we walk upon. We have come to a crossroad, to a time when we must reevaluate ourselves and our actions. Our heart is fragile, our back is heavy with past burdens. Shower us with love and compassion and make peace rain on our heart. Teach us how to see each other with a new eye. Help us to appreciate and welcome each other. We need your blessings to move on. We need your strength to make it through this time of turbulence. Ancestors, hold us in your peace and warmth!"



*Aiveen Mullally of Capacitar Ireland teaching healing practices to orphans and survivors of the war and tsunami at a Tamil school near Jaffna, Sri Lanka July 2005*



# CAPACITAR in Action

## UNITED STATES PROGRAMS

### • SANTA BARBARA, CALIFORNIA—La Casa de Maria

Twenty-two people recently completed a one-year training in Multicultural Wellness Education at La Casa de Maria. Participants use Capacitar methods in their work with mental health, social work, spiritual guidance, bodywork, adult education, hospice, people with HIV, youth at risk, school counseling, parenting projects, domestic violence shelters, clinics for pregnant women, health promotion with Hispanic families and retreat days for Hispanic women. A second year of training will begin this winter and run through the end of 2006. Capacitar and La Casa de Maria, a Retreat Center of the Immaculate Heart Community, are exploring a closer collaboration and partnership to offer future programs and outreach in Southern California and the Western states.

### • SANTA BARBARA, CALIFORNIA—County Mental Health Services

Administration, direct services staffs and outreach workers of the Santa Barbara County Alcohol, Drug and Mental Health Services participated in two days of August workshops in multicultural wellness education and self-care. The trainings offered skills for use with staff, with individual clients and outreach, and discussed self-care for professionals affected by compassion fatigue or burnout.

### • LOS GATOS, CALIFORNIA—Presentation Center

Presentation Center hosted a one-day workshop led by Pat Cane, focusing on Care for Caregivers. Participants represented a cross-section of caregiving services including: teachers, hospice workers, therapists, spiritual guides, ministers, bodyworkers, medical professionals, adult education, religious, grief counselors, and persons walking with family members who have Alzheimer's. Presentation will sponsor a Capacitar Winter Retreat Day on December 10 with use of the beautiful new environmentally-based center.

### • SAN FRANCISCO, CALIFORNIA—Skills for Social Workers

St. Boniface Neighborhood Center sponsored two one-day workshops for social workers, both very well received. After the first one a participants said, "This is what we need. Please schedule another and I'll bring my staff." SBNC did schedule another, and she did bring some of her staff. Future workshops are being planned.

### • ORANGE, CALIFORNIA—Trauma Healing Training

A year-long training for women preparing to work with trafficked women concludes in October at the Center of the Sisters of St. Joseph of Orange. The training offered personal enrichment as well as preparation focusing on trauma healing and transformation.

### • CINCINNATI, OHIO—Capacitar for Kids

The new Capacitar for Kids Manual has just been published. The book is based on a 2-year pilot led by program director and parish nurse Mary Duennes, who worked with children and teachers at two K-8 Cincinnati schools using Capacitar practices. Funded by Catholic Health Initiatives and supported by Good Samaritan Hospital Foundation, the manual offers teachers, children and families simple wellness skills for use at home and in the classroom to improve learning and to promote health and wellbeing. An in-service training was offered in August for Cincinnati teachers, Montessori teachers, school nurses, and staff of centers for children with disability.

### • MILWAUKEE, WISCONSIN—Center to BE

The Center to BE in Wisconsin is hosting the fifth year of Training in Healing and Transformation, coordinated by Director Marjorie Wilbur. Participants come from many cultures including Canada, Mexico, Puerto Rico, the Philippines, Germany, Vietnam, Rwanda and the U.S.. One minister from Toronto writes: "I am thrilled to be able to learn and offer this kind of leadership. I can't thank you enough for bringing this to us. It is changing my life."



*Left: La Casa de Maria participants of the 2005 Multicultural Wellness training*

#### LA CASA de MARIA Training

##### Santa Barbara, CA 2005-2006

You are invited to participate in the second Capacitar Multicultural Wellness training to be offered 2005-2006.

CEUs available. Training dates are:

Session 1—Dec. 16-18, 2005

Session 2—April 21-23, 2006

Session 3—July 28-30, 2006

Session 4—Oct. 27-29, 2006

The training offers valuable skills for many professions doing outreach in the community as well as for personal development. For information call: Juliet Spohn Twomey, 805-969-5031



## INTERNATIONAL PROGRAMS

### • SRI LANKA

Aiveen Mullally of Capacitar Ireland and founder Pat Cane led Trauma Healing workshops for many hundreds of people affected by the tsunami and the twenty years of conflict in Sri Lanka. Workshops were offered to communities in Tamil Eelam, the Jaffna area, Colombo, Galle and Batticaloa. Capacitar materials are being translated into Tamil and Sinhala, and there is great interest in a future in-depth training to be led by Capacitar Ireland.

### • EAST TIMOR

One of the East Timor teams recently facilitated an in-depth training for 30 people. Participants came from various communities and included teachers, catechists, police, religious, staffs of women's and youth organizations, and government employees. The team is now doing follow-up with these participants in their communities.

### • INDONESIA

It is heartening to learn, through the travel of Nina Jusuf, that participants of Capacitar trainings in Indonesia continue to share what they learned in areas affected by conflicts, the earthquake and tsunami. The Trauma Healing training will be resumed in January, 2006 by Mary Litell and Joan Condon.

### • EL SALVADOR

The El Salvador team has developed a new program for rural community schools: "Education for Peace." This is part of their response to the increase in youth violence in the country. The team is piloting this program in a rural education center for 40 young people and 60 parents and are also developing and presenting workshops for school staff. The team has begun the legal process to become a nonprofit in El Salvador, which will open up additional funding possibilities for their important work.

### • NICARAGUA

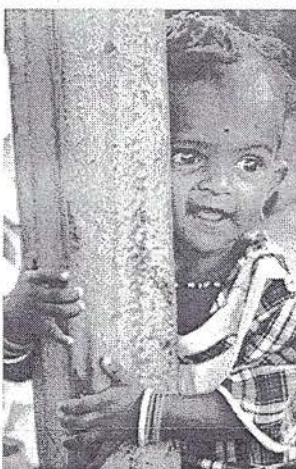
CANTERA, a center for formation in popular education in Managua, sponsored a 3-day seminar in Archetypes, Spirituality and Transformation in July. Lynn Kapitan and Mary Litell, osf, facilitated the workshop using Capacitar practices, movement and art therapy. A participant reflected, "Wouldn't these archetypal energy patterns be available for social transformation?" Participants and facilitators were so enthusiastic that they decided to continue this theme in next summer's Cantera-Capacitar seminar.

### • TANZANIA

Capacitar coordinators, Costancia Mbgoma and Pat Gallogly, MM, conducted a workshop for 20 first grade teachers from 10 schools, training them to teach Capacitar to their students. "All went well and the teachers left enthusiastically asking when the next workshop would be. Another weekend is planned for August and more next year. A new song has been added to the training. For the Immune Boost exercise we now have one to the tune of 'Are You Sleeping, Brother John'. We also have Swahili words for the Healing Dance." The basic Capacitar Manual is now available in Swahili.

### • SOUTH AFRICA

The first national meeting of Capacitar South Africa was convened in Durban in July by steering committee coordinator, Felicity Gibbs. Representatives came from Johannesburg, Capetown, Port Elizabeth, Durban and Pietermaritzburg to develop guidelines and policies for the growing organization.



Top: Pat Cane with mental health workers in Tamil refugee camp

Mid Left: Snaika, a 6 month-old survivor

Mid Right: Counselors in Jaffna practicing self-care techniques

Bottom: Tamil orphan and refugee children learning the Emotional Freedom Technique.



## CAPACITAR Self-Care Corner for Headaches, Depression & Mental Focus

The following exercise helps balance the creative and rational capacities of the brain, and works to alleviate depression and pain in the head and neck.

*Interlace your fingers and with your hands hold the base of the skull. With the thumbs, press into points in the indentation on either side of the skull behind the ears. Breathe deeply with eyes closed and rest in a peaceful center within yourself, perhaps imagining a place in nature that you love. Feel safe, grounded and relaxed, breathing in the energy of the earth through your entire body. Breathe out, releasing into the earth any tension, negativity or concerns. Rest in peace and beauty in your center.*



## **CAPACITAR Staff, Board and Advisors**

### **Founder/Co-Director**

Patricia Mathes Cane, Ph.D.

### **Co-Director/Program Director**

Joan Rebmman Condon, M.A.

### **Board of Directors**

Valerie Bengal, MD

Carolyn Brink, RSM

Caitlin Brune

Naomi Inaba

Virginia Mejía

Sheila Novak, SDS

Juliette Spohn Twomey

### **U.S. Advisors**

Maureen Connors, Ph.D.

Harry Cozad

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Irene Falzone

Diane Klein

Richard Klein

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Elizabeth Peplow, CSJ

Sheila Marie Tobbe, OSU

Dick Vittitow

Marion Vittitow, Ph.D.

Marjorie Wilbur

### **International Advisors**

#### **Argentina**

Susana Diaz

Sarita Fliess

#### **Belize**

Denise Sausville, RSM

#### **Bolivia**

Barbara Nube Roose

#### **Chile**

Mary Judith Ress

Victoria Martinez

Doris Muñoz

#### **Peru**

Estrella Mendoza

#### **Colombia**

Julieth Tamayo

#### **El Salvador**

Leonor Sanchez

#### **Guatemala**

Laura Morales Chitic

#### **Honduras**

Gladys Lanza

#### **Mexico—Tijuana/Chiapas**

Natalia Hernández

#### **Nicaragua**

Anabel Torres

Martha Cabrera

#### **South Africa**

Felicity Gibbs

Sharon Ries

Sharon Johnson

#### **Tanzania**

Constansia Mbogoma

Pat Gallogly, MM

#### **Botswana**

Francoise Horenburg

Pat Huitt, SCN

#### **East Timor**

María Días

Eileen Brady, MM

#### **Indonesia**

Inge Tapan

#### **Sri Lanka**

Damian Soosaipillai, OMI

#### **Ireland/Northern Ireland**

Toni Ryan

### **Gifts Made In Honor of**

Amy Denney Zuniga • Pat Cane, Joan Condon & Team • Mary Duennes  
CSA Golden Jubilarians: S. Beatrice Grams, Helen Gallitz, Immaculada Levia,  
Jean Braun, Jean Perry, Jeannine Funk, Judith Schmidt, Leanne Sitter,  
Mary Beth Funyak, Ronald Meis, Rose Walters, Tarcisus Blasé

### **Gifts Made In Memory of**

Christopher John Chapman • Don Matchan • Catherine Tubbs

### **We Remember with Love the Passing of Capacitar Friends**

Isa Dempsey of Freedom, California

Karen Steward of Toronto, Canada

### **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—2005-2006**

- September 9-11 Training 3, Center to BE, Milwaukee, WI
- September 12, Capacitar Board Meeting
- September 17, Mission San Luis Rey Retreat Center, Oceanside, CA
- September 21, Agape Foundation Peace Prize Ceremony, San Francisco, CA
- September 24, Team development, San Diego/Tijuana
- September 24-25 Cycle 2-Training 4, Dublin, Warrenmount, Presentation Centre
- September 29-30 Cycle 3-Training 2, Dublin, Kerith Centre, Carmelite Monastery
- September 25-October 12 Team development, El Salvador
- October 1-2 Training 2, Belfast, Northern Ireland
- October 7-9 Training 3, Johannesburg, South Africa
- October 7-9 Trauma Healing Training, Sisters of St. Joseph, Orange, CA
- October 10-11 SACBC AIDS Training, CARE, Port Elizabeth, South Africa
- October 14-16 Training 3, Capetown, South Africa
- October 14, Learning & Loving Center workshop, Morgan Hill, CA
- October 24-26 SACBC AIDS Caregiver Trainings Manzini, Swaziland
- 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
- December 12, Capacitar Board Meeting
- December 15-17, Advent Dance Retreat-Capacitar-Cantera, Nicaragua
- December 16-18 Training 1, La Casa de Maria, Santa Barbara, CA
- St. Boniface Trauma Training, San Francisco, CA Dates-TBA
- Training for Peace e Bene NonViolence Facilitators, Oakland, CA Dates-TBA

### **2006**

- January 2006 Trainings in Indonesia and East Timor
- January 21-22 Training 1, Dublin, Ireland
- January 28-29 Training 3, Belfast, Northern Ireland
- February 2-3 Training 4, Dublin, Kerith Centre, Ireland
- February 13-15 AIDS Training 1, Francistown & Gaborone, Botswana
- February 17-19 Training 4, Johannesburg, South Africa
- February 24-26 Training 4, Capetown, South Africa
- April 1 Caring for Self as We Care for Others, Presentation, San Francisco, CA
- April 7-8 Workshop for Cancer Groups, El Paso, Texas
- July 21-23 Training 2, La Casa de Maria, Santa Barbara, CA
- April 28-30 Training 1, Center to BE, Milwaukee, WI
- May 13-14 Training 4, Belfast, Northern Ireland
- May 20-21 Training 2, Dublin, Ireland
- May 25-29 AIDS Training 2, Francistown & Gaborone, Botswana
- June 1-30 Trauma Healing workshops in Rwanda
- July Capacitar-Cantera Spirituality Conference, Managua, Nicaragua
- July 14-16 Training 2, Center to BE, Milwaukee, WI
- July 21-23 Cosmology of Health, Sophia Center Summer Institute, Oakland, CA

### **2005-2007 Trainings—Multicultural Wellness Education**

#### **Wisconsin Trainings**

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](mailto:Mwctobe@execpc.com)  
CEUs offered through Marian College.

#### **Santa Barbara, CA Training**

Training Cycle 2—2005 Dec 14-16 2006: Apr 21-23 July 28-30 Oct 27-29  
La Casa de Maria; For information: Juliette Spohn Twomey 805-969-5031 [juliet@lcmdm.org](mailto:juliet@lcmdm.org)

#### **Dublin, Ireland/No. Ireland:** For information: Toni Ryan [toniryan@eircom.net](mailto:toniryan@eircom.net)

Training Cycle 1-Belfast: 2005: 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