



Bringing Light and Hope to Places of Violence — Patricia Mathes Cane, Ph.D., Capacitar 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
30 countries.

This year Capacitar has again been invited to work in places characterized as post-genocide, post-civil war or ongoing violent societies: Rwanda, Burundi, Uganda, Nigeria, Israel, Palestine, El Salvador, Northern Ireland, and closer to home at the US/Mexico border, in El Paso, Texas and Ciudad Juarez. People often ask: "What can Capacitar bring to communities living in such difficult circumstances, in places of CTSD (continuing traumatic stress disorder) where you can't get away from the trauma?" Participants in our recent trainings in Rwanda and in El Paso/Juarez gave testimony to the impact Capacitar has had on their lives.

For a number of Rwandans who work with HIV/AIDS, trauma survivors, genocide widows, orphans and children at risk, Capacitar offers significant tools for self-care and for community outreach. One minister who directs twelve schools in Kigali said that students who regularly used Capacitar practices significantly improved outcomes in their examinations. Facilitators of support groups using the practices, reported that genocide widows in Save and Byumba have begun to live more positively, participating in their communities and in income generating projects. Trauma counselors described how they worked more effectively with rural communities during the genocide memorial week because they had tools to stabilize people suffering from flashbacks and overwhelming emotions. HIV and trauma staff at Igiti cy'Ubungingo in Butare reported that they had less compassion fatigue since Capacitar practices have been regularly used as part of the organization's daily schedule.

Similar reports come from staff at Centro Mujeres Esperanza (Center for Women of Hope) in El Paso, Texas and from

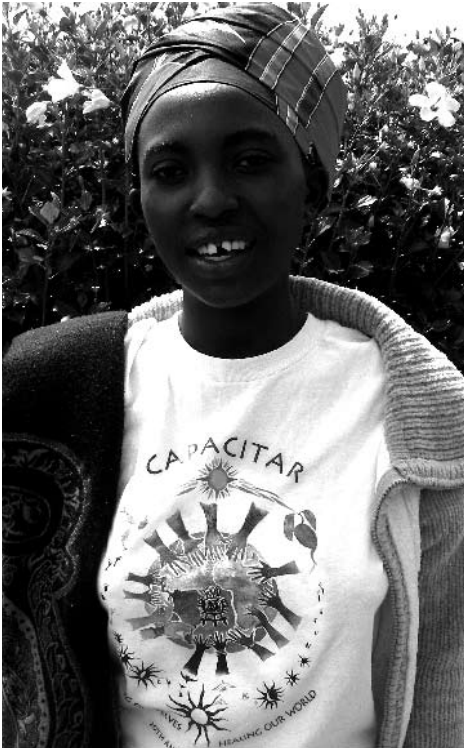
psychologists in Ciudad Juarez. During the past year violence has escalated overwhelmingly in Juarez because of drug cartel turf warfare. Last year over 1800 people were brutally murdered, and since January over 1000 have died in the conflicts. Even teachers are threatened. If they don't pay the drug cartels for protection, their children will be kidnapped and killed. In January Capacitar started workshops for large numbers of psychologists, social workers and community leaders working in Ciudad Juarez. Our Capacitar training gave tools and hope to many who daily confront the threat of death or extortion. One woman who works with gangs, families of prisoners and HIV described how the practices have helped her take care of herself as she reaches out to marginalized youth and children in her community. Psychologists who manage the Ciudad Juarez hot line found the Capacitar methods effective in counseling people dealing with suicide and domestic violence.

At this time when the human family faces overwhelming challenges everywhere, we are reminded of the words of Clarissa Pinkola Estes who encourages us to reconnect with the light that is already within us and to share this with others: "The light of the soul throws sparks, can send up flares, builds signal fires, causes proper matters to catch fire. To display the lantern of the soul in shadowy times like these—to be fierce and to show mercy towards others, both are acts of immense bravery and greatest necessity. Struggling souls catch light from other souls who are fully lit and willing to show it!" In the words of Judy Cannato in Radical Amazement: "To be spark throwers, to send up flares, to be fierce with fire—that is what our world so desperately needs from us!"



Mexico 2009—Capacitar trauma healing workshop for psychologists, social workers and community leaders of Ciudad Juarez

Capacitar Trainings in 2009



Rwanda Coordinator Antoinette Gasibirege, SH and Genevieve van Waesberghe, MMM with team leaders and training participants



RWANDA

Capacitar Rwanda continues to grow with a national team training and a new cycle of trauma healing training. Participants include psychologists from the mental health department, school administrators, teachers, and grassroots leaders. In April team members accompanied groups throughout the country supporting trauma survivors during memorial events commemorating the 15th anniversary of the genocide. Another cycle of Capacitar training is scheduled for 2010-2011.



England Coordinator Margaret Wilson, RSCJ leading a workshop for sisters and caregivers

ENGLAND & SCOTLAND

New Capacitar trainings started in February in England and Scotland with participants representing schools and centers for spirituality, refugees, senior care, women's support, torture rehabilitation and counseling in the UK and in Germany. Four women who work as caregivers for the Sisters of the Sacred Heart at Duchesne Centre in Roehampton have participated in the England training, so Capacitar practices are becoming part of the staff's methods in caregiving. One caregiver leads the sisters in Tai Chi, and another caregiver reported using the acupressure points for health problems. In Glasgow two women work with torture survivors seeking asylum. The practices have been especially important for their self-care as they listen to the difficult and often horrific histories of the refugees.



Scotland Coordinators Ali Newell and Jim Burke at the inaugural training in Glasgow

IRELAND & NORTHERN IRELAND

Capacitar Ireland recently inaugurated a ninth cycle of in depth training in Tullow with 30 participants from all of Ireland. Some are elementary and secondary teachers who are interested in introducing Capacitar methods into their daily routine with students. In Northern Ireland the Southern Health and Social Care Trust has funded the participation of 25 men and women who work in organizations focused on community mental health, disability, traumatized families, seniors, suicide-prevention, and domestic violence in Armagh, Dongallon, Craigaven, Newry and Mourne. Liam Donnan and Sarah Russel started a group in Newry called Men About Town and are using Capacitar practices with elderly men who suffer from a variety of health problems. They reported that the men are now enthusiastically asking for Tai Chi, Fingerholds and Pal Dan Gum.



Capacitar Ireland Coordinator Kathleen Day, ijs at the Tullow training that includes participants from all parts of Ireland



Ann Brady and Paula Carron, RSM of Northern Ireland coordinating a training for community-based organizations, mental health workers, teachers and counselors



River of Life at the Capacitar training in El Salvador



Joan Condon and Nancy Meyerhofer, OSF, at a Capacitar leadership training in Honduras

CENTRAL AMERICA: El Salvador & Honduras

Capacitar International began an in-depth training for 17 people in El Salvador in January. Participants represent various organizations that work with people throughout the country: ACISAM, a mental health organization, IMU, a women's organization. Terre de Homme Suiza, Bartolome de Las Casas, and the University of Central America. Participants include psychologists, naturopaths, students, and people who work in rural communities. There is also one participant from Nicaragua and one from Guatemala. The second module will be given in May in San Salvador. The Capacitar El Salvador team is working with women in rural communities in the municipality of Suchitoto to teach them Capacitar practices that they can use to deal with their own trauma and stress. This is especially important now with hard-fought elections having taken place in January and in mid-March. The team just completed 8 workshops in El Bario for 30 women and are continuing work in La Primavera and Milingo with 13 and 22 women respectively.

Joan Condon and Nancy Meyerhofer facilitated a leadership workshop for 22 people in March in Gracias, Lempira, Honduras. Twenty participants were young people involved in leadership in their church and their communities. The goal of the workshop was to teach them Capacitar practices they could use to deal with their own stress so as to be better leaders and to encourage them to think about what qualities a good leader needs as well as how to deal with conflict. The young people were very pleased with the workshop and plan to share what they learned with others in their communities.

TEXAS/MEXICO BORDER

For the last six years Capacitar has been working at the border in the El Paso/Juarez area. Our current training, sponsored by Centro Mujeres de la Esperanza (CME) brought together 82 grassroots and professional women from Texas, Arizona, New Mexico and Mexico, who are committed to bringing peace and healing to the violence and poverty of the region. Through a grant for the El Paso training, Capacitar Founder Pat Cane and CME Director Maureen Jerkowski, SSSF, were able to reach across the border to support psychologists, social workers and community leaders of Ciudad Juarez as they deal with the daily murders, kidnappings, extortion and gang warfare in the drug cartel conflicts. Because the needs are so overwhelming, there is great interest in funding another cycle of trainings for 2010-2011 in both El Paso and Juarez.



Pat Cane and Maureen Jerkowski, SSSF, receive awards for their service from the Juarez Municipal Women's Council and psychologists of the City of Juarez, Mexico.



Women from Texas, Arizona, New Mexico and Juarez walk the labyrinth at a training sponsored by Centro Mujeres de la Esperanza, El Paso, TX.

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Gifts Made In Honor of

Joan Condon • Mary Litell, OSF • Pat Cane • Denise Sausville, RSM

Mary Lou Knapke • Ellen Dubinsky • Jean Gerber • Valerie Bengal, MD

Natividad Medical Center Family Medicine Residency Program

Gifts Made In Memory of

Martha Rebmann • Vahe Aslanian • Joan de Visser • Eleanor Wasson • Patrick Day

Sister Akane • Ellen M. Watters • Janet MacLean • Andrew and Martha Rebmann

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 International.

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. If you can help us with miles for tickets, call the Capacitar office at 831-471-9215.

CAPACITAR Calendar—2009

- Apr 17-19 Training 2 St. Anthony's, San Francisco CA
- Apr 17-19 Retreat Buenos Aires • Apr 25 Workshop San Miguel, Argentina
- May 1 Staff Retreat, Presentaton Learning Center, Watts, Los Angeles, CA
- May 9-10 Training 2 Ignatian Spirituality Centre, Glasgow, Scotland
- May 16-17 Training 2 Sacred Heart School, Hammersmith, London, England
- May 23-24 Training 4 Esker, Galway, Ireland
- May 27-28 Training 3, Banbridge, Northern Ireland
- May 30-31 Training 2, Tullow, Ireland
- Jun 5-7 Training 2 Center to BE, Milwaukee WI
- Jun 12-14 Training 2, La Casa de Maria, Santa Barbara CA
- Jun 16 Capacitar Global Day of Solidarity
- Jun 19 Workshop 3, Ciudad Juarez, Mexico
- Jun 20-21 Training 4 Centro Mujeres Esperanza, El Paso, TX/Juarez, MX
- Jun Whitethorn Training 2, Whitethorn, CA
- Jul 9-11 Team Tr 3 Butare, Rwanda • Jul 15-17 Trauma Tr 3 Rwanda
- Jul 10-12 Training 3 St. Anthony's, San Francisco CA
- Jul 27-29 Training 3, Managua, Nicaragua
- Jul 29-31 Cantera workshop, Nicaragua
- Jul 30-Aug 2 AIDS/Trauma Training 1, Benin City, Nigeria
- Aug 20-30 Workshops, Uganda
- Aug 29-30 Training 3, El Salvador
- Sep 11-13 Training 3, La Casa de Maria, Santa Barbara CA
- Sep 12-13 Training 3 El Salvador
- Sep 14-16 Retreat, Restorative Justice Staff, Los Angeles, CA
- Sep 18-20 Training 3 Center to BE, Milwaukee WI
- Sep 25-27 Energy Retreat, Tullow, Ireland
- Sep 29-Oct 1 Keynote, Conference South Africa
- Oct 3-4 Training 3, Tullow, Ireland
- Oct 7-8 Training 4, Armagh, Northern Ireland
- Oct 9-11 Training 4 St. Anthony's, San Francisco CA
- Oct 10-11 Training 3, Sacred Heart School, Hammersmith London, England
- Oct 16-17 Training 3, Ignatian Spirituality Centre, Glasgow, Scotland
- Oct 19-Nov 2 Training-Nazareth; Workshops Israel/Palestine
- Nov 20-22 Training 4, La Casa de Maria, Santa Barbara CA
- Dec 4-6 Training 4 Center to BE, Milwaukee WI
- Dec 15-16 Training 4, Managua, Nicaragua
- Dec 17-19 Dance Retreat, Cantera, Nicaragua

For 2010 dates: see website: www.capacitar.org

2009-2011 Trainings—Multicultural Wellness Education

• **Milwaukee, WI** Center to BE, Marjorie Wilbur (414)672-5932 mwilbur.centertobe@sbcglobal.net

2009 Training: Mar 20-22 Jun 5-7 Sept 18-20 Dec 4-6 CEUs—Marian College

2010 Training: Mar 12-14 Jun 4-6 Sept 17-19 Dec 3-5

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

2009 Training: Mar 27-29 June 12-14 Sept 11-13 Nov 20-22 CEUs

2010 Training: Mar 19-21 June 11-13 Sept 10-12 Nov 12-14

• **San Francisco, CA** Mary Litell, Angelina Cahalan 415-592-2727 capacitarSF@gmail.com

2009 Training: Apr 17-19 Jul 10-12 Oct 9-11 CEUs

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

Carlow, Tullow Training 2009: May 30-31 Oct 3-4 2010: Feb 6-7

Training 2010: Feb 13-14 May 8-9 Oct 9-10 2011: Jan 29-30

• **Northern Ireland** Ann Brady bradyann@hotmail.com, Paulacarron@hotmail.com

2009: May 27-28 (Banbridge) Oct 7-8 (Armagh)

• **London, England** Margaret Wilson RSCJ, Ann Avery capacitarengland@gmail.com

Training 2009: May 16-17 Oct 10-11 2010: Jan 30-31 Hammersmith

Training 2010: May 22-23 Oct 2-3 2011: Feb 12-13 May 14-15

• **Scotland** James Kirk, james.p.kirk@btinternet.com, Ali Newell, alinewell@aol.com

Training 2009: Feb 20-21 May 9-10 Oct 16-17 2010: Jan 23-24 Glasgow

• **Rwanda** Antoinette Gasibirege, agasibirege@gmail.com

Trauma Healing Training 2010: Feb 18-20 July 8-10 2011: February 17-19

• **San Salvador, El Salvador** capacitarelsvador@yahoo.com, jcondon@igc.org

2009: May 2-3 Sep 12-13 2010: Jan 30-31



May, 2009

Dear Friends,

As you can see from our Spring newsletter, Capacitar's work continues to grow bringing light and possibility to many places. With the downturn in the economy and the greater stress and violence both here in the U.S. and elsewhere, more than ever the value of our work is recognized and we receive invitations to work in struggling communities.

At our November training in El Paso, Texas, a visiting university professor from Chihuahua, Mexico said, "This is what the people in Ciudad Juarez need to help them deal with the horrific drug cartel violence there." So we received an invitation from the women's council and psychologists of Juarez, Mexico, and to date have offered 2 workshops to over 150 psychologists, social workers and community leaders.

In early April we received an email invitation from an administrator of innercity elementary schools in California concerned about the growing number of children who are angry and depressed, unable to manage feelings because of the violence in the streets. So in May we will be working with faculties of two of her schools with the vision of an in depth training next year for teachers and staffs. Similar experiences have come from teachers and administrators in Rwanda, Ireland, Northern Ireland, El Salvador and El Paso, Texas. Last year Josie, a teacher from our Santa Barbara training, introduced Capacitar practices to her very difficult and unruly first grade class in a Los Angeles school. She described how some of the children quickly began to settle down and focus, while others started teaching other children on the playground. When it came time for the administrative evaluation at the beginning of the new year, Josie received highest commendations from her principal and superiors who noted how she had transformed and empowered the lives of the challenging children. As a result, Josie has brought into our new training another teacher from her staff with the desire of making Capacitar available to all the faculty.

These are the stories that keep Capacitar's spirit alive. This year your support helps Capacitar to offer programs and trainings in the US and other areas:

- Twelve Multicultural Wellness Trainings in the US (California, Wisconsin, Texas, Connecticut), Europe (Ireland, Northern Ireland, Scotland and England), Latin America (Nicaragua, El Salvador and Brazil)
- Work with Latina caregivers and health promoters in California and in border communities in El Paso TX/Juarez
- Trauma Healing Trainings for Palestinian and Israeli groups in the Middle East
- Trauma Healing and Leadership Trainings in Rwanda, with outreach to Burundi and Congo DRC
- Continued workshops for people suffering from HIV/AIDS and for their caregivers in Southern Africa and Nigeria
- New workshops for groups affected by violence and AIDS in Uganda
- Production of Capacitar manuals in Spanish and Portuguese, and basic materials in French, Arabic and Hebrew.

Thank you for your generous financial support and prayer so that together we can realize our mission of healing ourselves, healing our world.

In peace and solidarity,

Pat Cane

Capacitar International Founder/Director