



Refugee Accompaniment Capacitar Skills for Refugees and Self-Care for Those Who Accompany Them

Facilitator: Patricia Cane, Ph.D.
Capacitar International Founder/Director

LOCATION Holy Spirit Retreat Center
4316 Lanai Rd. Encino, CA 91436

DATES 2-day Training
Saturday, Dec. 14, 2019 - 9:00am - 4:00pm
Sunday, Dec. 15, 2019 - 9:00am - 4:00pm

COST \$175 (Commuters)
includes Refugee Accompaniment Manual
CEs available (12 hours)

Info and Reservations:

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- *Capacitar en la Frontera: 10th Anniversary working at the border.*

Learning Objectives

Participants will be able to:

- Recognize signs of trauma and stress in refugees, caregivers and oneself.
- Demonstrate 8 basic Capacitar practices for self-care and for use with individuals and groups for alleviating stress and symptoms of trauma— Breath Work, Switching, Finger Holds, Tapping, Acupressure, The Holds, Tai Chi, Safe Space.
- Apply methods of protection with oneself /others.
- Understand Capacitar's popular education and holistic approach for healing trauma and stress.
- Adapt the practices to different cultures.

This 2-day training will offer simple healing skills for use with refugees and for self-care for those who accompany them. The program was developed by Capacitar International for work with refugees at the US/Mexico border and in many countries. 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, mental health workers, parish volunteers, refugee agencies, legal aid workers and those accompanying refugees and immigrants.

Capacitar is an international network of empowerment and solidarity working in over 45 countries (in the Americas, Africa, Asia, the Middle East and Europe). A nonprofit organization based in California, Capacitar teaches simple wellness practices to empower people to heal themselves, their families and communities. Capacitar is especially dedicated to places of poverty, trauma, war and disaster to give people skills so they can work effectively for peace and healing in the midst of the violence.

Patricia Cane, Ph.D., is the Founder/
Director of Capacitar International.

She has taught thousands of workshops to grassroots and professionals in the Americas, Africa, Europe, Asia and the Middle East. She holds a Ph.D. in Multicultural Wellness Education.

Dr. Cane is author of Trauma Healing and Transformation, Refugee Accompaniment and other Capacitar Manuals.
www.capacitar.org