



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 has

worked with

grassroots people

in over

45 countries.

Capacitar Babies and Children—Patricia Mathes Cane, PhD, Capacitar Founder/Director

Recently Greta Thunberg, a 16 year-old girl from Sweden, was nominated for the Nobel Peace Prize for her remarkable work inspiring a mass movement of school strikes to awaken awareness regarding climate change and the impact on our planet. Children and youth in over 100 countries have been standing up in a call to action to world leaders, executives, politicians, organizations and grassroots people to address global warming and to make the necessary changes to ensure that they have a future. In response to these brave efforts of so many children and youth, Capacitar is committed to encourage and empower the next generation with tools and wisdom needed to heal and transform attitudes that no longer serve the human family. In a number of countries where Capacitar works, children are already leading the way!

At our March training in Dublin, Ireland, Karen Hart arrived with her 4-year old daughter Judy to tell us that they practice Tai Chi together everyday following our Capacitar YouTube videos. Judy described how happy and peaceful she feels doing the movements with her mum. Towards the end of the day, Aiveen Mullally came with her 4-year old daughter Zoe to practice Tai Chi with her father Vivek DaSilva, who is in our training. Aiveen and Vivek have been using the Fingerholds and other Capacitar practices with Zoe since she was a baby. At our training at the Barbara Ford Peace Center in Guatemala, Maria, a new Quiché Mayan mother, proudly said that her son was conceived as we started the Capacitar class, and was born as we completed it, all the while she was working as a community health promoter. Miguel Angel, one of the young Mayan men said: "Don't you remember me. My mother used to bring me to your class years ago and I learned Tai Chi and other healing practices as a young child!" Miguel Angel is now a health promoter in his Mayan community.

I suddenly realized that a whole new generation of babies is being born with Capacitar in their lives. The Capacitar for Children program is also being replicated in a number of schools giving children tools to manage behaviors, develop confidence and live more peacefully. In the words of a wise woman: "Children represent the future; encourage, support and guide them."



Karen Hart and her daughter Judy



Aiveen Mullally and her daughter Zoe



Maria and her recently-born son



First grade children at Sacred Heart School in Newcastle, England practice Tai Chi and other healing tools with their teacher Lizzy Hall



Capacitar for Healthy Moms and Babies

Through the years a number of young mothers have used Capacitar wellness practices during their pregnancies and births. Brónagh Heaney of Capacitar England wrote a reflection on the practices that worked best for her during her two pregnancies: "For morning sickness the acupressure points above the wrist helped my nausea. For constipation, the point between the index and middle fingers gave relief. To alleviate lower back pain I used the points in the center behind the knees when I could reach them. The Fingerholds were most useful when I was feeling hormonal and teary. During labor the point between the thumb and index finger helped with contractions and pain. The Head Hold was so comforting during labor to support me, keep me present and help me to stay calm. And for dads during labor, the Sore Spot for anxiety and EFT tapping helped my husband stay grounded and calm during my birthing process."

Kathy Revtyak, co-coordinator of Capacitar en la Frontera in El Paso, used Capacitar throughout her pregnancy with her daughter Leah. Kathy reflected: "Capacitar practices have been a wonderful tool and gift that I and my children have shared throughout the years. To this day, we accompany each other with practices such as the Holds, Fingerholds, Acupressure, and Tai Chi. I am grateful for the ways these shared practices bring us closer together."

Capacitar for Nursing Mothers

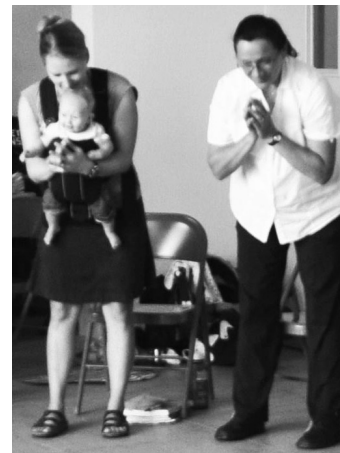
Ceit Blue of Tucson, Arizona, is an International Board Certified Lactation Consultant and CAPP Certified Childbirth Educator. Ceit works with medically complex moms and babies, and has been using Capacitar with her patients for several years. Birth trauma can impact postpartum recovery negatively, which can result in reduced infant/maternal/parental bonding, decreased oxytocin release (resulting in reduced milk supply), and shorter breastfeeding durations. New parents are often sleep deprived, overwhelmed, and greatly challenged to process through birth trauma, as many times they are simultaneously coping with the intensity of newborn care, physical postpartum healing, and any possible trauma they may be experiencing in association with feeding challenges. In her lactation sessions, Ceit often teaches breathing, Emotional Freedom Tapping, Fingerholds and Imagery/Visualization. For continued accessibility, she includes links to the Capacitar YouTube channel on the patient's Plan of Care. She is repeatedly seeing positive outcomes, making optimal short and long-term health more sustainable for infants and their parents.

Capacitar for Midwives

Midwife Jenny Patterson of Capacitar Scotland recently received her doctorate from Edinburgh Napier University, focusing her dissertation on PTSD-PC (Post Traumatic Stress Disorder-Post Childbirth) using wellness practices for the health of mother and child. Jenny's findings showed that the self-care and wellbeing of the midwife is crucial for healthy births. Jenny studied the Quality of Provider Interaction (QPI) as a significant contributing factor in the birth process. Key findings in Jenny's research included the need for women and midwives to be acknowledged as human and have their needs met, alongside the need to prioritise and protect the woman/midwife relationship. Jenny has used Capacitar wellness practices in her trainings for midwives, as well as in her workshops for pregnant women. Edinburgh Napier University, plans to integrate Capacitar wellness practices for self-care in its mental health, nursing and midwife programs.



Ceit Blue shared the beautiful images of giving birth as her mother Sharyn Chesser and her husband and sister support her with the Holds, Acupressure and Massage.



Kathy Revtyak practiced Tai Chi and Pal Dan Gum with her daughter Leah at the El Paso training. Leah was part of the Capacitar trainings in utero. After her birth Leah practiced Tai Chi hanging in a baby sling in front of her mom. Sons Luke and Caleb also accompanied their mother through different trainings.

Capacitar at a Neonatal Center

Staff of Integrative Touch for Kids (ITK) in the Neonatal Center at Diamond Children's Hospital in Tucson, Arizona, apply Capacitar wellness practices to entire families who are coping with a child with cancer, a child with special needs, a child with life-threatening illness or disability, or a premature infant, many weighing less than 3 pounds. Sharyn Chesser, RN, coordinator of Capacitar in Tucson, described how the ITK team has integrated many of the Capacitar methods in their work to support the health and wellbeing of whole families as they deal with the very stressful issues that arise when a child faces a serious illness. Members of the ITK staff participated in the Tucson training several years ago and have since trained other staff and volunteers as well as doing research on the impact of their work.



Capacitar in the British Virgin Islands

On September 7, 2017, Hurricane Irma roared into the Caribbean. Winds over 170 miles per hour with gusts over 200 miles per hour tore through Tortola, British Virgin Islands denuding trees, ripping roofs from houses, tossing boats onto land and scouring the seabed. Among those who rode out the storm in their house, huddled on the floor of the bathroom as the winds and rain wreaked havoc all around them, were Lilian Jarales-Hewlett and Gath Hewlett. Gath grew up in Tortola and Lilian, from the Philippines, worked there. Their home was a total loss. They were evacuated to the Philippines. There they discovered Capacitar.

After completing the Multicultural Wellness training in the Philippines in 2018, Lilian and Gath asked trainer Joan Condon if she would come to Tortola to do an introductory training for survivors of the hurricane. The training in Capacitar basic practices with an emphasis on stress and trauma was held in February for nine hurricane survivors and organized by Gath, Lilian and Gail Sperry, who also lost her home in the hurricane. Participants found what they learned helpful and began to use the practices immediately. The last day a small team formed committed to share what they had learned with others. Gath and Lilian are committed to returning twice a year to Tortola to share Capacitar and other wellness practices to help those still struggling to rebuild—not just their homes but their lives.



Capacitar in Watts, California

At Presentation Learning Center in Watts, near Los Angeles, a team of ten women coordinated by Jane Bonar and Catherine Burke, PBVM, meet every Wednesday to practice Capacitar methods. Capacitar has been integrated into all aspects of the learning center that offers citizenship classes and a variety of skill classes to men and women from Mexico and Central America.



Capacitar in Afghanistan

Pat Cane and George Horan led trainings and offered counseling sessions for the Afghan Peace Volunteers at the Borderfree Center in Kabul. They worked with over 180 participants including university and secondary students as well as street children and their mothers. The center, founded by Dr. Hakim Young, is dedicated to principles of nonviolence and works to promote peace and healing in this war-torn country. This was the fifth Capacitar visit to Afghanistan to share methods of trauma healing and transformation.



Capacitar in Eastern Germany

A new 4-module training sponsored by Missio was inaugurated in Zwochau coordinated by Anke Reermann of Missio Aachen. Thirty-six men and women from Eastern and other parts of Germany are participating with many offering outreach to the one million refugees and asylum seekers who currently live in Germany. Capacitar's Refugee Accompaniment Manual has been translated into German. A trauma conference focusing on a popular education approach to healing will be held in May at Catholic University in Aachen. Because trauma is such a massive issue, a popular education approach is much more effective than one on one therapy, giving survivors tools for what they can do for themselves. Social work has also become the field of focus for more university students because of the needs of so many refugees.

Capacitar in Innercity Dublin

Marian Baker, president of Capacitar Ireland, has been working in a violent area of Dublin with small children and youth impacted by murders and inner city violence. Marian works with staffs of a creche for children under 3 years of age and also with a pre-school. At O'Connell's Boys School, Marian is forming a group of Capacitar leaders, working with boys who were identified by the principal as having emotional difficulties. In the future the boys will lead Tai Chi and different practices for other classes in the school.

CAPACITAR Staff, Board and Advisors

Founder/Director

Patricia Mathes Cane, Ph.D.

Capacitar Office Coordinator

Maryanne Campbell

Special Projects

Joan Rebmann Condon, MA

Board of Directors

Valerie Bengal, MD

Mary Dutcher, Esq.

Sheila Grady MSEd

Sharon Kuehn, MHRE

Wendy Ostrow, MSN, NP

Juliet Spohn Twomey, IHM, MA

Ree Taylor, MA, CMP

International Advisors

Capacitar en Frontera El Paso/Juarez

Kathy Revytek

Arlene Woelfel, SSSF

Claudia Brandeis

Canada

Rev. Joan Silcox Smith

Argentina

Susana Diaz, MD

Sarita Fliess

Brazil

Tony Sheridan CSSp

Chile

Mary Judith Ress, PhD

El Salvador

Leonor Sanchez

Guatemala

Virginia Searing SC

Sandra Quixtan

Nicaragua

Anabel Torres CSA

Panama

Alibel Pizarro

Isali Pizarro

Haiti

Wilson H'odiere

Pere Frantz Cole

Germany

Anke Reermann

England

Margaret Wilson, RSCJ

Rev. Paul Golightly

Scotland

Nancy Adams

Marianne Anker Petersen

Ali Newell

Wales

Mary Jo McElroy, RSHM

Patrice Power, RSHM

Ireland/Northern Ireland

Marian Baker

Ann Brady, RSM

Patricia Abozaglo, MA

U.S. Advisors

Suzanne Anglim, SC

Rita Chairez

Rocio Chang PsyD

Sharyn Chesser, RN, MEd

Mary Duennes, RN, MA

Leelia Franck, MD

Fr. George Horan, MA

Maureen Jerkowski, SSSF

Maria Elena McElroy, MSEA, MHA

Mary Ondreyco, SNJM

Dick Vittitow, MA

Marion Vittitow, Ph.D.

Luxembourg

Lidice Mendizabal

Rwanda

Antoinette Gasibirege, SH

Central Africa

Genevieve van

Waesberghe, MMM

Burundi

Caritas Habinomana

Tanzania

Constansia Mbogoma

Nigeria

Felicia Muoneke, MMM

Uganda

Hilda Bamwine, RSCJ

DR Congo

Ingrid Janisch, ISB

Daniel Mbonekuba

Capacitar Middle East Network

Lora Hillel

Ronit Zur

Palestine

Itaf Awad

Eilda Zaghmout

Timor Leste

Maria Dias

Fidelio da Costa

Indonesia

Nina Jusuf

Japan

Eiko Maki, CSJ

Satoko Iwatani

Yuko Oyama

Miura Fukiko

Tsugumi Fugita

Korea

Katherine Hahn Singer

Hyunjoo Jeong

Afghanistan

Dr. Hakim Young, MD

Naser Lessani

The Philippines

Diana McDermott

CAPACITAR Calendar—2019

2019—Workshops & Trainings

- Mar 27-28 Refugee Accompaniment Workshop, Cleveland Diocese
- Mar 30 Workshop, El Rio Health Center, Univ. Arizona College of Nursing, Tucson
- Mar 31 Advanced Training, Tucson, Arizona
- Mar Trainings in El Salvador
- Apr 5-14 Trainings in Japan: Tokyo, Ishinomaki, Fukushima
- Apr 18 Nicaragua Benefit Concert, Sebastopol CA
- Apr 27-28 Tr 4, Emmanuel College, Toronto, Canada
- Apr 24-May 5 Trainings in The Philippines
- May 4-5 Advanced Training, Emmanuel College, University of Toronto
- May 11-12 Tr 4, Aachen, Germany
- May 13-14 Trauma Healing Conference, Catholic University, Aachen
- May 18-19 Tr 2, Zwochau, Eastern Germany
- May Trainings in Haiti
- Jun 1-2 Tr 1 The Bield, Perth, Scotland
- Jun 3 Advanced Formation, The Bield, Perth, Scotland
- Jun 18-19 Training, Noddfa, Penmaenmawr, Northern Wales
- Jun 22-23 Tr 3 Dublin, Ireland
- Jun 22-23 Tr 4 Durham, Northern England
- Jun Trainings in Panama
- Jul 12-14 Training Human Rights Commission for Women, Chihuahua, MX
- Aug 2-4 Tr 4 Holy Spirit Retreat Center, Encino, CA
- Aug 5-9 Trainings in Guatemala, Barbara Ford Peace Center, Quiché
- Aug 24-25 Tr 3, Zwochau, Eastern Germany
- Aug 31-Sep 1 Tr 2 Glasgow, Scotland
- Sep 4-15 Trainings in Argentina
- Sep 21-22 Training 1 Oakwood, Atherton, CA
- Oct 1-5 Trainings in Alaska
- Oct 12-13 Tr 4 Dublin, Ireland
- Oct 16-22 Workshops, counseling in Kabul, Afghanistan
- Nov 2-12 Trainings in Tokyo, Ishinomaki, Fukushima, Okinawa, Japan
- Nov 22-23 Trainings in Israel
- Nov 26-30 Trainings in Palestine: Jenin, Ramallah, Beit Jalla
- Nov Trainings in The Philippines
- Dec 6-7 Tr 2 Oakwood, Atherton, CA
- Dec 7-8 Tr 4, Zwochau, Eastern Germany
- Dec 14-15 Refugee Accompaniment Training, Encino, Holy Spirit Center
- Dec Dance Retreat, Cantera, Managua, Nicaragua

2019-2021 Trainings

- Encino, CA Holy Spirit Ctr. 818-943-0781 Sheila Grady mrssgrady@gmail.com CEs
2020 4-Module Training: Feb 8-9 May 16-17 Aug 29-30 Dec 5-6
- San Francisco Bay Area: Atherton, CA Sr. Patty Creedon pcreedon@rscj.org
2019 Training: Sep 21-22, Dec 6-7 2020: Mar 13-14, Jun 5-6
- Canada, Gabiola Island 2020: Sep 23-26 2021: May 19-22
- Scotland, Perth & Glasgow The Bield--Perth, Finn's Place--Glasgow
capacitarscotland@gmail.com
2019 Training: Jun 1-2 Aug 31-Sep 1 2020: Mar 21-22 Jun 13-14
- Capacitar Ireland capacitarireland1@gmail.com
Foundation Training 2020: Feb 29-Mar 1 Jun 6-7 Oct 17-18 2021: Feb 27-28
Tutor Training 2021: May 8-9 Sep 25-26 2021 Team dates TBA
- West Bank, Palestine—Beit Jala—Eilda Zaghmout eilda@beitshams.com
2019 Training: Nov 29-30
- Israel, Upper Galilee, Capacitar Mideast Network, Lora Hillel loralih@gmail.com
2019 Training: Nov 22-23
- Aachen, Germany Anke Reerman anke.reermann@bistum-aachen.de
Training 2020: Mar 7-8 Jun 27-28 Oct 3-4 2021: Mar 6-7
2020 Aachen Advanced Training: Jun 20-21
- Eastern Germany, Zwochau Anke Reerman anke.reermann@bistum-aachen.de
Training 2019: May 18-19 Aug 24-25 Dec 7-8
- Luxembourg (KORU) Lidice Mendizabal lidice@koru-foundation.org
Training 2020: Mar 14-15 Oct 10-11 2021: Apr 17-18 Oct 9-10
- Afghanistan, Kabul Workshops 2020: Feb 18-25 Oct 20-27
- Panama 10th Anniversary & Trainings Apr 20-26, 2020

Gifts Made In Honor of

• Joan Condon • Pat Cane • Mary Duennes • Ree Taylor • Katie Beurskens

Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon • Marjorie Wilbur • Elvira Ramos
Thomas R.J. Darrise • Martha Van Gorder

Support Capacitar through AmazonSmile

AmazonSmile is a way to support Capacitar, at no cost to you. When you shop at [smile.amazon.com](https://www.smile.amazon.com), select **Capacitar** from the list of charities. Amazon will donate a portion of the purchase price to Capacitar.



CAPACITAR
International

Healing ourselves, healing our world

2901 Park Avenue Suite B12 Soquel, CA 95073 Tel: 831-477-7644 www.capacitar.org

April, 2019

Dear Friends,

As we celebrate this season of Springtime and new life, will you help us with our healing work so needed at this time in our world? Your support will empower Capacitar to work with children and youth in many places, and to do the following:

- Trainings for those working with refugees and the detained in the US, Europe and the Middle East
- Multicultural Wellness Trainings in 15 countries in the Americas, Europe, Africa, Asia and the Middle East
- New 4-Module trainings in Germany, Luxembourg, The Philippines and the U.S.
- Trauma Healing & Leadership Trainings in DR Congo, South Sudan and Haiti
- Work with refugee communities and asylum seekers at the US/Mexico border and in different areas of California
- Workshops to heal gender violence in Japan, Mexico, Guatemala, Panama and other countries
- Translation and publication of Capacitar manuals and materials in Spanish, Arabic, French and German.

We cannot do this work of healing and transformation without you! We are deeply grateful for your generous donations and prayerful support through the years. Together we are committed to the mission of healing ourselves and healing our world.

With peace and blessings,

Pat Cane

Capacitar International Founder/Director



Eastern Germany—Capacitar for social workers, teachers and those working with refugees



BVI—The Holds for hurricane survivors