



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.

Accompaniment: Capacitar Walking with Refugees—Patricia Mathes Cane, PhD, Capacitar Founder/Director

As we witness the multitudes of men, women and children streaming into Europe and across the US/Mexico border, Capacitar teams are committed to reaching out in solidarity to offer practices in trauma healing and self-care to refugees and to those who walk with them. According to the UNHCR 2015 Global Trends Report, *World at War*, worldwide displacement is at the highest level ever recorded. The number of people forcibly displaced at the end of 2014 rose to a staggering 59.5 million compared to 51.2 million a year earlier. "Globally, one in every 122 humans is now either a refugee, internally displaced, or seeking asylum. If this were the population of a country, it would be the world's 24th biggest."

Capacitar has been involved with refugees and organizations working with them for years in the U.S., Mexico and Central America. We are now being invited to work with groups in Europe and the Middle East. We are also producing a new manual, *Refugee Accompaniment: Capacitar Practices of Trauma Healing and Self-Care for Refugees and Those Who Walk With Them*, to be completed in 2016 and then translated into appropriate languages for use in places of need.

Our inspiration for this focus comes from the work of Professor Mary Watkins, PhD, of Pacifica Graduate Institute. She describes in her essay "Accompaniment", a new psychosocial paradigm growing out of Liberation Theology and Psychology. When we accompany, we walk with others in a process of mutual liberation and empowerment. As we

accompany people in their struggle, we "claim the 'open door' available in our consciousness so that the 'possibility of love' can emerge." This love is emerging in many places where Capacitar works (Scotland, England, Italy, Germany, Lebanon, Mexico, the U.S.) as local communities open their hearts to those who have fled the violence of their homelands. In the words of Mary Southard CSJ, "I have a dream that we will become people of honor, tall in spirit, full of reverence for earth and each other." That is Capacitar's hope and dream.



Kathy Braun SSSF and Richard Sotello SJ sharing Capacitar practices at the men's detention center in El Paso, Texas.



"I have a dream that we can all be friends. That we will become people of honor, tall in spirit, full of reverence for earth and each other. We will drop our guns and our walls and our greed. Then there will be enough for all and the world will be safe again for children and living things."

—Mary Southard, CSJ, www.ministryofthearts.org



Trauma Healing in South Sudan— *Barbara Paleczny, SSND, PhD*

Solidarity with South Sudan recently sponsored Dr. Genevieve van Waesberghe, MMM, to train teams to offer Capacitar workshops in UN refugee camps for IDPs (internally displaced persons) and in the surrounding areas. Cathy Arata, SSND and I, along with other trainers, have gone on to lead more than 25 workshops for women, men, nursing and midwifery students and teachers, in eight of the ten states of South Sudan (Upper Nile, Jonglei, Unity States and Abyei Region) all devastated by war.

Collaborating with Windle Trust and Yei Teachers' College, we have also recently completed the first phase of the Education in Emergencies Project funded by UNICEF. We gathered 40 qualified teachers from emergency/war areas and taught them basic skills and subjects for six hours daily. I taught them Psychosocial Support and Healing from Trauma. These 40 teachers went forth in groups of 3, gathering 75 unqualified persons in each location and taught them for six hours daily for two months how to teach the same basic materials. The team of specialists supervised and assisted them in the 'deep field.' This meant travelling by helicopter, living in tents, sleeping on the ground and eating whatever was available. So 1000 more teachers were prepared to lead Capacitar in areas that have become destitute and shaken by war. For me, it was a great privilege to share peoples' lives in such a healing and inspiring way.



South Sudan: *Barbara Paleczny, SSND, with children and youth*



South Sudanese women learning the Capacitar Holds for trauma

Nepal: Trauma Healing for Disabled Children—*Han Verhoeven*

With disasters, often those who suffer the most are disabled children and their families. Han Verhoeven from the Netherlands, a participant of the 2015 Capacitar London training, was invited by an NGO in Nepal to offer trauma healing methods to survivors of the April earthquake. In preparation for the visit, Trommons volunteers (trommons.org) translated the Capacitar Emergency Kit into Nepali. The following is Han's account:

After the earthquake in Nepal, I decided to put my Capacitar training into practice. In early October, I offered a 4-day trauma healing training to twenty members of staff at Karuna Nepal, an organization that works on the prevention of disabilities among children and improved quality of life for children with disabilities. At times during the training I consulted with Pat Cane and was coached via text messages. After the training, the twenty participants, in teams of two, went into an area greatly impacted by the earthquake to share the Capacitar practices with adolescents with multiple disabilities and their parents. I was touched by one child in particular. This child had Downs Syndrome and practiced the Holds with his mother. He and his parents were both proud and moved that he could offer such a contribution.



Nepal: *Han Verhoeven leading Tai Chi with the Karuna Nepal team (left) Downs Syndrome child doing the Holds with his mother (right)*



Panama: *Alibel Pizarro with UN-sponsored workshops for gender violence in David*



Mexico: *Human Rights Defenders and Families of Disappeared*



Afghanistan: *Kabul street children*



Peru: *Maria Elena McElroy and Pat Cane offered Rotary-sponsored workshops in Lima*



Ramallah: *Hatf Awad with social workers and psychologists*



Haiti: *Joan Condon working with youth group*



***Japan:** Training for participants from Tokyo, Tohoku and other regions*



***Indonesia:** Walking the labyrinth to heal past trauma*



***London, England:** Tai Chi at new training*



***Korea:** Training for organizations and leaders in collaboration with the Korean Center for Nonviolent Communication, Seoul*



***Northern Wales:** Workshop for Caregivers at Noddfa*



***Guatemala:** Training for Mayan leaders, Barbara Ford Peace Center, Quiché*



***Juarez, Mexico:** Training of community leaders*



***Northern Ireland:** Acupressure for teachers*



***Israel:** Capacitar Middle East Network team training in Upper Galilee*



***Scotland:** New Capacitar training group at Garden Cottage and The Bield, Perth*

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CAPACITAR Calendar—2016

2016

- Jan 11-15 Trainings, Centro de Paz Hma. Barbara Ford, Quiché, Guatemala
- Jan 22-24 Advanced Training, Office of Human Rights for Women, Chihuahua MX
- Jan 29 London Advanced Training
- Jan 30-31 Tr 2, Capacitar London, University of Roehampton, Barat House
- Feb 6-7 Tr 4, St. Antony's Priory, Durham, England
- Feb 13-14 Tr 2, Capacitar Scotland, Garden Cottage, Perth, Scotland
- Feb 15 Advanced Formation, The Bield, Perth, Scotland
- Feb 22-Mar 2 Trainings in Kabul, Afghanistan
- Mar 7-10 Trainings, Centro de Paz Hma. Barbara Ford, Quiché, Guatemala
- Mar 12 Advanced Formation, El Paso TX • Mar 13 Capacitar en la Frontera retreat
- Mar 14 Advanced Formation, Juarez MX • Mar 15 Strategic Planning Capacitar en Frontera
- Mar 18-20 Tr 1 La Casa de Maria, Santa Barbara CA
- Mar 31-Apr 10 Trainings in Japan--Tokyo, Fukushima, Sendai
- Apr 12-25 Introductory workshops, Beirut, Lebanon
- Apr 30-May 1 Tr 1, Rotary-sponsored training, Tucson, AZ
- May 7-8 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
- Jun 3-4 Tr 2, Beit Jalla, Bethlehem, West Bank Palestine
- Jun 7-23 Africa visit--Rwanda 10th Anniversary, visit to DR Congo, visit to Tanzania
- Jul 1-3 Advanced Formation, Chihuahua, Mexico
- Jul 15-17 Tr2 La Casa de Maria, Santa Barbara CA
- Jul 30-31 Tr 2, Rotary-sponsored training, Tucson, AZ
- Aug 5-9 Trainings in Panama • Aug 11-13 Trainings 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 9-11 Tr3 La Casa de Maria, Santa Barbara CA
- Sep 16 Strategic Planning Capacitar El Paso • Sep 17 Advanced Formation, El Paso
- Sep 18 Capacitar en la Frontera retreat El Paso • Sep 19 Advanced Formation, Juarez MX
- Sep 24-25 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 Tr, Wales • Oct 7 Advanced Formation, London • Oct 8-9 Tr 4, London, England
- Oct 14 Advanced Formation, Durham • Oct 15-16 Tr 1 St. Antony's Priory, Durham England
- Oct 11-30 Trainings in Afghanistan
- 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 Tr4 La Casa de Maria, Santa Barbara CA

2016-2017 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
- 2016 El Paso Adv.: Mar 12 Sep 17 2016 Juarez Adv.: Mar 14 Sep 16
- Toronto, Canada Joan Silcox-Smith jsilcoxsmith@gmail.com
- Training 2016: May 6-8 Sep 23-25 2017: Jan 20-22 May 12-14
- England: London Marj McDaid capacitarlondon@gmail.com
- Roehampton, London Training 2016: Feb 20-21 May 21-22 Oct 8-9
- Durham, England Paul Golightly info@stanthonypriory.co.uk St. Antony's Priory
- Training 2016: Oct 15-16 2017: Feb 11-12 Jun 3-4 Sep 30-Oct 1
- Advanced Formation 2016: Oct 14 2017: Feb 10 Jun 2 Sep 29
- Perth, Scotland capacitarscotland@gmail.com The Bield and Garden Cottage
- Training 2016: Feb 13-14 May 14-15 Oct 1-2
- 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
- Beit Jalla, Bethlehem Eilda Zaghmout eilda@shams.ps
- 2016 Training: Nov 27-28 2017: Jun 3-4 Nov 25-26
- 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
- Argentina, Los Cerezos: Trainings 2017: July
- Rwanda 10th Anniversary Celebration: June 6-12, 2016
- Capacitar 30th Anniversary--August 6-8, 2018, La Casa de Maria, Santa Barbara, CA



CAPACITAR
International

Healing ourselves, healing our world

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

December, 2015

Dear Friends,

Greetings to you this holiday season. Now more than ever we are all called to be people of light willing to transform the darkness of our times. As Capacitar teams work to train many around the world, the simple practices we teach are awakening people to use their unique gifts and talents in this effort—healing gender violence in Panama and Japan; empowering women and children in Fukushima and the tsunami zone of Japan; walking in solidarity with refugees at the Texas/Mexico border; healing trauma in war torn areas like Afghanistan and South Sudan.

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:

- New workshops in Lebanon to heal gender violence and to work with Syrian refugees
- Outreach workshops to women's groups and 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.

In peace and blessings this holiday season,

Pat Cane

Capacitar International Founder/Director



Japan—Cross lateral exercises for women working to heal traumatic stress and gender violence



Oaxaca, Mexico—Hand massage for human rights defenders