

Capacitar Course Info for the 2027 Zoom Cohort

Our trainings offer body, mind, spirit practices for wellness, self-care and trauma recovery. This program is for everyone--parents, volunteer or professional caregivers, community activists, or anyone who does outreach for the impoverished, homeless, or those with issues of physical or mental health, abuse, trauma or violence.

CAPACITAR training and techniques can be immediately used and shared.

ABOUT THIS TRAINING FOR TRAUMA RECOVERY AND HEALING

The year-long Trauma Healing Training consists of 4 modules (listed below) that will be held via Zoom. Each module consists of 2 Saturday sessions of 4.5 hours each. Participants should be willing to commit to all 4 Modules. If session must be missed, you are welcome to review the recording we make with each session.

While everything taught in the modules is particularly useful for self-care and self-healing, this program is designed to develop your ability to train others, as well. This model of "popular education" prepares participants to train their colleagues, their families, or their friends in trauma healing and general wellness practices. Using mindful body, mind, spirit practices, this training does not use "talk therapy."

TRAINING DATES:

Saturdays from 9:00am to 1:30pm (30 min break in the middle)

Times are PST (or PDT when we go to Daylight Savings Time!)

Module 1: March 6 and 13, 2027

Multicultural Wellness Education, Energy and Healing, Tools for Protecting and Nourishing the Energy System, Wellness Practices

Module 2: May 15 and 22, 2027

Chakras, Centers of Personal Energy, Environmental Energy, Intuition, Wellness Practices

Module 3: July 10 and 17, 2027

Traumatology, Recovery Processes, Western/Eastern Approaches, Trauma Recovery Protocols, Protection and Boundary Practices, Wellness Practices

Module 4: Sept. 11 and 18, 2027

Leadership, Popular Education, Polarity Practices, Emotional Intelligence, Personal and Global Healing, Wellness Practices

LOCATION: Online course via Zoom; participants need access to high speed internet and computer or tablet device. Access by smart phone is also acceptable, but not preferred.

COST: \$175 for Module 1 which includes the text Trauma Healing & Transformation 25th Anniversary Edition by Dr. Pat Cane. It will be mailed to you and digital readings sent electronically before each module. If you have the original version of the text, you will not need the revised edition. Subsequent modules will cost \$150/ea.

For information and registration, please contact Sheila Grady sheila.grady@capacitar.org