



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.

## Capacitar for Healthcare Professionals—Patricia Mathes Cane, PhD, Capacitar Founder/Director

A recent focus for Capacitar has been work with healthcare professionals. Because of Covid many health systems have been impacted by burnout, so they now value wellness and self-care for their employees, teams and patients.

Since 2022, Capacitar has collaborated with El Rio Health in Tucson, AZ training over 50 doctors, nurses, dentists, nutritionists, behavioral health therapists, physical therapists and other healthcare professionals in wellness practices. According to Mark Schildt, MD, El Rio Chief Wellness Officer: "Often clinicians care for patients with underlying trauma and stress states that significantly impact medical conditions and overall health and that do not always respond adequately to a typical Western medicine treatment approach. Through Capacitar trainings, El Rio clinicians have been equipped with another toolkit of options that can be used as part of a holistic approach to the variety of factors impacting patients' health and wellbeing."

During this past year of training, research on outcomes was documented, showing how Capacitar practices were incorporated into work with patients and staffs, as well as the impact of practices on the health and wellbeing of healthcare

professionals. According to the study: "There is a bi-directional relationship between clinician wellbeing and patient care and safety. Improving clinician wellbeing and preventing provider burnout, improves quality of care and patient safety, including reduced medical errors and adverse patient events. Research has demonstrated that implementation of mindfulness interventions and application of practical mind-body-spirit based (MBS) techniques can reverse physiological damage caused by stress, anxiety and long-term exposure to trauma, resulting in improved emotional states, reduced fatigue, better function in job performance, and is associated with personal and organizational health cost savings. Capacitar's Multicultural Wellness Education Program is a highly successful model of MBS intervention. Participants learn skills for self-care, for quickly grounding between patients, creating appropriate boundaries, and preventing burnout"

A second cycle of El Rio training is scheduled for 2024 to include providers, behavioral health, clinic management and administrative management. Capacitar has also worked with a team to develop a new manual: "Integrative Tools for Healthcare Professionals" that will be available for groups in early 2024.



*Top: El Rio participants of the 2023 cohort including doctors, dentists, therapists, nutritionists, medical staffs;  
Bottom: new manual for healthcare professionals;  
Bottom right: Team working with Capacitar on the new manual for healthcare.*







## Capacitar 2023 Outreach

### Empowering Health & Social Care Sectors in the UK—Nancy Adams

The current evolving relationship between the Queen's Nursing Institute Scotland (QNIS) and Capacitar Scotland began nearly 10 years ago when Clare Cable (CEO of QNIS) invited Jenny Patterson, a midwife and member of Capacitar Scotland, to lead a wellbeing session for QNIS candidates. Clare was interested in how Capacitar could benefit the Queen's Nurses as well as the nursing profession. Clare later participated in a training to get direct experience of the power of Capacitar. The possibilities for engaging more systematically with nurses in health and social care sectors began to take shape. Since then, QNIS and Capacitar have been nurturing an ever-strengthening relationship that has seen 40 nurses involved in training. Among them were Nurse Educators, Care Home Managers, Health Visitors, District Nurses, Prison Nurses, Community Mental Health Nurses and Nurses with Executive positions in the community. Funding was sourced by QNIS and Capacitar for the nurses which included the "COVID-19 Health Care Support Appeal" and Scottish Government's "Workforce Wellbeing Fund for Social Work and Social Care."

Outcomes on the empowerment nurses have felt include the following:

- The role of the nurse has changed dramatically over the years. With our social crisis and following the Covid pandemic, more than ever nurses need Capacitar wellness practices to care for themselves...while providing the self-care tools with others to help prevent mental illness and burnout.

- Capacitar brings positivity into our practice. It creates a positive and safe working environment that brings care teams closer together, impacting the work culture and the care that our residents receive.

- We have recently experienced many deaths of residents who have been with us quite a while. We used Butterfly Tapping as a way to relieve anxiety, to remain calm when mourning a death and to be present for the residents in our care.

- I have used some practices with my colleagues who offer compassionate support to distressed individuals referred by Police Scotland, NHS24, Scottish Ambulance Service and GPs to help them alleviate work stress and prevent burnout.

- I would like to see Capacitar practices become part of the foundation curriculum for all undergraduate and post graduate health professionals. This will facilitate a holistic approach to enhance self-care and improve communication.

To be a Queen's Nurse is to be formally recognised as part of a professional network of nurses committed to delivering and leading outstanding care in the community. For this to happen, QNIS has highlighted the need to raise awareness about self-care and wellbeing. QNIS now has a section on their website dedicated to resourcing wellbeing, including several videos of Queen's Nurses demonstrating Capacitar practices. [https://www.qnis.org.uk/wellbeing-resource/?\\_paged=2](https://www.qnis.org.uk/wellbeing-resource/?_paged=2).

In order to continue to support the nurses, QNIS developed a Community of Practice to help nurses connect and share experiences of using practices, as well as provide a safe space for peer support. Capacitar's continuing engagement with QNIS includes two of us participating on the QNIS Welfare and Wellbeing Advisory Group to provide governance of all QNIS welfare and wellbeing work across current and retired nurses. A Capacitar manual "Holistic Tools for Health and Social Care Professionals" is also being developed by Pat Cane and Clare Cable.

It is a privilege for Capacitar to be part of this nurturing partnership with QNIS, and perhaps one day, the vision of so many nurses to have "Capacitar practices and teaching become part of the foundation curriculum for all health professionals" might be realised.



*Queen's Nurses practice Capacitar Tai Chi for self-care and wellbeing*



*Mary Lu Coughlin and Betsy Lindsay share Capacitar with hospital staff*

### Capacitar for Healthcare in Southern California

Capacitar teams recently offered introductory workshops in self-care to Los Angeles medical professionals.

Pat Cane, accompanied by Betsy Lindsay and Janey Roeder, led a training for 25 doctors, social workers and educators at Harbor UCLA Medical Center, coordinated by Isadora Romero, LCSW, Clinical Social Work Supervisor at the medical center. Izzy hopes to use Capacitar methods and practices with social workers and home visitors, with medical staffs in different departments of the hospital, as well as offering Capacitar in the nursing and medical professionals' educational programs.

Mary Lu Coughlin joined the Spiritual Care Team from St. Camillus Center to share Capacitar practices with employees of Los Angeles General Hospital during their Employee Wellness Week. The photo above shows Mary Lu and Betsy Lindsay teaching Fingerholds, Breathwork and Mary Lu's favorite, The Shower of Light, to the hardworking teams in one of LA's busiest hospitals.

### Capacitar Philippines

A group of 25 in the Philippines completed 3 Modules of training with the fourth scheduled in late November. Participating are people from various locations in the Philippines including teachers, school staff and counsellors.

In addition to the Zoom program for the Philippines, Joan Condon facilitated a 4-day in-person advanced program in late October in the greater Manila area. This was primarily for those who had taken the Zoom training program, although some from earlier trainings also joined.

## Capacitar Haiti—Joan Condon, Special Projects Coordinator

You are probably aware of the heartbreaking situation for the people of Haiti. Gangs control most of the capital, Port Au Prince. Since the assassination of President Jovenal Moise in 2021, the country has become only more chaotic. An estimated 200,000 people are internally displaced and thousands are trying to flee the country. Nearly 59% of the population lives below the poverty line with limited access to basic services. All live in fear of the gangs, who kidnap, rape and kill.

Although it is not safe for Capacitar to send trainers to Haiti, we have provided Zoom trainings through two colleges of the Episcopal University: The College of Social Work and Social Justice and the College of Rehabilitation Sciences, basically occupational and physical therapy. Joan Condon taught a 22-week Zoom course in the spring for 12 social work students at the College of Social Work and Social Justice. The goal was to give students theory and practices to use for themselves as they navigate the violence and to share with clients as they become social workers. This is the second time Capacitar has offered the course at this college. It is not easy for students to do a Zoom course as internet connections are often unstable and most have to travel to where there is internet access. Because of the violence, some students asked for extensions or missed a class because gangs were moving into their neighborhood or gangs were in the neighborhood where they would normally go for internet access. However, they did manage to finish the course successfully. As part of the course, each student was expected to complete a final project that included a one-page reflection on what the course meant to them and a video of them teaching a practice to another person. One of the students wrote: "For me, the knowledge of these practices will help us to heal our body, mind and soul....and then it will help us to heal those who are in difficulties in their course of life."

The College of Rehabilitation Sciences's campus is outside the capital, so students were able to be on campus to gather for the Capacitar seminar. Joan Condon adjusted the 4-module Multicultural Wellness course as seminars for this group. The first 5-hour seminar was held in September for staff and upper-level students and included Capacitar basic practices and the theory that underlies them. These participants are now sharing what they learned with other students and clients. In November, the staff will evaluate the program and a second seminar will be scheduled early in 2024.

Capacitar has worked in Haiti since 2011 and it is committed to continue to support the need for healing of the Haitian people by offering trainings in whatever way we can.

## Capacitar Indonesia

The third advanced formation training with the theme of Active Hope was held in mid-October for Capacitar Nusantara (Indonesia). Participants in these formations are those who have received Capacitar in-depth in-person training over the last 18 years and are active in sharing Capacitar. Joan Condon and the team led this program.

Opy Sulaeman, a member of the Capacitar Indonesia team, is training educators so that Capacitar practices will be shared with 35,000 students around the country.

## Capacitar International Celebrates 35 Years

Capacitar celebrated its 35th Anniversary on Zoom with three global gatherings. On Friday evening, October 6 and Saturday morning, October 7, English speakers gathered from around the world. People present were from England, Scotland, Ireland, Japan, Philippines, Indonesia, Canada and the US. On Saturday, October 14, Spanish speakers, primarily from Mexico, Latin America and Spain, celebrated. The program included participants leading the groups in Tai Chi and Salute to the Sun, a presentation by Pat Cane on Celebration, Joy and Gratitude with their impact on the brain and the body, the sharing of new hand positions and time to interact in small groups.

## International Zoom Multicultural Wellness Training

Capacitar has been busy on Zoom. The fourth and final module of the February cohort of the Multicultural Wellness Education training was in early September. Joan Condon and Sheila Grady facilitated the training for a group of 25 people from the US, the UK and Canada.

Facilitators Joan Condon and Mary Litell, OSF, welcomed 27 people to Module 1 of the new September cohort of this same training. Again, participants are geographically diverse. Internationally there are participants from Ireland, the UK, Panama and Ukraine. Within the US, people are from California, New Mexico, Wisconsin, Ohio, Virginia, Massachusetts and New York. Some people are new to Capacitar and others have had Capacitar training and want a refresher.

## Capacitar Japan

In November, Capacitar celebrated 10 years in Japan. In response to the 2011 tsunami and Fukushima disaster, Capacitar was invited to Japan in 2013 by Maryknoll Sister Kathleen Reiley, MM. Since that time many thousands of people have learned Capacitar practices. This visit, coordinated by Yuko Oyama and the team, included workshops by Pat Cane in Tokyo, Ishinomaki and Fukushima.

## Capacitar England

In September, Capacitar hosted a new training cycle coordinated by Rev. Paul Golightly and Anne Harrison at St. Bede's Centre in York with 25 UK participants. St. Bede's will be a new UK home for Capacitar as Paul assumes the directorship of the centre. Pat Cane also facilitated an advanced training for a group of 30 in York.

## Capacitar Scotland

Finn's Place in Glasgow was the venue for an advanced training with 50 women and men from all of Scotland participating. In September, 2024, Capacitar Scotland will celebrate its 15th anniversary. New trainings have also been scheduled for the coming year.

## Capacitar en la Frontera and in Mexicali

Teams in El Paso and Ciudad Juarez will be celebrating the 15th anniversary of Capacitar en la Frontera. Thousands of people have been trained in Capacitar methods with many working with refugees and immigrants who arrive at the border. In December, Pat Cane and George Horan will offer workshops at Border Compassion in Mexicali for many people waiting to cross the border.

## **CAPACITAR Staff, Board and Advisors**

### Founder/Director

Patricia Mathes Cane, PhD

### Capacitar Office Coordinator

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Chiemi Oikawa

#### South Korea

Katherine Hahn Singer

#### Afghanistan

Dr. Hakim Young, MD

Hussain Behtaash

#### The Philippines

Diana McDermott

## **CAPACITAR Calendar—2023-2024**

### **2023-2024—Workshops & Trainings**

For information, dates, times and links to Zoom or in-person trainings and gatherings in different languages, contact the following team leaders:

- Los Angeles/Southern California Tuesday Zoom gatherings:  
Sheila Grady sgrady@capacitar.org
- Spanish language Zoom trainings in Nicaragua, El Salvador:  
Joan Condon jcondon@igc.org
- Tucson, Arizona Trainings: Sharyn Chesser svchesser@cox.net
- Capacitar Ireland Trainings: Marian Baker capacitar.ireland1@gmail.com
- Germany Trainings: Anke Reermann anke.reermann@bistum-aachen.de
- Scotland Trainings & Zoom: Nancy Adams capacitarscotland@gmail.com
- England Trainings & Zoom: Paul Golightly capacitaralbion@outlook.com
- Israel Trainings: Lora Hillel, Ronit Zur lorahil@gmail.com, ronitzur123@gmail.com
- Philippines 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

### **2023-2024 Scheduled Training Dates:**

- MWET 4-Module Zoom Training 2023-24 Mary Litell & Joan Condon  
2023: Nov 18-19, 2024: Jan 27-28, Mar 16-17 jcondon@igc.org
- El Paso Tr. 2024 Dates TBA, Kathy Revtyak, kathryn.revtyak@gmail.com
- Juarez Mexico 2024 Dates TBA Claudia Brandes capacitar.juarez@gmail.com
- Nicaragua Zoom 2023: Nov 17, 2024: Dates TBA jcondon@igc.org
- Watts LA 2024: Dates TBA with Pat Cane janebonar@sbcglobal.net
- England, York Trainings St. Bede's 2023: Nov 25-26, Dec 9 Zoom;  
2024: Mar 2-3 St. Bede's; May 18-19 Zoom; Jun 15 St. Bede's  
Paul Golightly Capacitaralbion@outlook.com
- Noddfa, N. Wales 2024 Adv Training with Pat Cane Sep 13-15  
Mary Jo McElroy, noddafpen@aol.com
- Philippines MWET 4-Module Zoom 2023: ; Nov 11, Nov 18 Joan Condon  
In-person training Oct 25-Nov 1. Vicki Estrella vitaminkee@yahoo.com
- Japan Trainings 2023: Nov 3-12 with Pat Cane, Tokyo, Ishinomaki,  
Fukushima Yuko Oyama, yuko.edu@gmail.com
- Capacitar Advanced Training with Pat Cane in-person Apr 13-14, 2024  
Holy Spirit Retreat Center, Encino CA sgrady@capacitar.org
- Germany 4-Module Training Pat Cane, Anke Reermann, Norbert Frieters  
Dec 2-3, 2023; 2024 dates TBA anke.reermann@bistum-aachen.de
- Germany Training of Trainers with Pat Cane & Team, Jun 1-2, 2024
- Scotland, Edinburgh Trainings 2024: Feb 3, Mar 2, Apr 6, May 4, Jun 1, Sep 7,  
Oct 5, Nov 2, Ali Newell & Nancy Adams, capitarscotland@gmail.com
- Scotland 15th Anniversary & Trainings 2024: Sep 20-22
- Ireland Foundation Training 2024 with Pat Cane & Team in-person:  
Feb 10-11, Oct 5-6 other dates TBA capacitar.ireland1@gmail.com
- Ireland Renewal Days 2024 with Pat Cane, Feb 17, Oct 12, 2024  
Marian Baker capacitar.ireland1@gmail.com
- Israel & Palestine Trainings: March 7-22, 2024 Pat Cane & George Horan,  
patcane@capacitar.org
- Chile Training & Celebration Apr 27-28, 2024 with Pat Cane  
Judy Ress judyress@yahoo.com
- Argentina Training & 20th Anniversary with Pat Cane May 4-5, 2024  
Neuquén, Patagonia, Los Cerezos Losceresossur@gmail.com
- Maryknoll Mission Institute Retreat with Pat Cane, Jun 23-28, 2024, NY  
Sr. Peg Donovan, pegmdon@gmail.com

### **Gifts Made In Honor of**

Joan Condon • Pat Cane • Mary Litell, OSF  
• Valerie Bengal MD • Wendy Ostrow • Barbara Lutz

### **Gifts Made In Memory of**

Martha & Andrew Rebmann • Tom Condon • Patrick Conlon  
Michelle Radley • Peter & Betty Michelozzi • Miriam Ross SSND





**CAPACITAR  
International**

*Healing ourselves, healing our world*

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December, 2023

Dear Friends,

As we live through a time of great challenge in our world, we celebrate Solstice, Hanukkah, Kwanza and Christmas remembering that in all traditions darkness transforms into light. Our Capacitar teams are committed to being bearers of light to people and places dealing with war, violence, poverty and disaster. Our vision to heal and transform ourselves and our world is being realized in small yet important ways. 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, Indonesia, 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
- Trainings for healthcare professionals in the US and elsewhere who deal with burnout.

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*

Capacitar International Founder/Director



*Paul Golightly offers a Tai Chi blessing at St. Bede's, York, England*



*Claudia Brandes leads a circle of healing at the border, Juarez, MX*