



Accompanying Communities in Recovery—Patricia Mathes Cane, PhD, Capacitar Founder/Director

Over the last 30 years Capacitar has accompanied communities in more than 45 countries dealing with wars, violence, poverty, trauma and disasters. Little did we dream that this year we would be called to work with communities close to home. In December fires devastated large parts of Southern California in Ventura and Santa Barbara Counties. La Casa de Maria, a retreat center in Montecito where Capacitar has worked for 15 years, survived the fires after weeks of mandatory evacuations. But on January 9, torrential rains hit the area creating a wall of mud, boulders and debris that flowed rapidly down the mountains taking out a number of La Casa buildings, offices, a meditation chapel, trees and grounds. Twenty-one people died in the area with two persons still missing. No one in the La Casa community suffered death or injuries, but some lost their homes, their jobs and all their possessions.

Executive Director Steve Jacobson described a ground swell of love and support coming from friends around the world: "La Casa has endured many challenges over its 75-year history. Despite the destruction caused by this event, we continue to hold the land as sacred and our mission unchanged. We believe the world will always need places of renewal like La Casa, and we are resolute in our determination to recover. Times of great loss can teach us how many people care, as well as how we can be a resource to the community. Through all our years, we have been sustained and inspired by thousands of people

who believe in what we do, and we are feeling that support now more than ever. We will rebuild, and we will be renewed."

Capacitar is committed to accompany La Casa in their recovery. Recently Steve Jacobson and La Casa Conference Coordinator Mary Ann Paxton welcomed Capacitar participants who had gathered at an alternate venue to complete the Module 4 training. The training had been postponed twice because of the fires and then the mudslides at La Casa. In the days to come, Capacitar will continue to be one of the La Casa-sponsored programs offering the Multicultural Wellness Training, along with advanced trainings.

Capacitar is also leading trauma healing workshops for survivors and those in recovery in Santa Barbara and Ventura Counties. As heavy rains continue to hit the area, many people have been triggered with memories of the disasters reliving their stressful reactions. The Capacitar SoCAL network, led by Ree Taylor and Sheila Grady, will be offering regular workshops in collaboration with La Casa and local Montecito churches and organizations.

As we learn to live in the midst of the chaos and disasters of our times, the Capacitar tools empower us to be centered and peaceful, present to the reality of the situation so we are ready and able to respond with wisdom in the moment.

You can download the Capacitar Emergency Kit of Best Practices in 22 languages from our website: www.capacitar.org.

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Ourselves
Healing
Our World.

CAPACITAR
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to encourage,
to bring each
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empowerment
and solidarity.

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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
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grassroots people
in over
45 countries.

**Join us in celebrating
Capacitar's 30th Anniversary
at our Global Conference
August 6-8, 2018**

**Mary and Joseph Retreat Center
Rancho Palos Verdes
(Los Angeles), California**

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www.capacitar.org**



CAPACITAR

HEALING OURSELVES, HEALING OUR WORLD



Research on Collective Trauma in Conflict Areas—Patty Abozaglo, MA Maynooth University, Dublin, Ireland

When a traumatic event happens in a community, the physical and emotional body are affected as is social life in the community. Impacted communities may also experience the break up of their support structures, creating tremendous challenges. If the traumatic event is due to a natural disaster, solidarity bonds may actually be strengthened. But when trauma is caused by violent conflict this does not necessarily happen as fear and revenge are natural reactions to violence.

Recent research published by the Maynooth University Edward M. Kennedy Institute in Ireland highlights the importance of addressing trauma at collective or community levels as a result of conflict. This is a key ingredient for healthy societies. Although the focus of this research is on conflict scenarios, some of the findings apply to situations such as the one recently experienced by La Casa de Maria in Montecito where the fire and mudslides caused serious damage to their premises and had an impact on the entire community.

This research stresses that trauma stays in the body. PTSD or Post Traumatic Stress Disorder affects the physical and emotional body with a variety of symptoms including, insomnia, flashbacks, anxiety and other ailments. At an emotional level, symptoms of depression may appear, as well as a sense of loss of purpose and hopelessness. At a collective level, social dynamics can change, too. When the physical body is affected the social and collective body may also be affected. It is imperative to address the physical symptoms of trauma. If individuals don't feel healthy and strong, this impacts the collective level in both the

short and long term. Research shows that a multi-disciplinary approach has proven to be more effective for dealing with trauma at a community level. Cognitive therapy and psychotherapy are not always effective due to cultural beliefs, cost and time needed. Evidence shows that the arts can play an important role in healing the physical body as well as communal structures, as they bring people together. Other approaches mentioned in the report are Laban Dance, body movement, story-telling, art therapy and other art forms such as, poetry, dance and singing.

Capacitar Wellness practices are featured in this report. Capacitar offers one of the successful educational approaches to deal with trauma at individual and collective levels where communities have had the opportunity to heal together. Examples are communities in Peru and Colombia. Recommendations made in this research emphasize the importance of "empathic engagement" and "continuum care" to prevent intergenerational and transgenerational transmission of trauma. Joint participation of individuals, communities and institutions as part of ongoing processes and inclusive initiatives are needed to address the consequences of the traumatic event affecting entire communities.

Patty Abozaglo is a member of the Capacitar Ireland Board and an Advisor to Capacitar International. She has worked in conflict areas in Peru and Colombia.

Abozaglo, P., Ed. (2018) Collective Trauma in Conflict Scenarios: A Scoping Study, its impact and relevance for conflict interventions, practitioners and communities affected by it. Ireland: Maynooth University - Edward M. Institute for Conflict Intervention.

Healing Community Trauma in Dublin—Marian Baker, Ireland

Dublin's north inner city, near popular tourist sites, has become a community of violence resulting from family feuds and gang warfare. Over 12 persons were gunned down during the past year, targeted as members of feuding gangs. Armed checkpoints and uniformed and plainclothes police are stationed on the streets, leaving residents frightened and bewildered, and triggering memories of the times of The Troubles.

In the midst of this reality, Marian Baker, Capacitar Ireland Board President, and Siobhan Larkin, Capacitar Ireland Co-Coordinator, are working with schools and community groups teaching Capacitar practices to children and families. Marian recently met with St. Vincent's principal and school staff to plan for future workshops for teachers and children. A brief workshop was held for senior infant boys to review some of the Capacitar practices. The 5 year olds demonstrated their favorite practices that included Tai Chi, EFT Tapping and the Holds. The children said how these practices helped them to calm down and feel peaceful and ready to learn in their class. Site visits also included a meeting with Ann Carroll, manager of CASPR, the Community After Schools Project. Capacitar has been implemented in 4 schools in the north inner city through the Hopscotch Project. A Capacitar wellness and self-care workshop was also offered to teachers, NGO staffs and local people, coordinated by Marian and Siobhan. As the violence continues, Capacitar Ireland will accompany the families of Dublin.



Marian Baker leading St. Vincent's 5 year old boys in EFT Tapping



St. Vincent's boys practicing the Head Hold to calm and focus

Glencree Refugee Accompaniment

In February, Glencree Refugee Program Coordinators Louise Keating and Nadette Foley hosted a Capacitar workshop for 30 men and women including, Glencree staff and those working with refugees in Ireland. Glencree is an Irish peace and reconciliation center dedicated to transforming violent conflict and building peace. Founded in 1974 as a response to violent conflict in Irish society, Glencree has grown in outreach to all of Ireland as well as to places of conflict around the world. Nadette and Louise are coordinating a variety of programs to increase mutual understanding between host communities and migrants; to combat racism, xenophobia and Islamophobia; and to promote the integration into Irish society of socially excluded and vulnerable migrants.



Nadette Foley, Pat Cane and Louise Keating at Glencree Center for peace and reconciliation

Workshops for Refugees from Areas of Conflict

One of the focuses of Capacitar is outreach to refugees and migrants from areas of conflict. Emer Dolphin, Capacitar Ireland Co-Coordinator, Nadette Foley and other members of the Ireland team, have been offering trauma healing workshops at the Mosney Refugee Center. At a recent workshop participants included women from Albania, Iraq, DR Congo, Peru and other areas. Languages were Arabic, French, Spanish, and Albanian. Regular ongoing Capacitar workshops are planned for Mosney as well as for other refugee centers.



Emer Dolphin, Capacitar Ireland Co-Coordinator; with team and refugee women at Mosney Center

Capacitar Trainings in California

Oakwood. Atherton, CA

Capacitar Training in Healing & Transformation

Sponsored by Capacitar and Oakwood

Facilitated by: Joan Condon, MA
Mary Litell, MA, OSF



4-Module Training dates—10-4:00pm (Fri/Sat):

May 18-19, 2018

September 21-22, 2018

November 16-17, 2018

Module 4 date TBA

For information or application:

Patty Creedon, RSM, pcreedon@rscj.org
Oakwood Executive Director

Oakwood, 140 Valparaiso, Atherton, CA 650-323-8343

La Casa de Maria, Santa Barbara, CA

Capacitar Training in Healing & Transformation

Sponsored by Capacitar and La Casa de Maria

Facilitated by: Patricia Cane, PhD



4-Module Training dates—(Fri 4:00pm to Sun 12:00pm):

September 7-9, 2018

December 7-9, 2018

March 15-17, 2019

June 28-30, 2019

For information or application:

Mary Ann Paxton, maryann@lcdm.org
La Casa de Maria Conference & Program Coordinator
Venue in Santa Barbara TBA
CEUs available

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Mary Sullivan PBVM • Sr. Pauline Stott RSHM

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CAPACITAR Calendar—2018

2018

- Apr 5-18 Japan Trainings in Tokyo, Sendai, Ishinomaki
- Apr 22-27 Panama Trainings
- Apr 23-27 Guatemala Trainings, Centro de Paz Hma Barbara Ford, Quiché
- May 12-13 Edinburgh Tr 4, Edinburgh University Chaplaincy, Scotland
- May 12-13 Durham Tr1, St. Antony Priory, Durham, England
- May 15-16 Noddfa Training, Penmanmawr, Northern Wales
- May 18-19 Oakwood Tr 1, Atherton, California
- May 19 Capacitar Scotland 10th Anniversary Celebration, Perth, Scotland
- May 22-27 Trainings in The Philippines
- May 25-26 Capacitar Mideast Network, Kadarim, Upper Galilee, Israel
- May 29 Training, Jenin • May 30 Ramallah Training, Palestine
- Jun 1-2 Beit Jala Tr 1, Bethlehem, Palestine
- Jun 9-10 Advanced Training 2, Dublin, Ireland
- Jun 16 Durham Advanced Training, St. Antony Priory, Durham, England
- Jun 23-24 Toronto Tr 1, Toronto, Canada
- Jun 30, Capacitar Juarez 10th Anniversary Celebration, Juarez, Mexico
- Jul 1, Capacitar en la Frontera 10th Anniversary Celebration, El Paso, Texas
- Jul 14-15 Aachen Tr 1, Aachen, Germany
- Aug 6-8 Capacitar International 30th Anniversary Celebration, LCDM Santa Barbara, CA
- Aug 20-24 Guatemala Trainings, Centro de Paz Hma Barbara Ford, Quiché
- Sep 1-2 Aachen Tr 2, Aachen, Germany
- Sep 7-9 Tr 1, La Casa de Maria, Santa Barbara, CA
- Sep 15-16 Toronto Tr 2, Toronto, Canada
- Sep 21-22 Oakwood Tr 2, Atherton, California
- Sep 27-Oct 14 Japan Trainings in Tokyo, Yamanashi, Sendai, Ishinomaki, Okinawa
- Oct 1-6 Trainings in Haiti
- Oct 10-18 Workshops & Counseling, Afghan Peace Volunteers, Kabul, Afghanistan
- Nov 3-4 Durham Tr2, Durham, Northern England
- Nov 5-9 Guatemala Trainings, Centro de Paz Hma Barbara Ford, Quiché
- Nov 5-14 Trainings in The Philippines
- Nov 16-17 Oakwood Tr 3, Atherton, California
- Nov 16-17 Capacitar Mideast Network, Kadarim, Upper Galilee, Israel
- Nov 20 Training for Counselors & Teachers, Jenin • Nov 21 Ramallah Training, Palestine
- Nov 23-24 Beit Jala Tr 2, Bethlehem, Palestine
- Dec 1-2 Ireland Tr 1, Dublin, Ireland
- Dec 7-9 Tr 2, La Casa de Maria, Santa Barbara, CA
- Dec Dance Retreat, CANTERA Managua, Nicaragua

2018-2019 Trainings

- Santa Barbara, CA La Casa de Maria, 805-969-5031 Mary Ann Paxton maryann@lcmdm.org CEUs
2018 Training: Sep 7-9 Dec 7-9 2019 Training: Mar 15-17 Jun 28-30
- San Francisco Bay Area: Atherton, CA Oakwood Sr. Patty Creedon pcreedon@rscj.org
2018 Training: May 18-19 Sep 21-22 Nov 16-17 Module 4 TBA
- Toronto, Canada Emmanuel College, Kimberley Penner, kim.penner@mail.utoronto.ca
Training 2018: Jun 23-24 Sep 15-16 2019: Jan 26-27 Apr 27-28
- England, Durham St Antony Priory capacitardurham@gmail.com
Training 2018: May 12-13 Nov 3-4 2019: Mar 9-10 Jun 22-23
- Capacitar Ireland capacitar.ireland1@gmail.com
Foundation Training 2018: Dec 1-2 2019: Mar 2-3 Jun 22-23 Oct 12-13
- West Bank, Palestine—Beit Jala, Bethlehem—Eilda Zaghmout eilda@beitshams.com
2018 Trainings: Jun 1-2 Nov 23-24 2019 Training date: TBA
- Aachen, Germany Anke Reerman, anke.reerman@bistum-aachen.de
Training 2018: Jul 14-15 Sep 1-2 2019: Jan 12-13 May 11-12
- Capacitar Scotland 10th Anniversary Celebration: May 19, 2018, The Bield, Perth
- Capacitar en la Frontera 10th Anniversary Celebration 2018: Juarez June 30 El Paso July 1
- Capacitar 30th Anniversary Conference Aug 6-8, 2018, Mary & Joseph Retreat Ctr, Los Angeles

Capacitar remembers with love and deep gratitude Marjorie Wilbur, who died of cancer in December. Marjorie was a great supporter of Capacitar through the years. As Director of the Center to BE in Milwaukee, Wisconsin, she coordinated Capacitar trainings for ten years and also led Capacitar workshops and retreats in her ministry as a spiritual director. Marjorie embodied the spirit and values of Capacitar. She will be missed.



Marjorie Wilbur



CAPACITAR
International

Healing ourselves, healing our world

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

April, 2018

Dear Friends,

Special greetings to you this Springtime. As the Spring rains continue to pound our coastline, many people who were impacted by the fires and mudslides in Southern California are again triggered with memories of mandatory evacuations and losses in their communities. Capacitar is especially saddened by the losses suffered at La Casa de Maria in Montecito and Santa Barbara. We are more than ever committed to support many friends close to home with workshops and accompaniment, as well as communities around the world who suffer from disasters, poverty, war, violence and trauma.

Will you help us with our healing work so needed in our world? Your support will empower Capacitar to do the following:

- Volunteer outreach workshops for communities impacted by recent disasters in California
- 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 and The Philippines
- Outreach workshops for women's groups and nonviolent peace groups in the Middle East and Afghanistan
- Trauma Healing & Leadership Trainings in DR Congo, South Sudan and Haiti
- Work with Human Rights Defenders in Mexico, Central America and other world areas
- Work with refugee communities and detention centers through Capacitar en la Frontera at the US/Mexico border
- Workshops to heal gender violence in Japan, Mexico, Guatemala, Panama and other countries
- Translation and publication of the Refugee Accompaniment Manual 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. Together we are committed to the mission of healing ourselves and healing our world.

With peace and blessings,

Pat Cane



Walking the labyrinth in The Philippines at a training led by Joan Condon