



## **In Memoriam: Patricia Mathes Cane, PhD Founder/Executive Director from 1988 through 2025**

Pat Cane, PhD, the Founder and Executive Director of Capacitar International, passed away unexpectedly in November 2025. For more than 35 years, Pat taught thousands of trainings in over 45 countries. She developed programs for grassroots groups and professionals in areas affected by trauma, violence, war and disasters, in the Americas, Europe, Africa, Asia and the Middle East. Pat was the author of *Trauma Healing and Transformation*, *Refugee Accompaniment*, co-author of *Capacitar for Children*, as well as other Capacitar manuals in different languages for schools, caregivers, refugees, persons with HIV and cancer and trauma counselors. While earning a PhD in Multicultural Wellness Education, Dr. Cane conducted her doctoral research in trauma studies related to survivors of natural disasters and political violence in Central America. She also held an MA in Counseling Psychology and a BA in Biological Sciences. As founder, Pat served as Capacitar’s executive director and international trainer until her death, leaving behind a legacy that awakened the power of grassroots people to transform their families and communities through Capacitar’s practices.



**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  
and professionals  
in over 45  
countries.**

## **Introducing: Joan Rebmann Condon, MA Interim Executive Director Special Projects Coordinator/International Trainer**

Joan Rebmann Condon M.A. is Special Projects Coordinator and International Trainer for Capacitar International. The Board of Directors named her Interim Executive Director in December 2025. Working in health and international development since 1990, Joan has been a part of Capacitar for over 30 years. She holds a Master of Arts degree in the Humanities. Joan teaches leadership, team development and trauma healing practices to groups in the Americas, Asia, and the Caribbean. She served as co-director from 2000-2006. Joan is the co-author of Capacitar’s research study: *Healing Trauma, Empowering Wellness*. Joan will continue to facilitate trainings while guiding the organization until the Board of Directors chooses a new executive director.



## Remembering Dr. Pat Cane

We gathered as one global community in Santa Cruz, California on January 26 to celebrate her life with a Memorial Mass and luncheon. Several Global Network groups have gathered regionally to remember and celebrate Pat. Her legacy will continue with the work of Capacitar, under the direction of the Board of Directors.



Capacitar Board members gather at Pat's Memorial. L to R: Sharon Duggan, Sheila Grady, Joan Condon, Janey Roeder, Wendy Ostrow, Ree Taylor, Juliet Spohn-Twomey. Not shown: Valarie Bengal, Leelia Franck



Memorial for Pat, La Frontera Ciudad Juarez

**Light shone out of Pat!  
And it was contagious!**



Memorial for Pat, Israel

**Wise, gracious, loved**

**HER LOVE, HER SMILE  
& HOPE FOR HEALING  
WAS CONTAGIOUS,  
NEVER FORGOTTEN.**



**Pat changed my life and  
offered possibilities.**

**HUGE SMILE. WELCOMING LOVE.  
FLOWER LOVER. OPEN DOOR. GREAT  
STORIES. CHEERFUL.**

*She had a gift of honoring each person who came her way – and making each one of them feel like a precious, one-of-a-kind jewel.*



Sharing memories of Pat at her memorial gathering, Santa Cruz CA 1-26-26

**May Pat's presence of fierce compassion & friendship inspire Capacitar's vision & work for healing in the world for lives to come and for all living beings.**



## Capacitar 2026 Global Outreach

### Update on Capacitar for Ukraine:

We reported in the Spring 2024 Capacitar newsletter about Zoom classes being offered to people living in Chernivtsi, Ukraine. The 4th series of 9-week classes were again offered in August/September of 2025.

Kerri Shaw, Program Coordinator for the Ohio Alliance for Population Health Community Health Worker training at Ohio University coordinates these classes. She strongly believes in the benefits of including Capacitar practices along with the more academic curriculum.

Participants come from a wide variety of backgrounds. Many are Internally Displaced Persons from other areas of Ukraine, some by the war that began in 2014. They shared openly their experiences of war and the impact of war on their daily lives and the lives of their families.

Topics are adjusted to the needs of the participants. They include: The Impacts of War on Child Mental Health; PTSD and War Trauma in Adults; Motivational Interviewing; Nonviolent Communication and Relationships; Psychological First Aid; Chronic Disease Management; Human Trafficking; Grief and Loss; Suicide Prevention; Lifestyle Choices and Self-Care. Presenters are experts in their field. Most have some history of affiliation with the university and come from different places such as Morocco, Turkey, the U.S. and Ukraine.

Mary Duennes, Capacitar Trainer, participates in each of the classes over the 9 weeks, introducing Capacitar practices in the early sessions and then reinforcing the practices in subsequent sessions.

The Emergency Response Toolkit has been translated into Ukrainian as has Switching. The Holds, Switching and Hand Massage are three of the more popular practices. Participants reported using them with family after the sessions. Approximately 70 people have now completed the training. We look forward to supporting the people of Ukraine and continue to pray for peace and an end to the suffering caused by war. *By Mary Duennes*

**U.S. Zoom Trainings:** Joan Condon facilitated a three-hour workshop for staff, interns and volunteers of Parents Helping Parents. The theme was "Caring for Ourselves as We Care for Others." Twenty-eight people from around the US learned Capacitar basic tools for self-care.

**Global Gatherings:** Capacitar family from around the world came together for the February Global Gatherings to share their memories of Pat Cane and to make suggestions for the future work of Capacitar International. More than 135 people from over 20 countries took part in the two English and one Spanish sessions.

**Philippines:** In January, 30 people gathered in Quezon City for a two and a half day training with Capacitar International trainer Joan Condon. Some had just finished the online 4-module training and others were practitioners trained earlier. It was a celebration to be together in the same place: to give and experience bodywork such as the holds, the ether protocol and hand massage, as well as share other Capacitar practices, develop leadership skills and share experiences. Nine people, new to Capacitar, learned some of the basic practices in a two-day training with Joan. All will be sharing what they learned in their work with others.



*Ether protocol*

**Nicaragua:** Joan continues monthly zoom sessions with CECIM and the teachers and staff of the Maura Clark School in Ciudad Sandino.

**Haiti:** Joan just completed a course on trauma and community healing for the Episcopal University School of Social Work and Social Justice. Students learned Capacitar tools especially useful for stress and trauma along with energy theory, an understanding of trauma and its symptoms and self-care. Haiti is in turmoil and each of the students' lives has been affected as they have been forcibly displaced by gang violence.



*Respire School, Haiti*

**Zoom Trainings:** The basic four-module training, which includes both theory and practice, began in February. Facilitated by the Capacitar team of Joan Condon, Sheila Grady and Mary Litell, participants come from England, Ireland, Africa, Canada, Haiti and the US. A highlight is group work where people share their experiences and perspectives.

Two Holiday workshops on the theme of holiday stress were facilitated by Joan Condon and Sheila Grady: one in December before the holidays and one in January after the holidays. Important in each of these workshops was sharing concerns around the holidays and doing the practices together.

Nancy Adams of Capacitar Scotland and Joan Condon of Capacitar International guided two sessions of "Practice Teaching the Practices" for an international group of practitioners as a way to help them feel more confident in sharing Capacitar.

In another international team-up, Joan and Nancy offered two workshops on Nourishing Our Energy Centers: The Chakras in March and April which brought together practitioners from the US, England, Scotland, Ireland, Germany and Panama.

### **NEW!! Open for all Capacitar "Graduates"**

Open to all who have taken some Capacitar training are **Inter-Sessions**. Facilitated by the same Capacitar team as the 4-module training, they offer an in-depth look at some of the readings and practices. For more information on scheduling and content, please contact [office@capacitar.org](mailto:office@capacitar.org).

## CAPACITAR Staff, Board and Advisors

## CAPACITAR Calendar—2026-2027

### Staff

#### In Memorium: Founder/Director

Patricia Mathes Cane, PhD

#### Interim Executive Director

Joan Rebmann Condon, MA

#### Office Coordinator

Meredith Jones

### Board of Directors

Valerie Bengal, MD

Sharon Duggan, Esq

Leelia Franck, MD

Sheila Grady MSED

Barbara Lutz, PhD

Wendy Ostrow, MSN, NP

Kathy Revtyak, LCSW-S

Jane Roeder, MA

Juliet Spohn Twomey, IHM, MA

Ree Taylor, MA, CMP

### International Advisors

#### Capacitar en Frontera El Paso/Juarez

Kathy Revytek, MSW

Arlene Woelfel, SSSF

Claudia Brandes

#### Canada

Rev. Joan Silcox Smith

#### Argentina

Susana Diaz, MD

Sarita Fleiss

#### Brazil

Tony Sheridan CSSp

#### Chile

Mary Judith Ress, PhD

#### El Salvador

Leonor Sanchez

#### Guatemala

Virginia Searing SC

#### Nicaragua

Anabel Torres CSA

#### Panama

Alibel Pizarro

Isali Pizarro

#### Haiti

Wilson H'odiore

#### Germany

Anke Reermann

Dr. Norbert Frieters Reermann

#### England

Rev. Paul Golightly

#### Scotland

Nancy Adams

Marianne Anker Petersen

Ali Newell

#### Wales

Mary Jo McElroy, RSHM

Patrice Power, RSHM

#### Ireland/Northern Ireland

Marian Baker

Ann Brady, RSM

Patricia Abozaglo, MA

### U.S. Advisors

Suzanne Anglim, SC

Rocio Chang PsyD

Sharyn Chesser, RN, MEd

Mary Duennes, RN, MA

Mary Dutcher, Esq

Fr. George Horan, MA

Maureen Jerkowski, SSSF, MSW

Maria Elena McElroy, MSEA, MHA

Mary Ondreyco, SNJM

Mark Schildt, MD

Dick Vittitow, MA

Shelley Whitlatch, MA

#### Luxembourg

Lidice Mendizábal

#### Rwanda

Antoinette Gasibirege, SH

#### South Sudan

Gabrielle Farrell, OLA

#### Central Africa

Genevieve van Waesberghe,

MMM

#### Burundi

Caritas Habinomana

#### Uganda

Hilda Bamwine, RSCJ

#### DR Congo

Ingrid Janisch, ISB

Daniel Mbonekuba

#### Capacitar Middle East Network

Lora Hillel

Ronit Zur

#### Palestine

Itaf Awad

Eilda Zaghmout

#### Timor Leste

Maria Días

Fidelio da Costa

#### Indonesia

Nina Jusuf

#### Japan

Yuko Oyama

Masako Sako

Chiemi Oikawa

#### South Korea

Katherine Hahn Singer

#### Afghanistan

Dr. Hakim Young, MD

Hussain Behtaash

#### The Philippines

Diana McDermott

### 2026 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](mailto:sgrady@capacitar.org)
- Scotland daily Element Tai Chi: Nancy Adams, [capacitarscotland@gmail.com](mailto:capacitarscotland@gmail.com)
- Spanish Zoom trainings in Nicaragua, El Salvador: Joan Condon, [jcondon@igc.org](mailto:jcondon@igc.org)
- Capacitar Ireland Trainings: Marian Baker, [capacitar.ireland1@gmail.com](mailto:capacitar.ireland1@gmail.com)
- Germany Trainings: Anke Reermann, [anke.reermann@bistum-aachen.de](mailto:anke.reermann@bistum-aachen.de)
- Scotland Trainings & Zoom: Nancy Adams, [capacitarscotland@gmail.com](mailto:capacitarscotland@gmail.com)
- England Trainings & Zoom: Paul Golightly, [capacitaralbion@outlook.com](mailto:capacitaralbion@outlook.com)
- Israel Trainings: Lora Hillel, [loralih@gmail.com](mailto:loralih@gmail.com) and Ronit Zur, [ronitzur123@gmail.com](mailto:ronitzur123@gmail.com)
- Philippines Zoom: Joan Condon, [jcondon@igc.org](mailto:jcondon@igc.org)
- Indonesia Zoom: Yudi Aridanto, [yudi\\_aridanto@yahoo.com](mailto:yudi_aridanto@yahoo.com)
- Japan Trainings & Zoom: Joan Condon, [jcondon@igc.org](mailto:jcondon@igc.org)
- Panama Trainings & Zoom: Alibel Pizarro, [tallersalud.pa@gmail.com](mailto:tallersalud.pa@gmail.com)

### 2026 Scheduled Training Dates:

- MWET Zoom Training 2026: Feb 28 & Mar 7; Apr 25 & May 2; Jun 6 & Jun 13; Aug 22 & Aug 29 Joan Condon & Sheila Grady & Mary Litell, [jcondon@igc.org](mailto:jcondon@igc.org)
- Global Gathering English 2026: Oct 2-3, [sgrady@capacitar.org](mailto:sgrady@capacitar.org)
- Global Gathering Spanish 2026: Oct 17, Alibel Pizarro, [tallersalud.pa@gmail.com](mailto:tallersalud.pa@gmail.com)
- El Paso Training TBD: Kathy Revtyak, [kathryn.revtyak@gmail.com](mailto:kathryn.revtyak@gmail.com)
- Juarez Mexico TBD: Claudia Brandes, [capacitar.juarez@gmail.com](mailto:capacitar.juarez@gmail.com)
- Encino Advanced Formation Day 2026: Apr 18, Sheila Grady [sgrady@capacitar.org](mailto:sgrady@capacitar.org)
- Mexicali Workshops: TBD with Border Compassion, George Horan and Suzanne Jabro, [csj, sjabro@csjla.org](mailto:csj, sjabro@csjla.org)
- Nicaragua Zoom 2026: Monthly, Joan Condon, [jcondon@igc.org](mailto:jcondon@igc.org)
- England Training Hilfield 2026: May 15-17; Jul 11-12; Sep 18-19 Paul Golightly, [Capacitaralbion@outlook.com](mailto:Capacitaralbion@outlook.com)
- Philippines Training for 2026 Zoom, TBD; [jcondon@igc.org](mailto:jcondon@igc.org)
- Germany Training: 2026 MWE: for dates, contact Anke Reermann, [anke.reermann@bistum-aachen.de](mailto:anke.reermann@bistum-aachen.de)
- Scotland, Findhorn Trainings: Apr 25-26, May 30-31, Jul 4-5, Ali Newell & Nancy Adams, [capacitarscotland@gmail.com](mailto:capacitarscotland@gmail.com)
- Ireland Foundation Training: May 9-10; Sep 12-13; Nov 14-15. Renewal Days, June 6; October 10; Marian Baker, [capacitar.ireland1@gmail.com](mailto:capacitar.ireland1@gmail.com)
- Israel & Palestine Trainings: TBD. Lora Hillel, [loralih@gmail.com](mailto:loralih@gmail.com), Ronit Zur, [ronitzur123@gmail.com](mailto:ronitzur123@gmail.com)
- Indonesia MWET Training: TBD, [jcondon@igc.org](mailto:jcondon@igc.org)
- Spanish Language MWE: TBD, Joan, [jcondon@igc.org](mailto:jcondon@igc.org) and Alibel, [tallersalud.pa@gmail.com](mailto:tallersalud.pa@gmail.com)
- Argentina, Neuquén: Trainings TBD. Susana Diaz, [susanadi-az@gmail.com](mailto:susanadi-az@gmail.com) and Sarita Fleiss, [loscerezossur@gmail.com](mailto:loscerezossur@gmail.com)

*We are grateful for all the donations given in memory of Pat Cane.*