We are people of Capacitar,
We are wisdom and creativity embodied,
A voice for Gaia’s energy unfolding.
We are community—discerning, empowering and compassionate.
We are change, encouraging inner and outer healing,
Willing to be in the cauldron of transformation.
We recognize our wholeness and holiness
Opening to grow with peace, power and love.
We desire to heal and compassionately transform our wounds into wisdom.
We are witness to the pain and injustice around us,
Committed companions in the struggle.
We celebrate equality and diversity, respecting differences.
We believe that giving is the act of receiving.
We heal ourselves to go forth to heal our world.
We believe that we are interconnected,
Part of ancestors and children to come,
Part of soil, earth and stars.

—Capacitar Philosophy

Capacitar is an international network of empowerment and solidarity whose vision is: Healing ourselves, healing our world. Capacitar teaches simple practices of healing, team-building and self-development to awaken people to their own source of wisdom and strength 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 in 40 countries in the Americas, Africa, Europe, the Middle East and Asia. Capacitar is a Spanish word meaning to empower, to encourage, to bring each other to life.

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A Message from Capacitar Founder/Director

Patricia Mathes Cane, PhD

Welcome to Capacitar International’s 25th Anniversary Celebration! We gather at La Casa de Maria in Santa Barbara, coming together from ten countries, five continents and eight states of the United States, and speaking more than ten languages. We are part of the great circle of the human family all working to heal ourselves and heal our world.

Since the first workshops in the barrios of Nicaragua in 1988, countless people in hundreds of cultures around the world have learned Capacitar practices and have adapted the simple tools of empowerment for use with their families, organizations and communities. We could never have envisioned the many applications of the work and the outcomes that have resulted as seeds of healing were sown in more than forty countries—in the Americas, the Caribbean, Africa, Asia, the Middle East and Europe.

Capacitar’s mission focuses on the awakening, healing and transformation of individuals and communities. As Capacitar people, and as participants in this conference, you have taken on this mission offering to many your vision, experience and commitment, your grassroots and professional leadership and your academic expertise. You are working in a fascinating cross-section of places: the rainforests of Central America, the innercity and jails of Los Angeles, detention camps and human rights centers at the Texas/Mexico border, conflict zones and refugee camps in Africa, in countries recovering from genocide, in areas impacted by tsunamis, earthquakes and nuclear radiation, in schools of Europe and the US, and in development agencies, nonprofits and the corporate world. You offer Capacitar skills to a wide variety of people including: women and families, survivors, the dying, the elderly, families of the disappeared, human rights activists, former child soldiers, persons with HIV/AIDS, veterans, youth at risk, gangs, persons dealing with cancer, disability and mental health issues, caregivers, religious, farmers and rural peoples, the indigenous, prisoners, the tortured, persons in detention, psychologists, social workers, students and teachers. And you bring your wisdom, enthusiasm and gifts to heal and empower those around you.

With our 25th Anniversary we celebrate each person here, along with the many Capacitar people around the globe who are with us in spirit as we give our hands and our hearts to this greater calling. Together we commit ourselves to walking in solidarity with the peoples of our world.

We can’t do the work of social transformation without personal and community healing.
Capacitar gives us significant tools to deal with compassion fatigue and to transform the culture of our organization so we can better serve our communities.
—Rwanda team leader

20th Anniversary Conference—Santa Barbara, CA 2008
Capacitar's beginnings go back to the 1980s, the war years in Central America, when Sr. Mary Hartman, CSA, a member of the Nicaraguan Human Rights Commission, invited Pat Cane to work on a grassroots art festival. During the event as Pat practiced Tai Chi and acupressure for her own self-care, Mary said: “Your art is great, but when will you teach us how to do ‘that’?” Mary intuitively recognized the value of these ancient wellness practices to help people deal with the violence and trauma of their lives. With this insight Capacitar was born. From grassroots Nicaraguans came the word “capacitar”—a Spanish verb meaning to empower, to encourage, to bring to life—that became the name of an organization and the spirit of a movement. From CANTERA, a center in Nicaragua, came the method of popular education based on the work of Brazilian Paulo Freire. Through popular education people awaken to their own wisdom and possibilities, empowered to multiply what they learn in the community. Capacitar adapted Freire's approach to awaken “body literacy,” integrating skills for body, mind and spirit to empower people to heal their own lives so they could reach out to transform their families and communities.

First Years and the Healing Tent

As word of the first workshops spread, union friends in Guatemala dealing with violence and death threats in the early 90s, requested “relaxation” workshops to help them cope. Then friends in Chile wanted to learn what was being taught in Central America. Materials were needed for the work, so the first Capacitar manuals were developed in Spanish. In 1993 Capacitar was invited to El Salvador to coordinate the Healing Tent for the Feminist Congress of Latin America and the Caribbean. As work continued to grow, Capacitar incorporated in 1994 as a California-based nonprofit. In 1995 a team of 25 Capacitar women from 12 countries traveled to China to coordinate (in English, Spanish and Chinese) the Healing Tent for the NGO World Forum on Women, in collaboration with the Chinese Medical and Traditional Medical Associations. Capacitar teams also led solidarity trips to Guatemala, Nicaragua and El Salvador building bridges of understanding and friendship between people of the US and Central America. Workshops multiplied in many places in the Americas: Peru, Bolivia, Brazil, Colombia and Mexico.

Growth through Sisters in the U.S.

From the beginning many communities of Sisters empowered Capacitar's growth and through their support the work began to spread in the US. With the Holy Names Sisters Capacitar offered workshops in Watsonville, California, to migrant camp women, Head Start teachers and families. In St. Louis, Missouri, Mercy Sisters organized national-level workshops, bringing together Mercy partners from the Midwest, Texas, Mexico and Belize. The first manuals in English were developed for these trainings. In Wisconsin Sisters of St. Agnes invited Capacitar to offer workshops at the newly-formed Center to BE. In Richlands, Virginia, Mercy Sisters opened Sunrise Center and brought Capacitar to Appalachian women affected by domestic violence and the poverty of the coal mines. Sisters at Mercy Hospital in Laredo, Texas, hosted Capacitar workshops for women and families who lived in poverty in border communities. Sisters of Charity of Nazareth brought Capacitar to their center in Bardstown, Kentucky. Sisters of the Presentation supported the new office in Watsonville with a development director, and later Sisters of the Divine Savior joined the staff in Santa Cruz. In the 1990s “wellness” was a new concept in the consciousness of health systems, so in 1997 Mercy Sisters sponsored Capacitar workshops at their wellness center in Cincinnati, Ohio, and supported a pilot program in Multicultural Wellness Education.

A New Focus on Trauma Healing

When Hurricane Mitch devastated Central America in 1998, Capacitar’s outreach took on a new focus. Co-directors Joan Condon and Pat Cane were scheduled to work in Honduras the day the hurricane hit. When they couldn’t arrive they promised that Capacitar would walk in solidarity with the people of Honduras when the disaster was over. The hurricane circled over Central America for eight days with great loss of life and infrastructure. In response to the suffering of many, Pat Cane refocused her doctoral research to study trauma healing and the impact of body mind spirit practices on people dealing with traumatic stress from Hurricane Mitch and political violence. The manual Trauma Healing and Transformation was the outcome of this research. In many ways “trauma healing” was what Capacitar had been doing all along. So this study gave a clearer understanding of the process, the method and the multicultural potential of Capacitar’s popular education approach to trauma healing with grassroots people.

Little did Capacitar realize how relevant this new focus would be until September 11, 2001. Synchronistically the year before, Dominican
Sisters of Hope had invited Capacitar to share skills with Latinos and African Americans living in East Harlem. The work was scheduled for late September, 2001. The trauma healing workshops offered two weeks after the attack on the Twin Towers helped many people who lost family or friends as well as those who were too poor to get professional help for their traumatic stress.

International Growth in Africa, Asia and Europe

As Capacitar continued to grow in the Americas, team members Joan Condon and Mary Litell, OSF, felt called to the people of East Timor who suffered the massive destruction of their country after a vote for independence from Indonesia. In 2001, Joan and Mary traveled to East Timor to work with families, refugees and orphans. With the Bali bombings Capacitar extended outreach to Indonesia, and after the tsunami and violent earthquakes there, offered trainings in different areas and conflict zones.

Mary Litell also initiated Capacitar work in Africa. When several funding proposals were rejected, Mary sent a letter of appeal to friends and within a short time received several thousand dollars, and from her cousins, two frequent flyer tickets. In 2002, Mary Litell and Pat Cane offered the first workshops in Tanzania and Kenya in collaboration with the Maryknoll Sisters, and in South Africa with several AIDS groups. Through a synchronistic meeting with the Dominican Sister who directed the AIDS Office for the Southern African Bishops Conference, Capacitar was invited in 2003 to offer workshops for hundreds of caregivers and AIDS groups in South Africa, Botswana, Swaziland and Lesotho. One young man with AIDS inspired the theme for these trainings. During a workshop he challenged: “I want you to teach me how to live well each moment, as I face living and dying with AIDS!” “Living in Wellness” became the theme of the work as well as the focus of the AIDS and caregivers manual.

About the same time that African outreach was developing, an email came from Dublin asking if Capacitar was doing anything in Ireland. Toni Ryan had just returned from a year in Chile where she worked with the Capacitar Chile team. By coincidence, Pat Cane was planning a holiday there with her twin sister and said she would be happy to offer some workshops. Since May 2003, Capacitar Ireland has grown in all of Ireland with NGO status, nationally accredited courses for health and childcare workers, and a national team. To date it has hosted over 15 in depth Multicultural Wellness trainings, advanced trainings, ritual gatherings and numerous taster days in all parts of Ireland and Northern Ireland. Members of the Ireland team have also taken Capacitar to Brazil, Nigeria, Peru, Sri Lanka and other countries.

Evolution of Programs and Outreach

As accredited programs developed, Capacitar reached another level of maturation and outreach. A yearly Multicultural Wellness Education (MWE) training was established in 2000 at the Center to BE in Milwaukee under the leadership of Director Marjorie Wilbur. In 2003, Juliet Spohn Twomey of La Casa de Maria developed retreats for Latinas, and started yearly MWE trainings. In Northern California St. Anthony’s Foundation established MWE trainings in San Francisco. In Canada MWE programs and workshops were scheduled for Victoria, Winnipeg and Toronto. At the border with Mexico, bi-lingual MWE trainings have been held in San Diego, California and El Paso, Texas. And MWE trainings have also been offered in New York, Kentucky, Virginia and Connecticut.

In Cincinnati, Ohio, parish nurse Mary Duennes was concerned about the health problems of innercity children and their families. With hospital funding Mary led a three-year pilot program, Capacitar for Kids, in two parish schools and has continued outreach in her area. A manual was

Capacitar is the missing piece we need!
—Director of a Tanzanian psychiatric hospital

The Capacitar training helped me to recognize feelings and body sensations. Now I can begin to listen to them, to let go and to heal.
—US Participant
produced for teachers and families that is now being used in Europe and Africa, with a Spanish translation in process for Central America. In El Paso and communities bordering Mexico, cancer was the concern. There women were diagnosed for cancer, but there were few resources for treatment. With support from the cancer consortium, Capacitar offered trainings for health promoters and developed a cancer manual in Spanish and English.

Work with Community Trauma
With Hurricane Katrina and other massive disasters, Capacitar stepped with greater commitment into work with community trauma and work with PTSD (posttraumatic stress disorder) and CTSD (continuing traumatic stress disorder). An "Emergency Kit" of best practices was created for use by individuals and communities that could be downloaded from the Capacitar website. When Hurricane Stan hit Guatemala, a friend translated the materials into Spanish for use in devastated Mayan communities. From Rwanda came a French translation, and from Brazil, a Portuguese translation. Currently the materials are available in sixteen languages on the website.

In response to the continued violence of the Middle East, Juliet Spohn Twomey and Pat Cane traveled to Israel and Palestine in 2007 to work with women in the Center in Nazareth, as well as with trauma groups near the Lebanese border and on the West Bank. The Capacitar Middle East Network was formed and started hosting workshops in the Upper Galilee.

Capacitar had not envisioned work with genocide survivors, but when Sr. Antoinette Gasibirege, SH, a survivor from Rwanda came to a US training and experienced the impact of the healing practices on herself, she asked: "When is Capacitar going to Rwanda?" With Antoinette and the leadership of Dr. Genevieve van Waesbergh, MMM, trauma healing trainings were offered in 2006 and 2007 to participants from Rwanda, Burundi and Congo DRC, with very positive outcomes. A national team formed and advanced trainings were offered in different regions of the country. Trocaire, the Catholic Development Agency of Ireland, funded the Rwanda work, as well as trainings in Burundi. Trocaire has also supported AIDS/Trauma workshops in three regions of Nigeria, and a series of workshops in Sierra Leone.

Trainings in Europe and the Middle East
Over the last five years the Multicultural Wellness program has grown in Europe and the Mideast. First workshops and trainings started in 2009 in London Hammersmith, under the leadership of Margaret Wilson, RSCJ and the Religious of the Sacred Heart. A Capacitar England team was formed and outreach has been offered to schools, care facilities, the elderly, youth at risk and a detention center.

In 2010 workshops and trainings also were inaugurated in Scotland coordinated by Ali Newell and a Capacitar Scotland team. Trainings have been held in Edinburgh, Glasgow and Perth with outreach to retreat and spirituality centers, schools, care facilities, refugees, survivors and communities in need.

In Northern Wales, yearly Capacitar workshops have been offered at Noddfa Retreat Centre in Penmaenmawr, coordinated by Sisters Mary Jo McElroy and Patrice Power. Capacitar practices have also been integrated into ongoing programs for caregivers at Noddfa.

The first MWE training was inaugurated in the Northern Galilee, Israel in 2010 by the Capacitar Middle East Network—Lora Hillel, Asmahan Mansur and Ronit Zur. Trainings have included Jews, Christians, Muslims and Druze from different parts of the country. Capacitar workshops have also been offered to Palestinian groups in Westbank and Bethlehem, including peace groups, Aida Refugee Camp and a nonviolence peace center. Training materials and manuals have been translated into Hebrew and Arabic.

Translation of Materials
As trainings and workshops proliferated in different countries, manuals and the emergency kit were translated into appropriate languages to make materials more available to groups. The emergency kit is now available for download from the Capacitar website in 16 languages. And the Living in Wellness: Trauma Healing Manual has been published in English, French, Spanish, Portuguese, Kinyarwandan, Hebrew, Arabic and Setswana.

Development in the Caribbean and Latin America
Capacitar started its first workshops and in depth trainings in Panama in 2010 under the leadership of Alibel Pizarro and Isali Pizarro. A Capacitar Panama team has developed and outreach workshops have focused on work with women’s groups, refugees, rural communities, families with children who have cancer, and groups dealing with gender violence. Capacitar has also reached communities in the Darién Province of Southern Panama through the work of Maryknoll Sister Joji Fenix.

Ongoing Capacitar trainings in Argentina have been led by the team of Los Cerezos—Susana Dias, Sarita Flies, and Marcela Fortin. Trainings have also reached many parts of Argentina: Buenos Aires, Bariloche, Neuquén, Mendoza, Resistensia and Córdoba. In San Juan de Lurigancho, Peru, new trainings were led by Pat Cane with a Peruvian team.

Response to Disasters—Earthquakes, Hurricanes and Tsunamis
With the earthquake and devastation of Haiti in 2010, International Trainer Joan Condon started outreach to NGOs and church groups working with survivors in Port au Prince and impacted areas. An in depth trauma healing training is currently underway to form a team in Haiti that would be able to spread Capacitar to grassroots groups. Continued training and translation of support materials into Haitian Creole are planned for 2014.

In 2010, a large earthquake and tsunami also devastated parts of Central Chile. International Trainer Mary Litell, OSF, trained 45 Chilean men and women in trauma healing methods so they could offer outreach to the survivors and aid workers of the area.
In June 2013, Capacitar began its first outreach in Japan, responding to the survivors of the 2011 earthquake, tsunami and nuclear disaster in the Tohoku (northeastern) area of the country. Workshops were offered to survivors and aid groups in Fukushima, Sendai, Ishinomaki, Ofunato and other devastated communities. Work focused on the elderly and families living in temporary housing, caregivers, mothers with children affected by radiation, and mothers with children with cancer. Trainings are planned for 2014-2015 to be coordinated by the Capacitar Japan Team—Maryknoll Sister Kathleen Reiley, Yuko Endo, Miho Oshino, Hoshi Kikue and Eiko Maki, CSJ.

Capacitar en La Frontera

With the escalation of the drug cartel warfare at the Texas/Mexico border and the growing issue of refugees fleeing the violence, the Capacitar en la Frontera team developed led by Kathy Braun, OSF, and Kathy Revtyak. In depth trainings were offered in El Paso, along with regular workshops and visits to Juarez to accompany the women and families unable to leave the violence. In Juarez the current training includes human rights activists from other parts of Mexico and families of the disappeared. In El Paso ongoing workshops are offered in the El Paso Detention Center for women detainees awaiting processing or deportation, and a new pilot has been developed in the El Paso county jail. Training and ongoing formation are planned for 2014-2015.

Growing Presence in African Countries

With the poverty and violence in many African countries, Capacitar is a growing presence in the region. Capacitar Rwanda received its NGO status in 2012 and Founder Antoinette Gasibrege, SH, has led national-level trainings with Capacitar methods being integrated as part of the culture of a number of NGOs and development groups.

Dr. Genevieve van Waesbergh, MMM, has offered Capacitar trainings in many African countries: Tanzania, Kenya, South Sudan, Uganda, Nigeria, Cameroom, DR Congo, and Senegal. In South Sudan, Genevieve trained hundreds impacted by years of war in a peace program that integrated Capacitar methods to prepare people with skills to live in peace. In Uganda, supported by the Sacred Heart Sisters and Hilda Bamwine, RSCJ, outreach has focused on religious communities, women, HIV groups, former child soldiers, schools and orphans. In DR Congo workshops reached refugee camps in Bukavu and Goma addressing the needs of women and families. In Tanzania Costamsia Mbogoma has led Capacitar in schools and community groups. In Senegal a recent training led by Genevieve focused on self-care for women and human rights activists dealing with gender violence. And in Kenya trainings involved persons working in HIV/AIDS and mental health outreach.

Work at the University Level

As Capacitar has continued to grow, its teaching and methodology are being recognized by institutions of higher learning. University-level courses are taught in: All Hallows College (Dublin, Ireland); Holy Names University, Sophia Center MA Program (Oakland, CA); Pacifica Graduate Institute Doctoral Program (Santa Barbara, CA); Social Work MA Program—University of Texas (El Paso, TX); and Social Work Program—Catholic University (Rwanda).

25th Anniversary Celebration

With the 25th Anniversary Conference there is much to celebrate. Through this gathering Capacitar leaders have the opportunity to learn and share, drawing from each other the inspiration and strength to continue the work of healing in their communities. Like the African Tree of Life where each generation stands and grows on the shoulders of their forebears, Capacitar has grown strong with the spirit of diverse cultures and peoples working to heal and transform the wounds of the world. As we anticipate the coming years of global change and challenge, may Capacitar be an instrument of healing and awakening, bringing hope and a new heart to the human family.
In 2011, Capacitar published its research and reflection report, *Healing Trauma, Empowering Wellness*. The report describes Capacitar’s multicultural popular education approach to trauma and presents theory, research, outcomes and case studies. The project, directed by Special Projects Coordinator Joan Condon, represents two years of work, including meetings of teams, 210 videotaped interviews from 12 countries, focus groups and questionnaires. The project, supported by Trocaire (Catholic Development Agency of Ireland), studied the impact of Capacitar’s work on individuals, organizations and systems. The following summarizes main themes of the report.

**Trauma Theory**

Trauma is no longer an individual experience, it is also a societal and a global experience. In many places where Capacitar works people have little access to medical or psychological care to heal their traumatized lives and often a therapy approach is not appropriate. Through popular education methods, Capacitar gives people tools to empower the “instinct to heal” in themselves, their families and communities. Many people suffer anxiety and depression not only from their own personal traumas, but also from crises in the larger world. In many families and cultures, trauma is often repeated from generation to generation. To stop societal and intergenerational trauma requires that we heal the legacy of attitudes and behaviors that affect the whole system. As people heal their trauma, they are empowered to reach out to bring peace and healing to their families and communities.

**Individual Impacts and Outcomes**

Capacitar teaches “body literacy”. Participants learn to identify where their body is tense, and then they learn simple effective practices they can do for themselves to be in charge of their own self-care and healing. With use of wellness practices, participants typically experienced a diminution of physical symptoms related to stress and trauma. They also reported improved emotional states, more energy, less fatigue and less anxiety. These impacts were not dependent on culture or country. The use of Capacitar practices led to significant change in people’s lives. One hundred percent of the people interviewed reported significant change. For some it was improved family and work relationships or leaving situations or jobs that were unhealthy. Personal change descriptors often reported include: “I am peaceful; I think before I react; I accept myself; I can manage conflict.” One of the impacts of using Capacitar practices that people often reported was the ability to manage emotions, especially fear and anger.

**Organizational Impacts and Outcomes**

Many people trained by Capacitar have introduced the practices into their organizations. They recognized the impact the practices had in their own lives and believed sharing them with staff would improve staff relationships and the culture of the organization. In some organizations the practices are totally integrated into organizational culture and in others, Capacitar is used at staff and program levels. Staffs trained in Capacitar practices report improved relationships with each other and better relationships with clients: more unity and support among staff and more welcoming and accepting behaviors with clients. One of the positive things about Capacitar practices is how they can be adapted to fit many different programs, providing added benefit to program clients. In addition to the primary goal of a particular program, clients learn empowering self-care techniques to help them heal their own stress and trauma. Programs that include the practices serve children, families, seniors, prisoners, students, HIV/AIDS patients, caregivers, single parents, immigrants, refugees, human rights activists, widows, etc., in a cross section of countries and cultures.

**Larger Systems: Impacts and Outcomes**

Capacitar methods and practices model openness to new ideas and ways of thinking. In our age of chaos due to war, political unrest, economic crisis, natural disasters and pandemics, entire populations are traumatized. It is critical for larger systems to embrace new ideas and new ways to work with people within systems so that those systems are not, in themselves, traumatizing but instead foster empowerment, respect, justice and peace.

The Capacitar model, based in popular education which embodies a cycle of reflection and action for change, expects training participants to share what they have learned within their families, communities and organizations. This multiplication, or spillover, is critical in the work to change societal systems. When people are able to manage their personal stress and trauma, self-perception and behaviors change. As individuals change—become less stressed, less angry, calmer, feel more in control of their own lives—family and community relationships are positively impacted. This helps create more caring and humane systems within families, communities and organizations, which then impacts the larger society as a long-term process.

There are many examples of how Capacitar is being integrated into larger systems and programs. The Office of Restorative Justice of Los Angeles Diocese uses the practices for self-care of staff, as well as for ministry in jails and work with family victims’ groups. In El Paso Capacitar workshops are being offered by refugee services chaplains in a Homeland Security detention center. In Northern Ireland the Southern and Western Education and Library Boards have incorporated Capacitar methods in their programs of Critical Incident Response in Schools.

As a result of this study Capacitar can report that the practices and methods it teaches have a positive impact on individuals and organizations and in institutions and systems where it has begun to be used.

Achievements & Milestones

- In 2012 Capacitar International offered:
  101 direct workshops to over 3,000 people in 19 countries and 7 states in the US. Hundreds of local workshops were also offered by in-country teams to many thousands of participants.

- In 2011 Capacitar International offered:
  130 workshops to 4,671 participants in 22 countries and 7 states in the US. Participants represented over 45 countries, 25 US states. Hundreds of local workshops were also offered by in-country teams to many thousands of participants.

Programs & Trainings:
- Trauma Healing in Rwanda (2007-2013)
- AIDS/Trauma program in Nigeria (2008-2011)
- Trauma Healing in Sierra Leone (2008)
- Trauma Healing in Burundi (2010-2011)
- Trauma/Multicultural Wellness in Uganda (2009-2014)
- Trauma/Multicultural Wellness in Kenya/Sudan (2008-2014)
- Trauma/Multicultural Wellness in Israel/Palestine (2009-2014)
- Care for Caregivers in Santa Barbara, CA (2008-2009)

Multicultural Wellness Education Trainings:
- California: Santa Barbara, La Casa de Maria (2004-2014)
- California: Redwood City (1999-2001)
- California: San Jose (2004-2005)
- Connecticut/Massachusetts (2008-2013)
- Kentucky: Bardstown (1999-2001)
- New York (2007)
- Texas: El Paso, TX/Juarez, MX (2008-2014)
- Appalachia—Richlands, VA (2007-2008)
- Wisconsin: Milwaukee, The Center to BE (2000-2011)
- Canada: Victoria (2007-2008)
- Canada: Winnipeg (2007, 2009)
- Scotland: Edinburgh, Glasgow, Perth (2009-2014)
- Ireland: Dublin, Cork, Galway, Carlow, Ballygriffin (2004-2014)
- Northern Ireland: Belfast, Newry, Banbridge (2005-2012)
- South Africa: Johannesburg, Cape Town (2003-2007)
- Brazil: Rio, Bahia, Feira Santana (2007-2013)
- El Salvador (2008-2011)

Translations of Materials & Manuals:
- French: Living in Wellness—Trauma Manual (2006-7)
  Trauma training support materials (2007), E-Kit
- Spanish: Capacitar for Teachers & Schools (2008)
  Living in Wellness—Trauma Manual (2007)
  Trauma Healing & Transformation Manual (2002), E-Kit
- Portuguese: Capacitar for Teachers & Schools (2008-9)
  Living in Wellness—Trauma Manual (2007), E-Kit
- Tetum: Living in Wellness—Trauma Healing (2007-8), E-Kit
- Bahasa Indonesian: Basic Manual, Emergency Kit
- Japanese: Emergency Kit
- Kinyarwandan: Emergency Kit,
  Trauma Manual (2009), Capacitar for Schools (2011)
- Russian: Emergency Kit
- SerboCroatian: Emergency Kit
- Swahili: Emergency Kit
- Xhosa: Emergency Kit
- Chinese: Emergency Kit

Where Capacitar Has Worked

United States: Arkansas, California, Connecticut, Florida, Iowa, Illinois, Kentucky, Massachusetts, Minnesota, Mississippi, Missouri, Nevada, New York, Ohio, Oregon, Texas, Virginia, Wisconsin
Canada: Toronto, Victoria, Winnipeg
Central America: El Salvador, Guatemala, Honduras, Nicaragua
South America: Argentina, Bolivia, Brazil, Colombia, Chile, Peru
Mexico: Chiapas, Tijuana, Juarez, Durango, Leon
Caribbean: Belize, Haiti, Dominican Republic, Panama
Asia : East Timor, Indonesia, Sri Lanka, Japan
Africa: South Africa, Botswana, Lesotho, Swaziland, Tanzania, Kenya, Rwanda, Burundi, Nigeria, Sierra Leone, Uganda, DR Congo, Cameroon, Senegal, South Sudan
Europe: Ireland, Northern Ireland, England, Scotland, Wales
Middle East: Israel, Palestine

When we reach out beyond our own worlds and touch the lives of others, all of us are empowered. Together we form a community of compassion and service much greater than our individual selves.

—Pat Cane
Joan Rebmann Condon, MA

It is a great pleasure to welcome each of you to Capacitar’s 25th Anniversary Celebration. In the five years since we last came together as the Capacitar International network, Capacitar work has continued to grow. In the next two days together we will celebrate each of you present and the work that you do. We will also celebrate all the people around the world who cannot be with us this year but who are dedicated to healing themselves, healing their communities and are committed to healing the larger world we all share.

When people come together to share Capacitar—and it doesn’t matter their differences—they recognize that they share a common humanity and the need to heal—that they are not victims of whatever circumstances they find themselves in but have power over their own healing. This power is the true power of people—the power to heal themselves. They may be survivors of genocide or natural disasters. They may struggle daily to meet the needs of their families or they may live comfortably. They may live in Asia or Africa or in Latin America, the Caribbean or North America. Each has the power to heal themselves and to thus heal their families, communities and society.

Capacitar lives in each of their hearts and is present through them in each of their cultures and in their work across borders and cultures. They bring hope for a future of peace and understanding.

It is an honor and a privilege to be part of this network and to play a small part in bringing peace and healing to our world.

A Message from our Global Conference/Special Projects Coordinator

Joan Rebmann Condon, MA

2006 US Regional Gathering — Sophia Center, Oakland, CA

2001 Central American Regional Conference — El Salvador
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We join with the Earth
and with each other
with our ancestors
and all beings of the future
to bring new life to the land,
to recreate the human community,
to provide justice and peace,
to remember our children,
to remember who we are.
We join together as many and
diverse expressions
of one Loving Mystery,
For the healing of the Earth
and the renewal of all Life.

—CAPACITAR Prayer
Adapted from the UN Prayer of the Sabbath