



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.

Healing & Recovery in Places of Disaster—Patricia Mathes Cane, PhD, Capacitar Founder/Director

It is painful to watch the news these days with so many people around the world suffering from war, violence, abuse and disaster. As an organization committed to healing, Capacitar recognizes that peace and recovery must start within ourselves as individuals, as well as within the community. This newsletter shares Capacitar's recent work with people in Korea, Mexico, Haiti, Panama, Japan and the Middle East where grassroots groups are bringing hope and healing to their people. In the words of Roger Walsh, MD: "Our world is in desperate need of healing. But it also rests in good hands, because it rests in yours. And in you rests the Source of all healing, and all that is needed to awaken you and the world." (*Essential Spirituality*. NY, Wiley & Sons: 2000)



**Capacitar has a new home in
Soquel CA, Santa Cruz County!
2901 Park Avenue Suite B12
Soquel, California 95073
Note our change of address
and new phone number below.**

Korea: Response to a National Trauma

The Sewol Ferry disaster in April impacted the people of South Korea with profound grief, shock, depression and rage. As the world helplessly watched the ferry sink, the captain and members of the crew abandoned ship leaving hundreds of people trapped. Among the 304 passengers who died were 250 Dawon High School students who were on a holiday. The state auditor described the calamity as a "man-made disaster" created by negligence, corruption and greed.

To respond to the national tragedy Capacitar was invited to lead trauma healing and self-care trainings in collaboration with the Korean Center for Nonviolent Communication in Seoul. Over 330 men and women came to the Capacitar trainings and presentations. Participants included members of the nonviolent communication community, facilitators, university professors, teachers, psychologists, social workers, religious, trauma counselors, nurses, medical professionals, police, those working in restorative justice, persons working to heal sexual and gender violence, and community leaders. Dates are set for followup Capacitar trainings for Korea in July, 2015.



Participants share a head hold for trauma at the training in Seoul—June 2015



Director Katherine Singer and staff of the Korean Center for Nonviolent Communication



The Capacitar 2-day training for 150 participants representing many Korean grassroots and community organizations



Capacitar Outreach 2014

Mexico: Chihuahua Office of Human Rights for Women & Families of the Disappeared

According to official statistics, since December 2006 when the war on drugs began in Mexico, over 26,000 persons have disappeared, one million people have been displaced from their homes and communities, and 46,000 have been murdered (60,000 according to Human Rights Watch). Along with political and drug cartel violence, many women and children also deal with domestic violence, rape and incest. In the midst of all this, a number of courageous organizations work in their communities to defend human rights and to support families whose loved ones have been disappeared.

In early July, Capacitar started a 3-module training in collaboration with CEDEHM, the Chihuahua Office of Human Rights for Women. Over 62 women and men representing 26 groups from different parts of Mexico participated in the training that focused on trauma healing and self-care for activists. Participants included: human rights lawyers and activists, social workers, psychologists, nurses, doctors, medical professionals, those working for indigenous rights, trauma counselors, religious, holistic healers, those working with gender violence, citizens networks, and a member of Peace Brigades International. During the year of training, participants are committed to use the Capacitar methods and practices for themselves and with their communities. One young man, Alan, whose father was disappeared, works with hundreds of youth in his community. With tears Alan spoke of his desire to share what he learned to help youth stay out of gangs and avoid violence.

Ema Muñoz, a member of the Families of the Disappeared, described her tragic experience. In June 2011, black-hooded gunmen with connections to the local police, arrived at her home in Anáhuac as her family was celebrating Father's Day. With violent threats the gunmen took away eight male family members, aged 21 to 61, including Ema's husband, sons, brother and nephews. The men have not been found to this day. In the midst of her suffering and with the encouragement of the human rights community, Ema Muñoz created the striking mural below for a wall in the Chihuahua CEDEHM office.



CEDEHM Director Lucha Castro with staff and community members practicing Tai Chi



Ema Veleta Muñoz with family members Luisa and Fernando showing the photos of their loved ones who were disappeared in 2011

**The truth of our people is found,
not in its present of oppression but in a future of freedom**





Above: Trainer Joan Condon (right) with the women of ODELPA—Haiti 2014

Below: Alibel Pizarro leading a dance for the Capacitar training in Panama



Below: Yuko Endo, Kathleen Reiley, MM and Eiko Maki, CSJ with the new training



Workshop hosted by Druze leader Azhar Naseraldin for Arab women in Osafia



Israel & Palestine: Creating Circles of Peace and Healing through the Capacitar Middle East Network

As the violence in Gaza continues, Capacitar groups in the region are working to promote peace and understanding. In June, Azhar Naseraldin gathered Arab and Jewish women in her Druze pre-school and home to share Capacitar practices with her family, friends

Haiti: Outreach to Communities Impacted by Violence

Capacitar Special Projects Coordinator Joan Condon facilitated trainings in Haiti in March, June and July of this year. One was held for 22 ODELPA women who had completed a 3-part training in 2013. Most of the women not only continue to use the techniques for themselves but also share them with others. In March, the first module of the Trauma Healing and Transformation training was offered to 15 men and women in Bolosse, a very violent neighborhood in Port Au Prince. Episcopal priest Pere Frantz Cole of Notre Dame Parish is coordinating this group. In June, a 1-day workshop, sponsored by the Federation of Haitian Mayors, was held for 15 men and women. Participants included staff of the Mayors Federation, engineers, students, an accountant and a mechanic. A refresher course was also held for 24 men and women who had completed the 3-module 2013 training. The 2-day course was held in collaboration with CRAD, the Center for Research and Development.

Panama: Work with Gender Violence and Human Rights

In March, Capacitar Panama Coordinator Alibel Pizarro convened a 2-day seminar for 42 psychologists, social workers, lawyers and community leaders sponsored by UNFPA, CEASPA, and CELIM. Participants represented over 20 NGOs and Ministries from many parts of Panama. The program included presentations by leading lawyers and psychologists on the current reality of gender violence in Panama. A trauma healing training was offered by Capacitar Founder Pat Cane with practices for use with clients and for self-care for professionals and activists.

Japan: Work to Heal Tsunami Trauma and Domestic Violence

In April, Capacitar inaugurated its first Trauma Healing Trainings facilitated by Pat Cane in Tokyo and Ishinomaki, and coordinated by the Capacitar Japan team, Yuko Endo, Kathleen Reiley, MM, and Eiko Maki, CSJ. Besides the 2 trainings, 17 workshops were also offered to over 300 people in Fukushima Prefecture, Sendai, Ishinomaki, Tome Miyagi Prefecture, Kamaishi Iwate, in Tochigi Ibaraki with the Asian Rural Institute and with groups in Tokyo. Participants included: religious, staffs of Caritas, tsunami survivors and elderly in day care centers and temporary housing, evacuees affected by Fukushima radiation; Resilience staff working to heal domestic violence, persons dealing with mental illness in a WRAP program in Sendai; patients, psychiatrists, nurses and staff at a psychiatric hospital; and staff and persons at a youth support center. Trainings will continue in November 2014 and in 2015.

Capacitar advanced training group with Jews, Christians, Druze and Arab women—Israel



and pre-school community in Osafia. The Capacitar advanced training group also met there to share experiences and to learn new practices. Two new cycles of training are planned to start in November 2014 and to run through 2017. For training dates see the Program Calendar on page 4 of the newsletter.

CAPACITAR Staff, Board and Advisors

Founder/Director

Patricia Mathes Cane, Ph.D.

Capacitar Office Coordinator

Rita Kennedy

Special Projects

Joan Rebmann Condon, MA

Board of Directors

Valerie Bengal, MD

Mary Dutcher, Esq.

Leelia Franck, MD

Sharon Kuehn, MHRE

Wendy Ostrow, MSN, NP

Juliette Spohn Twomey, IHM, MA

Ree Taylor, CMP

U.S. Advisors

Suzanne Anglim, SC

Carolyn Brink, RSM

Rita Chairez

Rocio Chang PsyD

Mary Duennes, RN, MA

Tricia Flemming, RN

Jeanette Gaudet, MFIC

Fr. George Horan, MA

Maureen Jerkowski, SSSF

Mary Ondreyco, SNJM

Gloria Simoneaux

Dick Vittitow

Marion Vittitow, Ph.D.

Marjorie Wilbur

International Advisors

Capacitar en la Frontera El Paso/Juarez

Kathy Braun, SSSF

Kathy Revytek

San Diego CA/Tijuana/Tecate Mexico:

Natalia Hernandez

Monica Santos

Canada

Rev. John & Joan Smith

Argentina

Susana Diaz, MD

Sarita Fliess

Brazil

Tony Sheridan CSSP

Geraldo Blanti

Chile

Mary Judith Ress

El Salvador

Leonor Sanchez

Guatemala

Virginia Seering SC

Honduras

Gladys Lanza

Nicaragua

Anabel Torres CSA

Panama

Alibel Pizarro

Isali Pizarro

Haiti

Soeurette Polcar

William Thelusmonde

England

Margaret Wilson, RSCJ

Marj McDaid

Scotland

Ali Newell

James Kirk

Shirley Gillian

Wales

Mary Jo McElroy, RSHM

Patrice Power, RSHM

Ireland/Northern Ireland

Toni Ryan

Kathleen Day, ijs

Ann Brady, RSM

Patricia Abozaglo, MA

Rwanda

Antoinette Gasibirege, SH

Central Africa

Genevieve van Waesberghe, MMM

Burundi

Caritas Habinomana

Tanzania

Constansia Mbogoma

Nigeria

Felicia Muoneke, MMM

Uganda

Hilda Bamwine, RSCJ

South Africa

Moiria Boshoff

Emma Oliver

Lucille Luckhoff

Middle East Network

Lora Hillel

Asmahan Mansur

Ronit Zur

Timor Leste

Maria Dias

Dillyana Daten

Fidelio da Costa

Indonesia

Nina Jusuf

Japan

Yuko Endo

Kathleen Reiley, MM

Eiko Maki, CSJ

Kaori Sakuma

Korea

Katherine Hahn Singer

Thailand

Yaprai Satutum

Gifts Made In Honor of

Joan Condon • Pat Cane • Rita Jovick PBVM

Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon • Dorothy Bengal

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.

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 831-477-7644.

CAPACITAR Calendar—2014-2015

2014

- Aug 18-22 Trainings in Panama City, Panama
- Aug 26-28 Trainings Barbara Ford Peace Center, Quiché Guatemala
- Sep 3 Advanced Formation 1 El Paso, Texas
- Sep 4-5 Training 1 Juarez, Mexico
- Sep 6-7 Training 1 El Paso, Texas • Sep 8 Advanced Formation 1 Juarez
- Sep 12-14 Training 3 La Casa de Maria, Santa Barbara, CA
- Sep 27-28 Training 2, University of Edinburgh Chaplaincy, Scotland
- Sep 29 Advanced Training 2 The Bield, Perth, Scotland
- Oct 1-2 Training Noddfa, Penmanmawr, Wales
- Oct 4-5 Training 2 Roehampton, London, England Oct 6 Advanced Formation 2 London
- Oct 8, 9 Southern and Western Library & Education Board workshops, Northern Ireland
- Oct 9-13 Trainings in Bali, Indonesia
- Oct 11-12 Training 4 Nano Nagle Centre, Ballygriffin, Ireland
- Oct 18 Capacitar Benefit Dinner, Santa Cruz, CA
- Oct 20-31, Nov 1-2 Trainings in Argentina; 10th Anniversary Celebration Capacitar Argentina
- Nov 7-9 Training 4 La Casa de Maria, Santa Barbara, CA
- Nov 13-18 Workshops for NGOs, Domestic Violence in Tokyo and Yokohama, Japan
- Nov 19-20 Training 2, Ishinomaki-Tohoku tsunami area of Japan
- Nov 22-23 Training 2, Tokyo, Japan
- Nov 27-29 Training 1 Capacitar Middle East Network, Israel
- Dec 5-8 Workshops in Bethlehem, Palestine

2015

- Jan 6-7 Training 1 Hidalgo, Mexico
- Jan 9-11 Training 2 Office of Human Rights for Women, Chihuahua, Mexico
- Jan 14 Advanced Formation 2 El Paso, Texas • Jan 15-16 Training 2 Juarez, Mexico
- Jan 17-18 Training 2 El Paso, Texas • Jan 19 Advanced Formation 2 Juarez
- Jan 22-26 Trainings in Bali, Indonesia
- Jan 31-Feb 1 Training 1 St. Anthony's Priory Durham, England
- Feb 6 Advanced Formation 2 Barat House, Roehampton, London
- Feb 7-8 Training 3 Barat House, University of Roehampton, London, England
- Feb 14-15 Training 3, University of Edinburgh Chaplaincy, Scotland
- Feb 16 Advanced Training 3 The Bield, Perth, Scotland
- Feb 20-21 Capacitar workshop, Sophia Center, Holy Names University, Oakland CA
- Feb 23-Mar 6 Peru trainings and workshops, San Juan de Lurigancho and Lima, Peru
- Mar 13-15 Training 1 La Casa de Maria, Santa Barbara, CA
- Mar 20-22 Training 1, Consorcio de la Mujer, Oaxaca, Mexico
- Mar 25 Advanced Formation 3 El Paso, Texas • Mar 26-27 Training 3 Juarez, Mexico
- Mar 28-29 Training 3 El Paso, Texas • Mar 30 Advanced Formation 3 Juarez
- Apr 16-20 Trainings in Bali, Indonesia
- Apr 12-24 Workshops in Kabul, Afghanistan

(See www.capacitar.org for other dates in 2015)

2014-2016 Trainings—Multicultural Wellness Education

- Santa Barbara, CA La Casa de Maria, Juliet Spohn Twomey 805-969-5031 juliet@lcmdm.org CEUs
- 2015 Training: Mar 13-15 Jun 26-28 Sep 11-13 Dec 11-13
- 2016 Training: Mar 18-20 July TBA Sep 9-11 Dec 9-11
- San Diego CA/Tijuana/Tecate MX Monica Santos advancingstudentsforward@gmail.com
- 2015 Training: Jun 20-21 Oct 24-25 2016: Jan 30-31 Apr 2-3
- Capacitar en la Frontera-El Paso TX/Juarez MX capacitar.frontera@gmail.com
- El Paso TX Training: 2014: Sept 6-7 2015: Jan 17-18 Mar 28-29 Sep 19-20
- Juarez, MX Training: 2014: Sep 4-5 2015: Jan 15-16 Mar 26-27 Sep 17-18
- Chihuahua/Saltito Trauma Healing Training Educacion.cedehm@gmail.com
- 2014 Training: Jul 4-6 2015 Training: Jan 9-11 Apr 29-31
- England: London Marj McDaid capacitarlondon@gmail.com
- Roehampton, London Training 2014: May 17-18 Oct 4-5 2015: Feb 7-8 May 16-17
- England: Durham Rev. Paul Golightly info@stantonyspriory.co.uk
- Durham St Anthony Priory Training 2015: Jan 31-Feb 1 May 23-24 Sep 26-27 2016: Feb 6-7
- Edinburgh, Scotland Ali Newell, James Kirk Shirley Gillian capacitarscotland@gmail.com
- Training 2014: Sep 27-28 2015: Feb 14-15 May 9-10
- Capacitar Middle East Network Lora Hillel loralih@gmail.com, Ronit Zur ronitzur123@gmail.com
- 2014 Training: Nov 27-29 2015 Apr 30, May 1-2 Jul 2-4 Nov 19-21
- 2016 Training: Feb 18-20 May 26-28 Nov 17-19 2017: Feb 23-25
- Seoul, Korea 2015 Trainings & Workshops: July 22-30

Rosetta Foundation—www.trommons.org

The Rosetta Foundation, based in Ireland, serves the international community providing free translation for over 150 member nonprofit and charitable organizations. Over 4,000 translators are available to translate documents into hundreds of languages. Trommons translators have provided invaluable service to Capacitar International with translations of training materials for our work in Japan, Latin America, Haiti, Afghanistan, Korea, Indonesia, Albania and Slovakia. Visit the website www.trommons.org for more information, to become a member or to make a donation.



CAPACITAR
International

Healing ourselves, healing our world

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

August, 2014

Dear Friends,

Greetings to you this summer. It has been a difficult time everywhere we turn with wars, violence and disasters raging around the world. In the midst of all this tragedy, Capacitar's work is never done!

As we try to respond to requests for workshops and trainings in places of need, your support will empower us to do that.

Your donation will make possible:

- Multicultural Wellness Trainings in 15 countries in the US, Latin America, Europe, Africa, Asia and the Middle East
- Work with Latino caregivers and health promoters in US/Mexico border communities and with refugee groups
- Trauma Healing & Leadership Trainings in Rwanda, Uganda, DR Congo, South Sudan, Kenya, East Timor & Indonesia
- Outreach to refugee communities and detention camps through Capacitar en la Frontera
- Trauma Healing Trainings for survivors of the earthquakes in Haiti and in Japan
- Translation and development of teaching materials in different languages.

You are an important part of our Capacitar global network and 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.

In peace and solidarity,

Pat Cane

Capacitar International Founder/Director



Training for men and women in Belosse, a violent area in Port Au Prince, March 2014



Trauma Healing Training for Korean NGOs and community leaders in Seoul, June 2014



Capacitar workshop sponsored by the Federation of Haitian Mayors, June 2014



Capacitar Middle East Network advanced training in Osafta, Israel, June 2014