



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
45 countries.

Resting in Stillness with Capacitar—Patricia Mathes Cane, PhD, Capacitar Founder/Director

With the many challenges that we face in our world at the moment, learning how to rest in stillness is essential. Our recent Capacitar Global Gatherings focused on this theme bringing together people from over 18 countries who offer healing tools to their communities. As our earth turns to a time of inwardness and hibernation, we can drop down deep to rest in stillness, present to all, listening to our inner wisdom to guide us through the chaos of our times. Many of the Capacitar practices give us ways to rest our spirits and awaken this state of stillness.

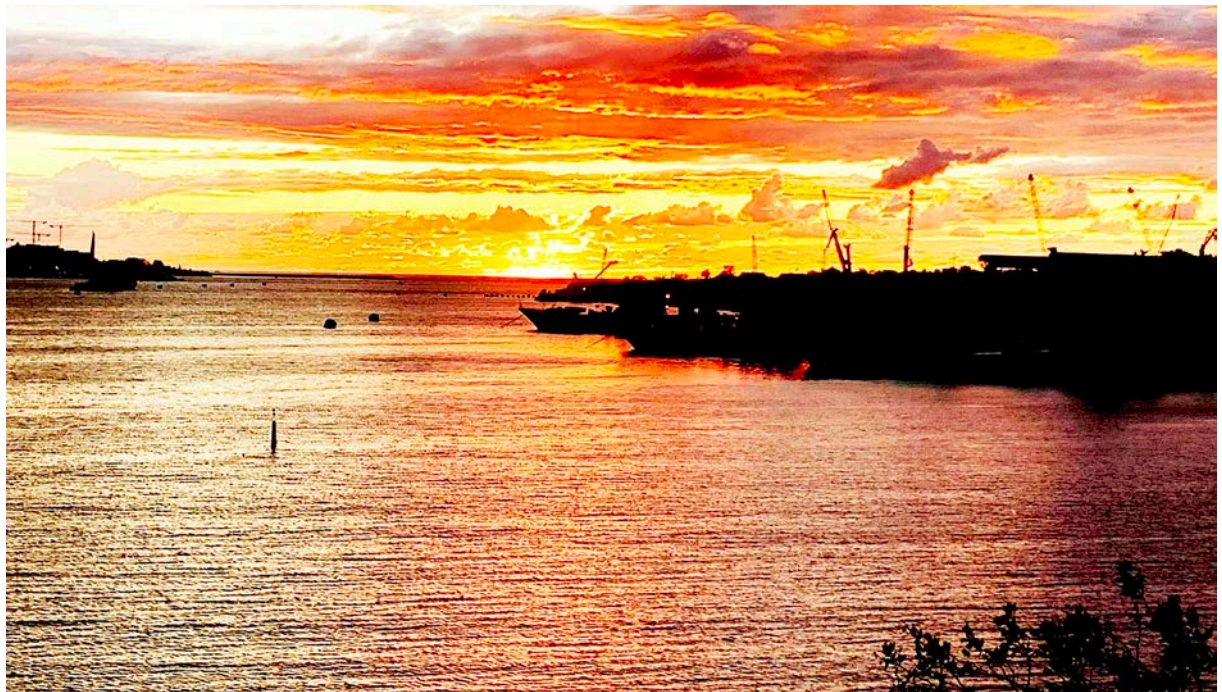
This edition of the Winter newsletter will offer stories of what people are doing to teach these practices to those most in need of this stillness—those working or living in refugee centers and war zones, first responders in care facilities and medical centers, people working in places impacted by environmental disasters, and families living in places impacted by violence and poverty. Capacitar's mission is to bring tools to awaken stillness and healing wherever we are called.

The stillness so needed is not apathy or inaction, but rather a dynamic presence. In the words of Morgan Freeman, "Learning how to be still, to really be still and let life happen—that stillness becomes a radiance." Thich Nhat Hanh has reflected, "If we're not calm, we can't listen deeply and understand. But when our mind is calm, we can see reality more clearly, like still water reflecting the trees, the clouds and the blue sky. Stillness is the foundation of understanding and insight."

John Shea, ThD, theologian and spiritual writer on health care recently wrote: "We live in a fast-paced society and in many

situations, especially in health care settings, it is justified, even necessary, to act in haste. However, a steady diet of speed usually means the mind races and we lose the inner concentration of the soul space. At times like these, it is necessary to pause. The pause allows us to go inside, recenter, observe the mind, and choose our words and actions. Pausing is a practice that moves us from reaction to response. The outer situation has not mindlessly triggered our words and deeds. We have moved to the resources of the soul. Within that space and out of that space we formulate a response infused by Spirit. In fast-paced situations pausing is the prerequisite of intentional living."

Whether working in health care systems, schools, centers for families and refugees or in areas of war and climate disasters, Capacitar endeavors to bring this mindful awareness and self-care tools to individuals and communities. The beautiful image below of a sunrise on the Black Sea was taken by friend Masoma, a young Afghan woman who is studying psychology at a university in Crimea. Masoma recently wrote how Tai Chi and the Capacitar practices have been so helpful to her as she lives separated from her family and friends after the Taliban takeover of her country. Some of the students living in her dormitory are traumatized Ukrainian refugees and she wants to teach them some of the practices that have been helpful to her. Coming from Afghanistan, Masoma deeply understands how much war and violence have impacted their minds, spirits and behaviors. She poignantly says, "We must learn how to be kind at least with ourselves in this unpredictable world."



Sunrise on the Black Sea, seen while doing Tai Chi—photo by Masoma, university student and friend from Afghanistan studying in Crimea



Nurses Resting in Stillness in Scotland

—Nancy Adams, Capacitar Scotland, Trainer & Communications

“This is the first training since becoming a nurse 20 years ago that has offered me nourishment for my own body, mind and soul rather than making evermore demands on me.” “When I was encouraged to apply for this course, I knew nothing about Capacitar. But my staff and I were so burnt out and exhausted, that I was willing to try anything to support them. What I did not know was that I was joining a community of healers that goes far beyond Scotland... This is such an inspiration for me and for my staff.” These comments are from course participants in our new Capacitar training.

For Scotland and so many countries, COVID hit extremely hard the social care sector, particularly care homes for the infirm elderly. Nurses and care staff were suddenly thrown into having to extend their skills far beyond what would normally be required of them, acting as surrogate families, sitting alongside and comforting the dying. Many carers were unable to return to their own families because of the Covid risk, so they had to find accommodation elsewhere for months at a time. Exhaustion, burnout, staff turnover and mental health challenges have plagued the social care sector as it struggles to restore some semblance of normalcy amidst ever more scarce resources. Given this crisis, being able to offer care staff the space and time to ‘rest in stillness’ has never been more needed. Recognising this, the Scottish Government set up a fund called the “Workforce Wellbeing Fund for Adult Social Work and Social Care”.

Claire Cable, CEO of the Queens Nursing Institute Scotland, in partnership with Capacitar Scotland, applied successfully for a grant from this fund enabling us to offer a hybrid training for nurses. The first three modules will be on Zoom, and the final module will be a two-day residential. What is unique to the training is that managers are providing time off during the week for the nurses, rather than expecting them to do the training at the weekend, on their own time. This is evidence of the benefit that the managers hope to see in the enhanced wellbeing of their staff and residents.

During the introductory session when asked how they hoped to use the training, every nurse responded that they were hoping to use it to improve their own ability to cope with their jobs, to support their staff who were exhausted and to provide ways to enhance the lives of their residents and patients.

At the closing of the module, when asked to sum up what they were feeling, the carers gave these responses: “I am so excited to test out the practices on my family and staff.” “I feel energised and focused.” “I have not felt this relaxed in a long time.” “I feel content and connected.” “I don’t think I have ever had such a relaxing and exhilarating training.” “I am humbled by the global outreach of Capacitar.” “I feel enlightened and open to what has been outside my comfort zone before.” “I feel so privileged to be on this course and part of this worldwide group.”

Being able to shape the space and time to ‘rest in stillness’ on a regular basis is what each of these nurses is hoping to learn to do, not just for themselves, but also for the effect it will have on the communities within which they reside and work.

Capacitar Expands in Southern Arizona

—Sharyn Chesser, RN, MEd, Capacitar Arizona Coordinator

Since 2014 Capacitar wellness education taught by Founder Dr. Patricia Cane with local practitioners has expanded in Southern Arizona to include nonprofits focused on children, University of Arizona students and faculty, multiple Tucson schools, rural areas, migrant populations and more. The initial project also included a Rotary Global Grant in Lima, Peru. The critical need of addressing increased stress levels, burnout and signs of trauma in professionals providing health care in all areas of Tucson and surrounding Native American facilities surfaced in the post COVID recuperation. A two-day training for self-care and community outreach was offered by El Rio Health, Capacitar Arizona and the Catalina Rotary Club of Arizona. Dr. Cane led practices for self-care and for use with individuals and groups for alleviating stress and trauma. Medical providers, doctors, nurse practitioners, nurses, physical therapists, mental health counselors, pharmacists and exercise specialists engaged in discussions related to healthcare diagnosis and treatment as well as adapting Capacitar healing practices to different cultures and medical situations. During “next steps” discussion, the El Rio community decided to expand Capacitar practices and trainings into all aspects of the agency in 2023. Dr. Douglas James Spegman, MD, Chief Clinical Officer gave a big thumbs up.

El Rio Community Health Care began in 1970 to provide Tucson community-based services including medical and dental care, behavioral health, midwifery, women’s care, laboratory, radiology, pharmacy, transgender care and health and wellness programs. El Rio provides integrated health services to over 150,000 patients at 16 clinic sites (1 in 8 Tucsonans).

Capacitar in Ireland

Community Afterschool Project (Caspr) based in inner city Dublin has been instrumental in rooting Capacitar in an area recognised as the most disadvantaged community in Ireland. Capacitar leader Marian Baker has facilitated the Hopscotch Project since 2014. The Hopscotch Project has brought Capacitar into schools and several community-based projects.

This year Hopscotch reached older members of the community who attend the Lourdes Day Care Centre. The centre manager said those who attend have high levels of anxiety, an effect of Covid. She noted that staff suffered from anxiety and burnout. Capacitar practices have been welcomed by all, even the ambulance driver. Participants describe how they use practices at home and in work, many commenting that they sleep better and feel the benefits of using the practices when they need them. Staff members tune into YouTube and do the practices with the elderly. When the bus/ ambulance arrives, people are greeted with “Namaste”.

The Glenree Centre for Peace and Reconciliation is hosting a number of events to support volunteers and refugees, as part of their Intercultural Refugee Program which Nadette Foley and Patty Abozaglo have been developing. Patty has also offered sessions with refugees during the summer in Baleskin Reception Centre for Refugees in Dublin. Glenree is funding five women to participate in the Capacitar Ireland Foundation Training scheduled to start in November. And Glenree is also hosting a Refugee Accompaniment Training to be facilitated by Pat Cane.

Capacitar in the Philippines

The training group in the Philippines completed the final Zoom module in September led by Joan Condon. As part of this module which focuses on the Elements and leadership skills, each person was asked to bring a symbol that represented what the training meant for them personally. Among the images shared were a candle for new light, a lemon for a seed planted, and water for continuous flowing and circulation.

Participants were also asked to write a reflection on the impact of the training on their lives and how they have shared what they have learned. Many have shared with family and friends, others in their work with clients. Almost all wrote of the importance the tools have become in their own lives and how it helps them to deal with stressful situations. Others wrote of the larger effect as they become a community of Capacitar Philippines. One person said: "The Capacitar Training speaks of the miracles of what we can do as individuals and as a collective to reawaken who we truly are and why we are here – living the life given to us for a greater purpose to serve humanity and how each of us is a living miracle." Another Zoom training is planned for the Philippines in 2023.

Capacitar in Afghanistan

Pat Cane and George Horan continue to offer regular Zoom gatherings for Mohammed, a teacher in a school in Kabul, along with his junior high and secondary students. Besides English, he teaches speech, study skills and empowerment classes. Mohammed has incorporated some of the Capacitar practices in his classes. He described how visualization, Switching, Fingerholds, EFT Tapping and the movements of Tai Chi and Pal Dan Gum have helped students to calm and focus themselves as they deal with fear, helplessness, anxiety and lack of resources under the current government.

Capacitar Global Gatherings

Nearly 60 women and men from 12 countries participated in our English-speaking Global Gatherings. Another 30+ participants were also part of the Spanish-speaking gathering. The theme Resting in Stillness with the Earth was developed using cosmic images from the new James Webb telescope along with hand mudras to promote deep peace.

Capacitar in Central America

El Salvador: Joan Condon facilitated a 5-day training in October at the Centro Arte Para La Paz, in Suchitoto, El Salvador for 32 people. Participants were from SHARE-El Salvador, Committee for the Reconstruction of Chalatenango, Pro-Vida and several community leaders. This training was sponsored by the Sisters of Charity of Halifax, Canada. Sister Maureen Wild was able to come from Canada to be part of the event along with Silvia, a friend of the Sisters of Charity.

Nicaragua: Joan Condon continues to offer a once-a-month workshop on Zoom for the staff at CEDICEM and the teachers at the Maura Clark School in Ciudad Sandino, a total of about 35 people. The workshops offer an opportunity for the teachers and staff to relax during their busy day, share with the group, as well as learn new practices that they can then use with clients and students.

Capacitar Deutschland

—Anke Reermann, Dr. Norbert Frieters-Reerman, Germany Coordinators

After more than four years, the time has finally come: Capacitar Germany is established as an official association. Since 2018, Germany has been part of the International Capacitar network. With the founding of Capacitar Deutschland e.V. on September 22, 2022, the start-up phase of Capacitar Germany was completed and the previously loose network was transformed into a structure capable of action. Participants from all Capacitar trainings since 2018 gathered and founded the association Capacitar Deutschland. With this, the network in Germany can now continue to grow and flourish. Elected to the Germany board were: Anke Reermann, Katharina Bosl von Papp, Barbara Schirmel, Nicola Maier and Dr. Norbert Frieters-Reermann.

Major projects for the new association are a 4-module training course starting in November 2022, a conference in April 2023 on resilience and empowerment in times of climate emergency in which Pat Cane will also participate, the integration of the South of Germany into the Capacitar Network, and further involvement in Capacitar Europe with 6 other European countries. Contacts with NGOs in the field of sustainable development and psycho-social work as well as with universities are to be further developed. We are happy to be officially part of the worldwide Capacitar family and look forward to further global cooperation.

Capacitar en la Frontera

October trainings led by Pat Cane were offered in Ciudad Juárez, Mexico and El Paso, Texas with nearly 90 women and men participating on both sides of the border. In Juárez participants included community leaders, psychologists, social workers and therapists involved in human rights work, outreach to families of the disappeared, victims of cartel violence, women, children and refugees living in shelters. Claudia Brandes and Carolina Saldaña, along with Sr. Arlene Woelfel, OSF, have been coordinating Capacitar Juárez for many communities and organizations, even during the pandemic.

On the US side of the border, Kathy Revtyak, LCSW, has coordinated Capacitar since 2008 bringing together leaders of NGOs, religious, those working in detention centers, social workers and psychologists committed to healing trauma at the border. New 4-module trainings are planned for Juárez and El Paso in 2023, as well as celebration of the 15th anniversary of Capacitar en la Frontera. Capacitar also signed an agreement with Teresa Ramirez, Custody Resource Program Coordinator for ICE (US Immigration and Customs) for use of the Capacitar Emergency Kit in 35 languages to be put onto tablets for use by detained persons. Teresa envisions the use of Capacitar at the national level as effective trauma-informed tools appropriate for many cultures.

International Zoom Multicultural Wellness Training

—Capacitar Special Projects Coordinator, Joan Condon, MA

The international Zoom group completed the final module of the training in September. Participants reflected on how enriching the training had been because of the opportunity to share it with such a diverse group. Facilitated from California by Sheila Grady and Joan Condon, participants were from a variety of places within the USA: Massachusetts, North Carolina, Texas, Arizona, Oregon, Ohio, California as well as from Colombia, Japan, Canada and England. A new MWET program on Zoom will begin in February 2023.

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Joan Condon • Pat Cane • Mary Duennes

• Valerie Bengal MD • Wendy Ostrow • Barbara Lutz

Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon • Rita Chairez

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CAPACITAR Calendar—2022-2023

2022-2023—Workshops & Trainings

For information, dates, times and links to Zoom or in-person trainings and gatherings in different languages, contact the following team leaders or check the website calendar www.capacitar.org.

- Los Angeles/Southern California Tuesday Zoom gatherings: Sheila Grady sgrady@capacitar.org
- Spanish language Zoom workshops in Nicaragua, El Salvador: Joan Condon jcondon@igc.org; Alibel Pizarro tallersalud.pa@gmail.com
- Tucson, Arizona Trainings: Sharyn Chesser svchesser@cox.net
- Cincinnati, Ohio Zoom: Mary Duennes, mmduennes@gmail.com
- Toronto, Canada: Joan Silcox Smith jsilcoxsmith@gmail.com
- Capacitar Ireland Foundation & Advanced Trainings: Marian Baker capacitar.ireland1@gmail.com
- Germany Trainings: Anke Reermann, anke.reermann@bistum-aachen.de Advanced & 4-Module Trainings in Aachen & elsewhere -2023
- Scotland trainings & Zoom: Nancy Adams capacitarscotland@gmail.com
- England trainings & Zoom: Paul Golightly capacitaralbion@outlook.com
- Israel Zoom & Gatherings: Lora Hillel, Ronit Zur loralih@gmail.com, ronitzur123@gmail.com
- Phillipines Zoom: Joan Condon jcondon@igc.org
- Indonesia Zoom: Yudi Aridanto yudi_ardianto@yahoo.com
- Japan Trainings & Zoom: Yuko Oyama, yukooyama.edu@gmail.com
- Panama Trainings & Zoom: Alibel Pizarro tallersalud.pa@gmail.com

2022-23 Scheduled Training Dates:

- Multicultural Wellness 4-Module Zoom Training 2023 Sheila Grady & Joan Condon Feb 4, 11; Apr 8, 15; Jun 17, 24; Aug 19, 26 sgrady@capacitar.org
- Capacitar Advanced Training with Pat Cane in-person Mar 25-26, 2023 Holy Spirit Retreat Center, Encino CA sgrady@capacitar.org
- Capacitar Zoom Global Gatherings 2023: English May 19, 20
- Spanish Zoom Global Gathering dates May 27
- Canada Zoom Tr: Jan 28, Apr 1, 2023 Joan Silcox Smith jsilcoxsmith@gmail.com
- El Paso Tr. 2023 Feb 23-24, Tr 2-TBA, Oct 19-20, Tr 4-TBA, Pat Cane Kathy Revytek capacitar.frontera@gmail.com
- Juarez Mexico Tr. 2023 Feb 21-22, Tr 2-TBA, Oct 17-18, Tr 4-TBA, with Pat Cane, Claudia Brandes capacitarenlafrontera@gmail.com
- 15th Anniversary Celebration—El Paso/Juarez Oct 21, 2023
- Germany 4-Module Trainings with Pat Cane, Anke Reermann, Norbert Frieters Nov 26-27, 2022; Feb 11-12, Apr 22-23, Jun 3-4, 2023 anke.reermann@bistum-aachen.de
- Germany Training of Trainers with Pat Cane & Team, Apr 15-16, 2023
- Scotland Training The Bield, 2022: Oct 29-30, 2023: Mar 25-26, Jun 17-18, Sep 23-24. Nancy Adams, CapacitarScotland@gmail.com
- Ireland Foundation Training with Pat Cane & Team in-person: Nov 19-20, 2022, Feb 4-5, 2023, Apr 29-30, Jun 10-11
- Ireland Advanced Training with Pat Cane, Apr 28, 2023 Marian Baker capacitar.ireland1@gmail.com
- Argentina Trainings with Pat Cane in-person Mar 11-12, Mar 18-19, 2023, Buenos Aires & Neuquén, Los Cerezos Losceresossur@gmail.com
- Phillipines Zoom MWET Tr Dates TBA, Joan Condon, jcondon@igc.org
- Maryknoll Mission Institute Retreat with Pat Cane, Jun 11-16, 2023, NY Sr. Peg Donovan, pegmdon@gmail.com



December, 2022

Dear Friends,

Special greetings to you at this time of greater stillness as we turn inward to celebrate the light of Advent, Hanukkah, Christmas and Kwanza. Outwardly our human family continues to deal with mass shootings, war, violence, climate change and the pandemic. Capacitar teams continue to work locally and internationally via Zoom, other internet platforms and, in some places, in-person, sharing healing tools to empower and bring light to their communities. In spite of so many challenges, our vision to bring healing and transformation to ourselves and to our world is being realized. Will you help us with our mission in the many places where we work? Your support will empower Capacitar teams in the US and in other countries to do the following:

- Workshops for refugees from Ukraine and places of conflict and disaster and for those accompanying them
- Trainings for those working with refugees and the detained in the US, Mexico, Central America and Europe
- Multicultural Wellness Trainings in the Americas, Europe, Asia and the Middle East
- New 4-Module trainings and Zoom trainings in Germany, the Philippines, Scotland and the US
- Work with refugee communities and asylum seekers at the US/Mexico border and in different areas of California
- Workshops and Zoom trainings to heal gender violence and racism
- Translation and publication of Capacitar manuals and materials in different languages
- Development of self-care workshops and translation of manuals to accompany youth and climate activists.

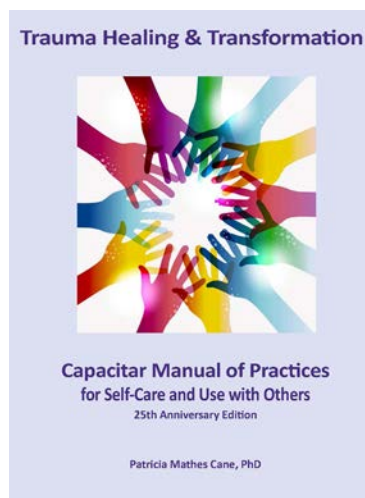
We cannot do this work of healing and transformation without you! We are deeply grateful for your generous donations and prayerful support through the years. Together we are committed to the mission of healing ourselves and healing our world.

With peace and blessings,

Pat Cane

Trauma Healing & Transformation—A New Manual —Capacitar Founder/Director, Patricia Mathes Cane, PhD

While researching the impact of Capacitar wellness practices on traumatized groups in Central America for my doctorate nearly 25 years ago, I wrote the first manual that has been used by many thousands of people and communities around the world. With more time at home this year, I took on the rewriting and updating of this manual (in English and Spanish) to include more recent wellness practices that Capacitar is using, further applications with many groups and cultures in the field, as well as updated research and theories on trauma, trauma-informed practices, epigenetics and neuroplasticity. The manual will be available through the Capacitar website store in Spring 2023 www.capacitar.org.



El Rio Health Center—Tucson Capacitar training for medical professionals



Ciudad Juárez training for community leaders working at the border