



Trauma Recovery and Healing

Capacitar Skills & Mindful Self-Care for Symptoms of Trauma and Stress Facilitator: Joan Rebmann Condon, M.A.

Capacitar International Trainer and Special Projects Coordinator

Friday, Dec. 6, 2019 9:30-3:30pm and Saturday, Dec. 7, 2019 9:00am - 2:00pm



Capacitar El Paso: 10th Anniversary working at the border.

This is a two day training that is open to anyone wanting to understand and manage emerging symptoms from experiencing a traumatic event.

LOCATION: Oakwood Center

140 Valparaiso, Atherton, CA

COST: \$175 includes Capacitar materials and lunch. Payment by check can be made at the door. Or use the Donor View payment link below to pay by credit card.

To enroll, [please click this link.](#)

CEs available (10 hours) for PSY, MFW, LPCC, LLPS, LCSW, RN (See information below)

Learning Objectives: Participants will be able to:

- Demonstrate an understanding of post traumatic stress disorder, secondary trauma and different levels of stress as these impact the body, mind, emotions and spirit of those who have witnessed traumatic events
- Demonstrate an understanding of Capacitar's popular education approach to trauma healing using simple body-based energy practices to release blocked energy and to nourish the body, mind and spirit
- Use different modalities for lessening traumatic stress, including: mindfulness, centering, breathwork, massage and acupressure for lowering stress and blood pressure
- Demonstrate the principles, practice and application of Tai Chi for lowering stress, lowering blood pressure and promoting health and wellbeing
- Use mindful breathing exercises to calm and center, to release strong feelings and emotions, to self-soothe, and to improve health and wellbeing
- Utilize, assess and explain the Capacitar trauma healing practices to different groups including those who have witnessed traumatic events, families, children, refugees
- Explain different methods used in the trauma recovery process and the role of the group or community in the process
- Apply Capacitar's trauma healing and wellness education approach to groups who have experienced traumatic events, to children and teachers in schools, to centers and staffs.

This training will offer simple healing skills for use with people who are dealing with trauma and the challenges of traumatic events. It is appropriate self-care and mindfulness practices for those who live in communities trying to recover from traumatic events.

The program was developed by Capacitar International for work with refugees at the US/Mexico border and in countries in crisis around the world. Based on popular education and energy-based methods, the Capacitar practices empower people to deal with traumatic stress, to stabilize and balance strong emotions and memories and to awaken their own healing process. The workshop will include practices, methods, theory and applications in the field. The methods can be used by psychologists, social workers, educators, mental health workers, community volunteers, and those supporting trauma recovery of others or themselves. Capacitar is an international network of empowerment and solidarity working in over 45 countries (in the Americas, Africa, Asia, the Middle East and Europe). Capacitar, a nonprofit organization based in California, teaches simple wellness practices to empower people to heal themselves, their families and communities.

Joan Rebmann Condon M.A. is the Special Projects Coordinator and International Trainer for Capacitar International, a network of solidarity and empowerment. She has worked in health and international development since 1990 and with Capacitar International since 1995. She has an M.A. in the Humanities and has taught leadership, team development and trauma healing practices to groups in the Americas, Asia, and the Caribbean. She is the co-author of Capacitar's [Healing Trauma, Empowering Wellness](#). For information: Joan Condon jcondon@igc.org



CE credits for psychologists are provided by the Spiritual Competency Resource Center (SCRC) which is co-sponsoring this program. The Spiritual Competency Resource Center is approved by the American Psychological Association to sponsor continuing education for psychologists. The Spiritual Competency Resource Center maintains responsibility for this program and its content.

- The California Board of Behavioral Sciences accepts CE credits for LCSW, LPCC, LEP, and LMFT license renewal for programs offered by approved sponsors of CE by the American Psychological Association.
- LCSWs, MFTs, and other mental health professionals from states other than California need to check with their state licensing board as to whether or not they accept programs offered by approved sponsors of CE by the American Psychological Association.
- SCRC is approved by the California Board of Registered Nursing (BRN Provider CEPI6887) for licensed nurses in California.
- For questions about receiving your Certificate of Attendance, contact Capacitar International at office@capacitar.org. For questions about CE, visit www.spiritualcompetency.com or contact David Lukoff, PhD at CE@spiritualcompetency.com.