



CAPACITAR—An International Network of Empowerment and Solidarity

Popular Education for Trauma Healing — Patricia Mathes Cane, Capacitar Founder/Co-Director

CAPACITAR is a network of people who share a desire to heal and empower themselves, as well as heal and transform their groups and societies, especially those living in areas of poverty and violence; who believe that through nurturing, listening and responding to the deeper wisdom of body and spirit, it is possible to bring peace and healing to our world.

The CAPACITAR network includes people from diverse countries, cultures, generations, socioeconomic backgrounds and experiences, who encourage and support a spirit of solidarity and hopeful interchange.

CAPACITAR shares techniques of healing, team building and self-development with leaders to encourage physical and spiritual transformation, working in such a way that all involved are empowered to act out of their own source of strength and wisdom.

CAPACITAR connects people through an international network of solidarity, building relationships of cultural and personal understanding, responding to needs identified by community groups within a country.

Our name, CAPACITAR, is a Spanish word meaning to empower, to encourage, to bring forth.

Capacitar's unique contribution to trauma healing and the empowerment of people is Popular Wellness Education.

Capacitar learned Popular Education methods over the last 13 year through collaboration with many grassroots centers in Latin America. Popular Education was first developed as a methodology by Paulo Freire in Brazil to liberate people marginalized by political and economic oppression. Freire proposed: At all stages of their liberation, the oppressed must see themselves as people engaged in the vocation of becoming more fully human. (Pedagogy of The Oppressed) Teaching a process of reflection, judgment and action, Freire encouraged grassroots people around the world to overcome their sense of powerlessness and act in their own behalf, leading to the transformation of person, community and society.

Inspired by the power and impact of Popular Education, Capacitar has applied this methodology to the healing of body, mind and spirit. Through this approach people are empowered to see, judge and act—accessing their own body wisdom drawing on their own culture, strengths and resources to heal and transform the person, community and society.

The Popular Education approach, in contrast to a therapeutic approach that places power in the hands of the clinician or therapist, empowers grassroots people in their own healing process, teaching them practices they can use in their daily lives for physical and emotional pain.

Capacitar practices are simple and effective. Some come from ancient cultures, such as Tai Chi and Acupressure, and serve to balance the energy of body, mind and spirit which can be blocked with traumatic experience, resulting in headaches, pain and chronic disorders. Other practices are from current research, such as emotional freedom techniques (EFT), tapping exercises for unblocking energy.

The practices have been researched and field tested internationally with thousands of participants affected by violence and trauma with many positive results.

Capacitar's approach complements individual therapy and mental health programs. However



where Capacitar works there are usually few mental health resources for grassroots people, and when available, are often resisted because of cultural bias.

Popular Education also involves the multiplier effect in the community. Training leaders who in turn train others, Capacitar's Popular Education Wellness Program has been an effective way to empower large numbers of people suffering from violence and trauma, multiplying the work on many levels.

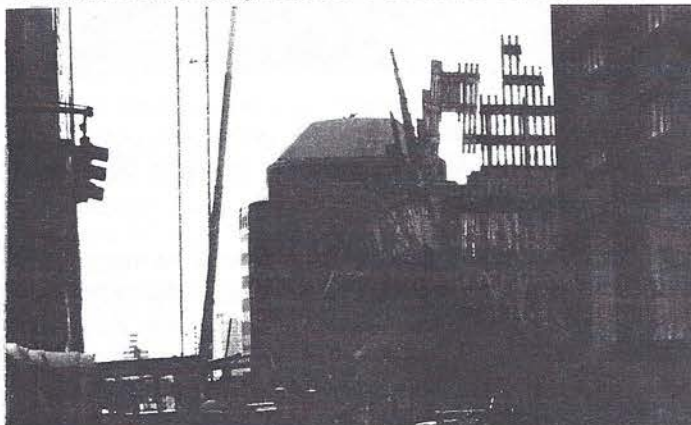
After the terrorist attacks of September 11, both in the U.S. and elsewhere, more people than ever have been deeply affected by traumatic stress. Several New York psychiatrists at the December 2001 conference of the International Society for Traumatic Stress Studies (ISTSS) noted that the massive problem of trauma in New York was beyond the scope of individual treatment. Our recent work in New York confirmed these reports.

Because of the effectiveness of the Popular Education approach, Capacitar's work continues to expand. This year Capacitar will be working in 20 countries and 14 states with new work starting in Mississippi and internationally in the Dominican Republic, South Africa, Tanzania, Kenya and Indonesia. Teams are currently being trained in East Timor, Chiapas, Guatemala, and Columbia, where violence and trauma escalate daily. This newsletter will share some of the work being done in these places.

Following the Spirit of Paulo Freire and Popular Education, Capacitar's mission is to empower oppressed and traumatized people in the work of healing and transformation.

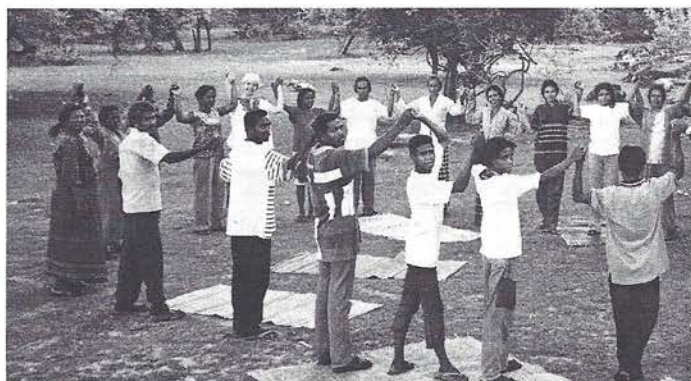
Capacitar in New York

Since September 11 the vast majority of New Yorkers are suffering from traumatic stress. In February Pat Cane offered workshops for staffs connected with the Sister Fund and for the Robinhood Foundation, which distributes direct aid to families of victims and survivors. Capacitar also collaborated in trainings of staffs of several grassroots organizations. Interfaith Neighbors/Peace of Mind Project offers mental health programs for youth and families. The Commission for Hispanic Children and Families is training health promoters for community outreach. Little Sisters of the Assumption does very effective outreach to a large cross section of people in East Harlem. Capacitar is committed to trainings in New York in the coming year.



Capacitar in East Timor

In collaboration with Maria Dias, the East Timorese founder of Clinica Pas, Capacitar completed the second round of training in late January. Mary Litell facilitated 8 one and two-day workshops. One morning at the workshop in a small fishing village, the mayor who was a participant said, "Stop! Everyone needs this." That evening, he called the whole village together and Mary continued with the workshop on the beach, a generator buzzing to power lights. Thirteen women and two men have formed a Capacitar team and received two intensive days of team training in addition to assisting at other trainings. They have begun translating Capacitar materials into Tetum, the language spoken by most grassroots people in East Timor.



Capacitar in Guatemala

Since Capacitar first began working in Guatemala ten years ago, the violence and corruption have only continued to escalate with privatization and globalization of the economy. Huge shopping malls and elegant hotels contrast sharply with a growing number of people suffering malnutrition. Many children will die of starvation. Capacitar worked with leaders of Utz K'aslemal mental health team in the Quiché, which accompanies exhumation of clandestine graves and the healing of communities where over 100,000 people died during the worst of the civil war. Pat Cane also offered trainings for CONFREGUA (Conference of Religious of Guatemala), for Centro Monseñor Gerardi in Chimaltenango, and for Mayan leaders of the Spirituality center based in Nahualá.



Capacitar in the Dominican Republic

Our first Dominican Republic workshops coordinated by Sister Marisela Garcia Reyes, D.P., involved participants and leaders from ten campesino communities surrounding La Enea and Higüey in the Eastern part of the country. Three years ago this poor area was hit by Hurricane George which destroyed many homes and farmlands. Suffering from a history of oppressive regimes and invasions, many Dominicans spoke of the violence in their society and families. Participants enthusiastically shared the deep peace and relief from body pain through Capacitar practices. Many committed to using the healing practices with family and community.

CAPACITAR SELF-CARE CORNER

Acupressure



Acupressure is an ancient art with roots in Chinese traditional medicine. People have used it successfully for thousands of years.

It is a remedy you have in your fingers to free energy and decrease symptoms caused by stress and trauma. You can use it whenever you need it. You may want to hold points as part of a daily routine in bed before going to sleep, while seated at your desk or workspace, on the bus, or while watching TV. Combined with meditative music, you can use acupressure to calm and center yourself. Or you may want to use it like aspirin, on an as-needed basis.

Once you locate the point, you apply firm pressure with your finger, then release slightly to feel the energy pulse. If you don't feel the pulse, don't worry. Energy is flowing. The points are often tender but holding them does no harm. While you hold the points, close your eyes and breathe deeply, letting go of all tension. Hold for 3 to 5 minutes until the energy pulse is calm, clear, and harmonious. After some practice your fingers will intuitively know when you are finished.

For photo illustrations of these points, see the Capacitar Trauma Healing and Transformation Manual, pp. 47-48.

PRACTICE: POINTS FOR HEAD AND NECK PAIN

POINTS

USE FOR

PRACTICE

Gates
of
Consciousness

trauma, hypertension,
dizziness, irritability,
neck pain, shock,
migraines & headaches.

Place your hands behind your head, palms down with fingers interlaced. With your thumbs, press the two points at the left and right sides of the base of the skull in the indentation between muscles and bones. Hold for 3-5 minutes, breathing deeply.

Heavenly
Pillar

stress, burnout,
exhaustion,
heaviness in the head,
distress, anxiety.

With the index finger of each hand, locate the two points on the back of the neck approximately a half inch below the base of the skull between the muscles of the neck, about a half inch outward from either side of the spine. Hold for 3-5 minutes, breathing deeply.

On the Top
of the
Head

depression,
headaches, vertigo,
loss of memory

Place the fingers of both hands on the center of the top of your head and rub briskly for a minute or two.

Wind
Mansion

mental stress,
stiff necks.

Place your index finger on the point at the base of the skull at the center of the back of your head and hold for 3-5 minutes, breathing deeply.

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Gifts Made In Honor of

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Suzanne Faletti	Cynthia Filarca	Geraldine Fitzgerald
Alene Guthmiller	Rita Jovick, PBVM	Jean Larrick
Gwen Lee	Eleanore Mankowski	Joe O'Kane
Joanie Parker	Bill Vonderhoor	Donald Weston
Terry Voss	Jean Zarka	

Natividad Family Practice Residency Program

Gifts Made In Memory of

Paul F. Belcher, SJ	Father Claude	Bud Gerdon
Rosa Gonzales	Dora Mecurio	Carroll Poe
Thomas A. Jovick	Joan Richardson	Bill Regan
Otto Rene Rodriguez	Elaine More School	Sister Surelia
Alberta Spowart, PBVM	Barbara Stafford	

CAPACITAR Calendar 2002

- April 7 Capacitar Board Celebration, Campbell, CA
- April Trainings in Colombia
- April 18-30 Trainings in South Dakota
- April 19-21 Capacitar 3, Cleveland, OH
- April 21 Capacitar Board Meeting - Watsonville
- May 8-9 Organizational Trainings, Appalachia, VA
- May 25-26 Workshops, Indianola, Mississippi
- June 15 Workshop, Redwood City, CA
- June 26-30 Guatemala
- June Indonesia
- June-July East Timor
- July 3-5 Nicaragua Workshops
- July 16-19 New York
- July Board Meeting
- July 23-August 7 First Workshops in South Africa
- August 9-11 Weekend Retreat, Abingdon VA
- August 8-Sept 5 First Trainings in Kenya & Tanzania
- October 26 Board Meeting, Watsonville, CA

Trainings

- Wisconsin Training in Multicultural Wellness Education
Sponsored by the Center to BE, West Bend Wisconsin
May 31-June 2 Sept. 12-15

For information: Marjorie Wilbur (262) 629-1937,
Mwctobe@execpc.com. CEUs offered through Marian College.

- California Training in Multicultural Wellness Education
—Sponsored by Capacitar, Mt. Alverno, Redwood City, CA
May 18-19 Sept 7-8 Nov. 2-3

Remember CAPACITAR in Your Estate Plan

Requests - Gifts made through your will may be for a specific percentage of an estate or a specific sum.

Gifts of Life insurance - You can transfer ownership of a life insurance policy to CAPACITAR.

The legal name is CAPACITAR, Inc., Watsonville, CA

Visit our website
www.capacitar.org