



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
42 countries.

Capacitar and Nonviolence in Afghanistan—Patricia Mathes Cane, PhD, Capacitar Founder/Director

Afghan Peace Volunteers hosted February trainings led by Pat Cane and George Horan of the Capacitar Afghanistan team. Five workshops along with a number of counseling sessions were offered to over 120 Afghans during the 10-day visit. Workshop participants included: the Border Free Community, peace volunteers, street children, women's sewing groups, and representatives of local organizations.

The Border Free Nonviolence Community was founded by Dr. Hakim Young, a medical doctor from Singapore, who wanted to bring together youth from different tribal groups to learn how to live and work in peace. Border Free focuses on a variety of projects related to three values: Green/Ecology—with work in permaculture, peace parks and gardening; Equality—with the street kids school, bicycle club for boys and girls and a national dance group; and World Without War—with teams in conflict resolution, education, media, mediation, psychology and communication. Border Free responds to the needs of Afghanistan by supporting education for street kids and youth, as well as developing skills for women through the sewing co-op that produces duvets and scarves. A new food pantry project will provide staples for families of street kids.



Capacitar workshop for the Border Free Community and Afghan Peace Volunteers



Hands of peace and healing for Afghan youth at a Kabul workshop

Afghanistan is considered to be one of the most violent and traumatized countries in the world. Many of the youth feel hopeless as they try to create lives of peace and possibilities. Capacitar is committed to accompany these resilient youth who represent the hope and future of Afghanistan.

Healing Gender Violence in Guatemala

A new collaboration focused on healing gender violence against women was inaugurated in Quiché, Guatemala, with Capacitar and the Barbara Ford Peace Center. Funded by the Swedish Embassy, the project involves training Mayan health promoters in trauma healing theory and practice to empower local communities to change their attitudes and history of violence. Currently 28 health promoters are participating in the first cycle, with future trainings planned for the coming years. These men and women are leaders in their communities and health centers. Capacitar trauma healing skills will be integrated into their programs for women, youth, families and community groups in a number of villages. Guatemala has the 3rd highest rate of femicide in the world, and the Quiché area was one of the most violent regions during the 36-year civil war. Capacitar has offered trauma healing trainings in Guatemala since 1992 and is committed to being part of the healing process of this country.



Health promoters from Mayan communities of the Quiché at a Capacitar training



Capacitar Outreach 2016

Capacitar in South African Psychology Trainings

A nonprofit university in Cape Town that offers business and psychology degrees, has incorporated Capacitar training into their curriculum for academic psychology degrees and the professional registration of counselors in South Africa. Capacitar trainer, Dr. Sharon Johnson, PhD, featured transpersonal healing work in her Masters and Doctoral research that focused on stress and burnout reduction for teachers in high-risk schools on the Cape Flats in Western Cape. Sharon is now a Post-Doctoral Fellow in the Psychology Department of Stellenbosch University and a Senior Lecturer in the Psychology Department of Cornerstone Institute. Cornerstone is a private educational institution dedicated to providing service to others in the pursuit of teaching and modeling of humanity, dignity and social justice in education.

Sharon teaches psychological interventions not only in the academic Psychology undergraduate and post-graduate degrees, but also in a newly acquired course for professional counselors who are trained to utilize psychoeducational and psychosocial interventions in community work, especially in groups.

"Capacitar is ideally placed to give students practical and effective tools to assist in their training and work in struggling communities, where psychological services are non-existent or unaffordable," said Sharon. "Counselors have to deal with many who are exposed to traumatic stressors, such as violence and abuse. Sadly, South Africa, despite its move to democracy over 20 years ago, is still struggling from many types of trauma, including intergenerational and continuous trauma, where political enfranchisement has unfortunately not resulted in economic and social betterment for many of its peoples."

"Capacitar is ideal for helping counselors prevent burnout and vicarious traumatization as they are exposed to the societal traumas in their work and training." The university has the Capacitar Emergency Kit of Best Practices in their library as a reference tool and Sharon conducts experiential Capacitar workshops in her lectures.



Durham, England: Training at St. Antony's Priory

Capacitar in Northern England

Thirty men and women from Northern England recently completed the Multicultural Wellness Training (MWET) sponsored by Rev. Paul Golightly of St. Antony's Priory in Durham. Capacitar has become part of the culture of St. Antony's with the practices used in staff meetings, recovery groups, retreats, spiritual accompaniment, and community outreach.

Participants of the training have multiplied Capacitar practices to several thousand others in a variety of settings. Liz at Ministeracres works with refugees from many countries and has found the practices helpful for their trauma. Richard, a priest from Liverpool, uses the practices with many hundreds of people for retreats, parish ministry, and counseling. Mike, working with men in recovery, finds the practices helpful for self-care and trauma healing. Petia, a professor at Northumbria University, uses the mindfulness practices with students. Outreach has also been offered to hospice staff, caregivers, prison officers, business men, schools, children, holistic practitioners, justice and peace groups and retreat centers.

A second cycle of MWET training will start at St. Antony's in October, along with Advanced Formation Days to be co-led by Pat Cane and Margaret Wilson, RSCJ.

Capacitar in Uganda

Trainings led by Dr. Genevieve van Waesberghe, MMM, and coordinated by Hilda Bamwine, RSCJ, were recently sponsored by the Uganda Spiritual Formation Center in Kampala. Participants came from ten countries, including: Nigeria, Cameroon, Uganda, Kenya, Tanzania, Sudan, South Sudan, Zambia and Zimbabwe. The men and women are attending a Renewal and Formation Program. Capacitar Uganda trainings were also held in Jinja for Ugandan and Kenyan Sacred Heart Sisters and community leaders who offer outreach to schools, a palliative care hospice, children with special needs, child mothers and youth in Karamoja and Gulu. Another training, sponsored by Refuge and Hope Center, was for staff who teach English classes to hundreds of refugees from Democratic Republic of Congo, Burundi, Rwanda, Sudan, South Sudan, Somalia, Ethiopia and Eritrea.



Uganda: Training for 40 participants at the Uganda Spiritual Formation Center

Capacitar for Refugees in Jordan

In January, A Global Voice for Autism partnered with Capacitar Middle East Network Trainer Itaf Awad to offer a workshop for 30 aid workers who support refugee children with autism in Northern Jordan. A Global Voice for Autism, a nonprofit organization founded by Melissa Diamond, gives conflict-affected communities tools to support their children with autism.

The workshop, led by Melissa and Itaf, gave aid workers who are often involved in stressful and challenging environments, tools for self-care, while teaching them valuable skills that can be used with the families and children they serve. Many of these autistic children have also experienced trauma. The 4-hour session taught methods used by Capacitar International including: Fingerholds, Tapping, Tai Chi, Head Holds and Pal Dan Gum. Participants especially liked the Bodywork and Drum Massage. Participants have followed up using the practices with A Global Voice for Autism and hope to participate in similar trainings in the future. (www.aglobalvoiceforautism.org)



Jordan: Workshop for aid workers supporting autistic refugee children



Beit Jala: New Capacitar training at Beit Shams for community leaders

New Capacitar Training in Beit Jala, Palestine

A new 3-module Multicultural Wellness Training was inaugurated at Beit Shams, a community wellness center in Beit Jala. Thirty-five men and women participated from seven regions of Palestine, including: Hebron, Bethlehem, Beit Sahour, Beit Jala, East Jerusalem, Ramallah and Nazareth. Participants are teachers, social workers, nurses, medical personnel, mental health researchers, psychologists, and other professionals working in their communities.

With the escalation of violent incidents in the region, the Capacitar skills are invaluable for self-care, as well as for addressing violence in individuals and communities. The training focuses on trauma healing and transformation and how to adapt the methods in the cultural context. Participants will multiply what they learn with their communities, schools and organizations. Beit Shams founder Eilda Zaghmout reported that the participants were very enthusiastic about the training and look forward to the 2016 modules in June and November.



Palestine: Mideast Trainer Itaf Awad leading Drum Massage for school children

West Bank Workshops for Teachers & Social Workers

Mideast Trainer Itaf Awad has offered regular workshops for teachers and children on West Bank in collaboration with Capacitar Founder/Director Pat Cane and International Trainer George Horan. In late November, twenty-five teachers and counselors participated in a workshop sponsored by the Ministry of Education of Jenin. The workshop was most helpful for self-care and for use with the children and youth in the aftermath of the violent deaths of several of the students. Trainings will continue through 2016. Workshops were also offered to social workers and psychologists in Ramallah hosted by Hekmat Bessiso at her new center.



Jenin: Capacitar training for primary and secondary teachers and counselors

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Miura Fukiko

Korea

Katherine Hahn Singer

Afghanistan

Dr. Hakim Young, MD

CAPACITAR Calendar—2016

2016

- Mar 18-20 Tr 1 La Casa de Maria, Santa Barbara CA
- Mar 20 SoCAL Network gathering, Capacitar Japan presentation, LCDM Santa Barbara CA
- Mar 31-Apr 10 Trainings in Japan--Tokyo, Fukushima, Sendai
- Apr 9-10 Tr 1 Tokyo, Japan
- Apr 30-May 1 Tr 1, Rotary-sponsored training, Tucson, AZ
- May 6-8 Tr 1, Toronto, Canada
- May 14-15 Tr 3 The Bield, Perth, Scotland
- May 16 Advanced Formation, The Bield, Perth, Scotland
- May 20 Advanced Formation, London • May 21-22 Tr 3, London, England
- May 26 Advanced Formation, Israel • May 27-28 Tr 1 Kadarim, Upper Galilee, Israel
- May 31 Teacher training, Jenin, Palestine • Jun 1 Workshop for Social Workers, Ramallah
- Jun 3-4 Tr 2, Beit Jalla, Bethlehem, West Bank Palestine
- Jun 7-23 Africa visit--Rwanda 10th Anniversary, visit to Tanzania
- Jul 1-3 Advanced Formation, Office of Human Rights for Women, Chihuahua, Mexico
- Jul 15-17 Tr2 La Casa de Maria, Santa Barbara CA
- Jul 30-31 Tr 2, Rotary-sponsored training, Tucson, AZ
- July Training CANTERA Managua, Nicaragua
- Aug 5-9 Trainings in Panama
- Aug 11-13 Training in Honduras
- Aug 15-19 Trainings, Centro de Paz Hma. Barbara Ford, Quiché, Guatemala
- Aug 25-Sep 4 Trainings in Japan--Tokyo, Fukushima, Sendai • Sep 3-4 Tr 2, Tokyo
- Sep 9-11 Tr3 La Casa de Maria, Santa Barbara CA
- Sep 15-16 Tr 1 Juarez, Mexico
- Sep 17-18 Tr 1 El Paso, TX • Sep 19 Advanced Formation, Juarez MX
- Sep 20 Advanced Formation, El Paso TX
- Sep 23-25 Tr 2 Toronto, Canada
- Sep 24-25 Tr 1 San Antonio, TX
- Oct 1-2 Tr 4 The Bield, Perth, Scotland
- Oct 3 Advanced Formation, The Bield, Perth, Scotland
- Oct 5-6 Noddfa Training, Penmaenmawr, Northern Wales
- Oct 7 Advanced Formation, London • Oct 8-9 Tr 4, London, England
- Oct 11-12 Tr 1, Newry, Northern Ireland
- Oct 14 Advanced Formation, Durham
- Oct 15-16 Tr 1 St. Antony's Priory, Durham, England
- Oct 19-31 Trainings in Afghanistan, Border Free Nonviolence Community
- Nov 7-11 Trainings, Centro de Paz Hma. Barbara Ford, Quiché, Guatemala
- Nov 18-19 Tr2 Kadarim, Upper Galilee, Israel
- Nov 21, 23 Trainings Jenin, Ramallah
- Nov 25-26 Tr3 Beit Shams, Beit Jalla Bethlehem, Palestine
- Dec 3-4 Tr 3 Rotary sponsored, Tucson AZ
- Dec 9-11 Tr 4 La Casa de Maria, Santa Barbara CA
- Dec Capacitar Dance Retreat, CANTERA, Managua, Nicaragua

2016-2018 Trainings

- Santa Barbara, CA La Casa de Maria, 805-969-5031 Anne Price anne@lcmdm.org CEUs
2017 Training: Mar 18-20 July 15-17 Sep 9-11 Dec 9-11
- San Antonio, TX Patricia Connolly DC CapSanAntonio@gmail.com pconnolly62@gmail.com
Training 2016: Sep 24-25 2017: Jan 21-22 Mar 25-26 Jun 24-25
- El Paso/Juarez Advanced Kathy Braun OSF. Kathy Revtyak CapacitarFrontera@gmail.com
El Paso Training 2016: Sep 17-18 2017: Jan 28-29 May 6-7 Aug 12-13
Juarez Training 2016: Sep 15-16 2017: Jan 26-27 May 4-5 Aug 10-11
- Toronto, Canada Joan Silcox-Smith jsilcoxsmith@gmail.com
Training 2016: May 6-8 Sep 23-25 2017: Jan 20-22 May 12-14
- Durham, England Paul Golightly info@stanthonyspriory.co.uk St. Antony's Priory
Training 2016: Oct 15-16 2017: Feb 11-12 Jun 3-4 Sep 30-Oct 1
- Edinburgh, Scotland capacitarScotland@gmail.com
Training 2017: May 20-21 Oct 7-8 2018: Feb 3-4 May 5-6
- Northern Ireland, Newry bradyann@hotmail.com
Training 2016: Oct 11-12 2017: Jan 31-Feb 1 Jun 6-7 Sep 26-27
- Capacitar Middle East Network Lora Hillel loralih@gmail.com, Ronit Zur ronitzur123@gmail.com
2016 Training: Feb 25-27 May 26-28 Nov 17-19 2017: Feb 23-25
2017: 10th Anniversary Celebration—Capacitar Middle East Network
- Tokyo, Japan Training Eiko Maki, CSJ eikocsj@gmail.com
2016 Training: Apr 8-9 Sep 2-3 2017: Apr 7-8 Nov 3-4
- Japan Advanced Formation Eiko Maki, CSJ eikocsj@gmail.com
2016 Advanced Formation: Apr 10 Sep 4 2017: Apr 9 Nov 5
- Capacitar 30th Anniversary--August 6-8, 2018, La Casa de Maria, Santa Barbara, CA

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Joan Condon • Pat Cane • Mary Litell osf

Gifts Made In Memory of

Martha & Andrew Rebmman • Tom Condon

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CAPACITAR
International

Healing ourselves, healing our world

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March, 2016

Dear Friends,

Greetings to you this Springtime. As you read this edition of the newsletter I will be working in Japan enjoying the glory of the cherry blossoms that bloom profusely throughout this country, covering the recent memories of the devastating tsunami, earthquake and nuclear contamination. The resilience and strength of the people of Japan are an inspiration. Some of our current efforts there focus on healing gender violence. As Capacitar's work continues to grow in places of need, your support is more important than ever. Your donations will empower Capacitar to do the following:

- Outreach workshops to women's groups and nonviolent peace groups in Afghanistan
- 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
- Trauma Healing & Leadership Trainings in Uganda, DR Congo, South Sudan, Kenya, East Timor and Indonesia
- Work with Human Rights Defenders in Mexico, Central America and other world areas
- Work with refugee communities and detention camps through Capacitar en la Frontera at the US/Mexico border
- Trauma Healing Trainings for survivors of the earthquakes in Haiti and in Japan
- Workshops to heal gender violence in Mexico, Central America, Panama and other countries
- Publication and translation of the Refugee Accompaniment Manual.

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

With peace and blessings,

Pat Cane

Capacitar International Founder/Director



Afghanistan—Street kids enjoying a finger exercise to feel safe and peaceful



Tai Chi fun at a Capacitar workshop for street children of Kabul