



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

43 countries.

Capacitar Circles of Social Transformation—Patricia Mathes Cane, PhD, Capacitar Founder/Director

In the May issue of the Nonprofit Quarterly, a valuable article describes recent research on the Inner Work of Social Transformation & Justice (nonprofitquarterly.org). The authors observed: "In work with leaders, organizations and networks, the more we are able to connect with our deepest purpose (the core of who we are, what we are doing and why) and our 'source' (knowing we are part of something larger than ourselves), and align with others in that spirit, the greater chance we have to continually replenish our reserves and not get depleted; skillfully transform energy of emotions; re-ground in our core purpose; and increase our alignment and action . . . Inner work and the practices that support it are essential for our ability to do the 'outer work' of social transformation and justice."

Capacitar's mission focuses on this inner and outer work. Our circles in the Middle East are an effort to empower individuals and groups with practices that support inner and outer healing so essential for promoting peace and justice in the region. At the US/Mexico border our El Paso training includes 8 chaplains working with refugees in detention centers around the US, as well as people committed to justice for underserved communities. Our circle in Juarez, Mexico works to bring justice, peace and human rights to an area impacted by years of drug cartel violence, disappearances and corruption. In the UK at St. Antony Priory in Durham, England, participants serve the homeless, those in recovery, survivors of gender violence and other community needs. At our new training at Edinburgh University Chaplaincy, participants spoke of the need for self-care to more effectively do their outreach with others.

"Our ability to create meaningful change depends on our ability to embody and reflect the transformation we wish to see inside ourselves, at the same time that we embody it in the systems around us. This relationship between inner and outer change is generative. The more we nurture and experience change in one, the more we long for and believe it can be so in the other. . . The need for deep change has taken on greater urgency in recent months in our country and world—change that transcends binaries, heals hearts and minds, and transforms systems and structures. We are finding that a primary key to lasting social transformation and justice may actually be our own inner work." This is the commitment of Capacitar.



El Paso, Texas: Training circle at the Texas/Mexico border



Durham, England: Capacitar ritual circle at St. Antony Priory



Edinburgh, Scotland: Training at Edinburgh University Chaplaincy



Ramallah, Palestine: Tai Chi circle with youth at House of Hope



Upper Galilee, Israel: Healing circle for Israelis, Arabs and Druze



Juarez, Mexico: Border circle of Capacitar en la Frontera



The Philippines

Capacitar began work in the Philippines in April in partnership with the Philippines Solar Village Project. International trainer Joan Condon facilitated two trainings: in Tayabas on the island of Luzon and in New Washington, Aklan in the Visayas Islands. Thirty-four people attended the Tayabas training including some from ERIC (Emergency Response Integrative Center) who help in the aftermath of disasters; Daughters of Charity; a group from the Lucena City



Capacitar graduation at the training in Aklan sponsored by the Philippine Solar Village Project

government, a survivor of rape by the military during the martial law under the government of Fernando Marcos who now works with the Human Rights Commission; two physicians who work in community health; acupuncturists, Reiki practitioners, a Claretian priest and his team, who work with drug addicts who have surrendered rather than be killed; and a University of the Philippines grant development officer.

In Aklan, where the Philippine Solar Village Project (PSVP) Wellness Center is based, thirty-two people attended. They included members of the PSVP Wellness team, teachers, a Daughter of Charity, a Missionary of Charity, two retired women doing volunteer work, two massage therapists, a university student, and high school students. Both groups were engaged and enthusiastic. In the week following the Tayabas training, the Claretian priest, Father Arnold, incorporated some of the Capacitar techniques in his work with the national police. The police are often involved in the extrajudicial killings of drug users and pushers and Fr. Arnold hopes that learning and using Capacitar techniques will empower them to think of peace and justice as they work. Two other participants began teaching techniques to cancer survivors and a program is being planned for survivors of rape and torture under martial law. In New Washington, the team will share techniques with the patients of the Missionaries of Charity and other clients. The teachers plan to share what they have learned with their families, students and school staff, and the massage therapists and caregivers their clients. Additional training will be scheduled by Capacitar International.

Capacitar Levant

Capacitar offered the first trainings in Beirut, Lebanon in April hosted by psychologist Dr. Maysar Saredidine. Capacitar Founder Pat Cane gave taster workshops to a variety of organizations to assess the appropriateness of Capacitar for the culture and region and to plan strategically for a possible 4-module training. Refugees from Sudan, Darfur, Ethiopia and the Philippines participated in a workshop at the Migrant Community Center in Beirut. Most were dealing with trauma related to leaving their countries as well as the ongoing stress of living as migrants in Lebanon. At War Child, an NGO focused on work with child refugees from the Syrian War, the Capacitar workshop offered self-care practices for staff to avoid vicarious trauma as they work with children and families who have suffered horrific experiences in the ongoing Syrian conflict. Maysar, who is a psychology professor at the American Lebanese University, arranged for an evening workshop for students and faculty as they dealt with the stress of exams and final classes. Meetings were also held with administration and social workers at KAFA, the national organization working to heal gender violence. There was great interest and enthusiasm from all the groups and participants for bringing Capacitar to Lebanon. A full 4-module training will be hosted at Maysar's healing center in 2018-2019,



Maysar Saredidine with participants at the Migrant Community Center, Beirut



Pat Cane leading cross lateral exercises for the staff of War Child in Lebanon

Europe: Outreach to Refugees using Capacitar Geneva—Ann Avery

Encouraged by Capacitar's work with refugees in different parts of the world, I resolved to respond to the needs in Geneva, Switzerland. One of the chaplains from AGORA (Geneva Ecumenical Chaplaincy working with Asylum Seekers) invited me and a Tamil colleague to share Capacitar practices with volunteers at a self-care retreat. We used the Capacitar Refugee Accompaniment Manual and French Emergency Kit with 16 volunteers, staff, and friends of AGORA, including three who are experienced in the process of seeking asylum in Switzerland. Rajani led Breathwork to start the 4 sessions and shared her personal experience of stress as an asylum seeker 20 years ago. When I asked about symptoms and sources of stress among the refugees, responses were many and perceptive. During the sessions we led Tai Chi and other basic practices. We discussed how and where some of the methods could be used with asylum seekers. Since the retreat I have received many enthusiastic emails from participants who were enriched by our time together. I hope to stay in touch with AGORA, and share this experience with others in Geneva who work with refugees.



Ann Avery leading Drum Massage with those working with refugees

Athens—Melissa Diamond

I am currently in Greece working at a center for migrant women in Athens as a part of my Master's Degree field work. Over the past two weeks, I have had the opportunity to lead workshops in Capacitar skills for the women who attend the center. After only two weeks the refugee women are already reporting benefits from the practices and have said that they are using some of the techniques at home. The first week, we did Drum Massage and Fingerholds and the second week we did Switching, Acupressure Points and the basic Holds. We have women from over 40 countries at the center and have had both Farsi/Dari and Arabic translators in the workshop.



Switching position for focus at the Melissa Migrant Women's Network, Athens

South Africa: Capacitar for Neglected Youth Cape Town—Dr. Sharon Johnson, PhD

South Africa has the unenviable reputation of being among the most violent countries in the world where children and youth suffer high levels of trauma. In Cape Town, at a care center (YCC) for 70 neglected youth sent by the courts for care, I am using Capacitar practices informally in support workshops and counseling groups. Among the most popular practices are Tai Chi, mindfulness meditation, Fingerholds and Pal Dan Gum. Professionals at the center, such as teachers, support staff and lay carers, also run the risk of suffering from vicarious/secondary trauma as they work with the youth who display complex trauma symptoms. Most prevalent traumas of learners result from abuse and neglect, as well as multiple ecological challenges, such as historic political/social colonialism and apartheid. Community challenges in the low socio-economic area of the Cape Flats, where the YCC is placed, include gangsterism, violence and substance abuse. Interpersonal challenges are illiteracy, unemployment and absentee parents.

As a psychologist I am advocating for child rights and care for the caregiver, along with volunteering at the YCC as a psychology consultant in the establishment of a therapeutic hostel for managing disruptive learner behaviors. I am also submitting chapters to academic books in the US and the UK on child mental health and innovative community initiatives. It is hoped that despite losing court cases to stay open, the YCC will continue to operate and source funding as the last restorative justice model for neglected youth in Cape Town.



Dr Sharon Johnson and the youth at the therapeutic hostel peace workshop

Capacitar Training in Healing and Transformation

Facilitators: Joan Condon, MA and Mary Litell, OSF, MA
San Francisco Bay Area Oakwood Center, Atherton, California

2018 Training Dates: 10:00am—4:00pm (Fri/Sat)

Module 1: January 19-20 Module 2: May 18-19
Module 3: September 21-22 Module 4: November 16-17

For information contact: Patty Creedon, RSM,
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Joan Condon • Pat Cane • Mary Litell osf

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CAPACITAR Calendar—2017

2017

- Jul 15-26 Trainings in Haiti
- Jul 21-25 Trainings in Panama
- Jul 27, 28 Trainings for INSEDES, Guatemala
- Aug 4-5 Tr 1 Seoul, Korea
- Aug 6-7 Tr 3 Seoul, Korea
- Aug 10-11 Tr 4 Juarez, Mexico
- Aug 12-13 Tr 4 El Paso, Texas
- Aug 14 Advanced Formation El Paso
- Aug 15 Advanced Formation Juarez
- Aug 18-20 Advanced Formation, La Casa de Maria, Santa Barbara, CA
- Aug 24-29 Trainings in Neuquen, Argentina
- Sep 4-11 Meetings and Trainings in Alaska—Anchorage and Dillingham
- Sep 15-17 Tr 3, La Casa de Maria, Santa Barbara, CA
- Sep 16-18 Yoga Capacitar Retreat, IHM Spirituality Center, Santa Barbara CA
- Sep 23 London Workshop
- Sep 24 London Advanced Formation
- Sep 23-24 Tr 4 San Antonio, Texas
- Sep 26-27 Tr 4 Newry, Northern Ireland, Capacitar Ireland
- Sep 29 Durham Advanced Formation
- Sep 30-Oct 1 Tr 4 St. Antony Priory, Durham, England
- Oct 3-4 Training, Noddfa, Penmanmawr, North Wales
- Oct 7-8 Tr 2 University of Edinburgh Chaplaincy
- Oct 9 Scotland Advanced, The Bield, Perth Scotland
- Oct 13-20 Workshops in Kabul, Afghanistan
- Oct Trainings in The Philippines
- Nov 4-5 Tr 4 Tokyo, Japan
- Nov 6-9 Trainings in Japan—Ishinomaki, Sendai, Saitama
- Nov 10 Advanced Training, Tokyo
- Nov 11 Tokyo workshop
- Nov 12-15 Okinawa workshops, Japan
- Nov 20-24 Guatemala Trainings, Centro de Paz Hma Barbara Ford, Quiché
- Nov 26, 27 Trainings for INSEDES, Guatemala City
- Dec 8-10 Tr 4, LCDM, Santa Barbara, CA • Dec 10 SoCAL Gathering LCDM, Santa Barbara
- Dec Nicaragua Dance Retreat, Cantera, Managua

2018-2019 Trainings

- Santa Barbara, CA La Casa de Maria, 805-969-5031 Anne Price, anne@lcmdm.org CEUs
2018 Training: Mar 9-11 July 6-8 Sep 7-9 Dec 7-9
- San Francisco Bay Area: Atherton, CA Oakwood, Sr. Patty Creedon, pcreedon@rscj.org
2018 Training: Jan 19-20 May 18-19 Sep 21-22 Nov 16-17
- Alaska Training: Capacitar Alaska
2018 Training: May 5-6 Sep 22-23 2019: Mar 30-31 Aug 3-4
- Toronto, Canada Emmanuel College, betsy.anderson@utoronto.ca
Training 2018: Jun 23-24 Sep 15-16 2019: Jan 26-27 Apr 27-28
- Edinburgh, Scotland, capacitarscotland@gmail.com
Training 2018: Feb 3-4 May 5-6
- 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, capacitarireland1@gmail.com
Tutor Training 2018: Feb 10-11 Jun 9-10
Foundation Training 2018: Dec 1-2 2019: Mar 2-3 Jun 22-23 Oct 12-13
- Afghanistan, Borderfree Afghan Peace Volunteers, Dr. Hakim Young, MD borderfree@mail2world.com
2018: Feb 14-25 Oct 17-28 Workshops and trainings
- Guatemala Centro de Paz Barbara Ford, Sr. Virginia Seering, SC, vseering@gmail.com
2018 Trainings: Jan 8-12 Apr 23-27 Aug 20-25 Nov 5-9
- Capacitar Middle East Network—Israel
2018 Trainings: Jan 19-20 May 25-26 Nov 16-17
- West Bank, Palestine—Beit Jala, Bethlehem—Eilda Zaghmout, eilda@beitshams.com
2018 Trainings: Jan 26-27 Jun 1-2 Nov 23-24
- Capacitar Levant: Beirut, Lebanon—Maysar Sarieddine, CapacitarLevant@gmail.com
2018 Training: Mar 14-15 Oct 29-30 2019: Feb 11-12 May 20-21
- Tokyo, Japan Capacitar Japan
2018 Trainings: Apr 5-18 Sep 27-Oct 14
- Capacitar Scotland 10th Anniversary Celebration: May 19-20, 2018, The Bield, Perth
- Capacitar en la Frontera 10th Anniversary Celebration 2018: Juarez June 30 El Paso July 1
- Capacitar 30th Anniversary Global Conference Aug 6-8, 2018, La Casa de Maria, S Barbara, CA



CAPACITAR
International

Healing ourselves, healing our world

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July, 2017

Dear Friends,

Greetings to you from the Middle East as I finish two weeks of work in the region. It has been a full and productive time here with groups who are working for peace in their communities. As Capacitar we are committed to accompany people empowering inner and outer healing in places where the human family faces war, violence, poverty and desperation.

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

- Outreach in four new places in 2017: the Philippines, Lebanon, Alaska and San Antonio, Texas
- 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
- 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, Rwanda and Indonesia
- 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, Central America, Panama and other countries
- Publication and translation of the Human Rights Manual in English, Spanish and Arabic
- Publication and translation of the Capacitar for Children Manual in Japanese, Hebrew and Arabic
- Translation and publication of the Refugee Accompaniment Manual in Spanish, Arabic and French.

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

Capacitar International Founder/Director



Capacitar healing circle for Palestinian women at the Dheisheh Refugee Camp Community Center in Bethlehem, June 2017