



Healing The Mind, Transforming Our Lives — Patricia Mathes Cane, Ph.D., Capacitar Founder/Director

In many places where Capacitar works people suffer from multigenerational trauma that often manifests as violence and destructive behavior directly impacting body and mind. New discoveries and research in neuroscience are validating ancient spiritual practices, such as meditation, breathwork and mindfulness, as effective ways to heal the brain and transform the physical and emotional dysfunction of our times. In their fascinating new book, [Buddha's Brain: The Practical Neuroscience of Happiness, Love and Wisdom](#), neuropsychologist Rick Hanson, Ph.D., and neurologist Richard Mendius, MD., describe how the brain works and how we can reshape our human experiences with practices of wisdom, compassion and mindfulness. All spiritual paths require working with the mind and body to encourage the development of what is wholesome and to heal what is not. The process involves training, healing and transformation, so that the wise, peaceful and compassionate nature of the person is awakened. With neuroscience we also see the importance of developing sound minds and bodies of children if a future society is to be healthy.

Capacitar recognizes this awakening and transformative process as essential to breaking the cycle of multigenerational trauma and violence and to creating peaceful and healthy societies. Through simple wellness practices people are empowered to reconnect with the deep wisdom and healing potential within themselves so they can reach out to heal and transform their families and communities. Our current research is showing the positive impact of

Capacitar's approach on people who live with constant exposure to violence and trauma in many parts of the world.

Capacitar continues to be invited to places affected by natural disasters and ongoing violence. In May we start a collaboration with Capacitar Chile to offer a trauma healing training to women and men who will work with the traumatized in places devastated by the February earthquake and tsunami. We continue to explore how Capacitar will be able to most effectively support the people of Haiti in their healing from the January earthquake. Our Emergency Kit of Best Practices in Haitian Creole is now posted on our website (www.capacitar.org/publications) and a Creole manual is available through our office. New trainings will also start this year in the Middle East, Uganda, Ciudad Juarez, and in conflict zones in Panama and Colombia. This Spring issue of the newsletter shares recent work of our international trainers and features photos of Capacitar Africa trainer, Dr. Genevieve van Waesberghe, MMM.

As our world experiences a time of deepening crisis, Capacitar is committed to walk in solidarity and compassion with the human family. In her Charter for Compassion, Karen Armstrong reminds us that "we urgently need to make compassion a clear, luminous and dynamic force in our polarized world. . . Born of our deep interdependence, compassion is essential to human relationships and to a fulfilled humanity. It is the path to enlightenment and indispensable to the creation of a just economy and a peaceful global community." www.charterforcompassion.org

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 works
with grassroots
people in
30 countries.



Healing the Generations:
Women victims of violence learn Capacitar practices with their children in Goma Refugee Camp, Congo DRC. (Top) A Congolese refugee child plays the fingerhold game to heal his emotions and trauma.

Capacitar: International Outreach

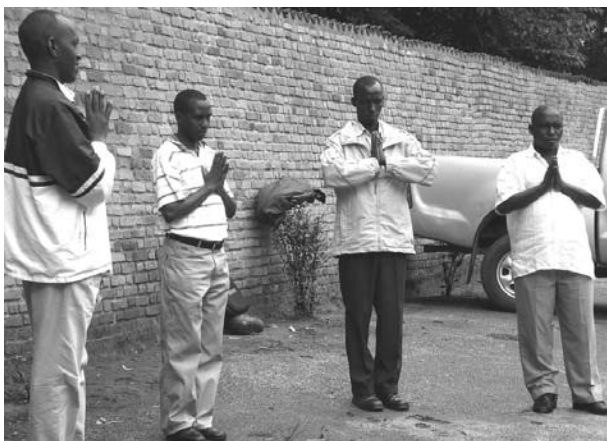
Over recent months Capacitar trainers have brought hope and healing to many places. The following reports describe work that has been done.



Congo DRC refugee camp: Children learn fingerholds for emotions.



Kirambi, Rwanda: Rural health workers practice Capacitar trauma healing methods with Dr. Genevieve van Waesberghe, MMM.



Burundi: Men review Tai Chi and Capacitar movements for work in prison, schools, HIV centers, and homes for orphans.

Dr. Genevieve van Waesberghe, MMM (*Genevieve is Capacitar International trainer for Africa and has worked as a doctor and medical missionary in 10 African countries.*)

Democratic Republic of Congo

Goma: At the invitation of Fr. Gerry Clarke, SJ, JRS Director, I worked in four refugees camps with six groups of women victims of rape (total 185) and informally taught fingerholds to children and youth. Many of the women connected with their deep feelings and after the sessions they were peaceful and grateful. One woman who had been very angry, was the first to express gratitude. She danced for the group.

Bukavu: With the Association of Religious of Congo, I offered a 3-day workshop with 42 religious who work with youth, women's groups and vulnerable children, some who are accused of witchcraft.

Burundi

Bujumbura: In Burundi I visited projects and mentored former Capacitar participants working with community outreach, prisons, HIV, orphans, and women and children at risk. One woman coordinates projects on the national level with 45,000 orphans and street children, some who had been child soldiers during the years of conflict.

Nigeria

Benin City: At the Medical Missionaries of Mary (MMM) Centre I facilitated a Trauma Healing Training for 25 participants who work mainly with HIV/AIDS throughout the country. One nursing director from Abuja said that because of the use of Capacitar practices, the staff was more attentive and had more quality time with their AIDS patients.

Amukoko, and Mafoluko, Lagos: Short taster days were offered to health center staffs and MMM associates. Most participants arrived exhausted and at the end of the workshops all were full of life and wanted to learn more.

Tanzania—Ngaramtoni: Capacitar practices were taught informally during an AIDS Day with orphans in Masailand and during a children's Christmas party.

Uganda—Kampala: At ARU Centre (Conference of Religious of Uganda) and USF (Spirituality Centre) I recently offered two 2-day workshops with participants (29 and 39) representing 16 countries and a variety of outreach work: teaching, social work, nursing, counseling, pastoral work, religious formation, non violent communication, Amnesty International-Sub-Sahara, protection of human rights for the Horn of Africa and East Africa, and protection of rights of refugees. Because of these workshops there is strong interest for Capacitar in Northern Uganda and Southern Sudan, places where there still is great unrest.

Masaka: At Kitovu Hospital I facilitated a 4-hour session with 6 CPE (clinical pastoral education) students and 2 CPE Trainers. A workshop for Mobile Orphans and Family Support/Home Care workers was also held under a tree, with 36 participants, including staff, teachers and community workers.

As word of Capacitar gets around, we have received requests from other groups in DRC-Congo, Burundi, Northern and Southern Uganda, South Sudan, Kenya and Tanzania.

Sr. Aine Campbell, RSM (*Aine is a psychologist from Belfast, working at Mater Hospital in Nairobi, and has been part of the Capacitar Northern Ireland team.*)

Kenya—Nairobi: So far I have offered a series of one day sessions to our 65 Community Health Volunteers and not surprisingly have had great feedback. One day I worked in a local church hall with a group. When it was over the four Franciscan priests who live there came and asked if I would teach them the same thing. They couldn't believe the change in the people present at the end of one day. So I worked with their community for a day. My next plan is to work with our HIV patients in their Post-Test Clubs, which means I can reach quite a number of people in the slums quickly. For the 20 staff in my clinic I offer a class once a week and they absolutely love it. I now plan to meet with a women's NGO to organise some work with women's groups. I'm also working on offering a mobile HIV management service to two prisons. If that works out there will be great potential to offer Capacitar in the prisons where there is immense need. It is all working really well and I love it!

Antoinette Gasibirege, SH, & Gilbert Mutagombwa (*Antoinette is Founder/Coordinator of Capacitar Rwanda. Gilbert is Assistant Coordinator.*)

Rwanda

Byumba, Gihembe Refugee Camp: We recently taught Capacitar to 30 teachers at the refugee camp who work with 800 Congolese children born of mothers who have lived as refugees for 12 years in Rwanda. As teachers most deal with high levels of depression and anger in the camp.

Anglican Church, Byumba: Eighty people who were fired from jobs in psychosocial therapy because of lack of certification participated in our workshop to prepare them for the stress they face with unemployment.

Genocide Memorial Week, Byumba: Before the month of April commemorating the genocide, we prepared a group of 30 people in how to use Capacitar healing skills as they work with exhumations, counseling and supporting people who are triggered or retraumatized during the memorials.

Mentoring of Organizations: We recently visited and mentored 7 organizations who are using Capacitar with HIV, the mentally disabled, trauma work, work with widows and orphans and with community development.

As Capacitar continues to grow in Rwanda we have received Invitations to work with HAGURUKA, an organization focused on human rights for women and children; from Partners in Health, who want training for doctors working in the hospital; from UMUSEKE, for staff who offer outreach to street children; and from ARCT, Association of Rwandan Trauma Counselors. We will also give a presentation on Capacitar to the National Conference on Unity and Reconciliation for people working with trauma.

Pat Cane (*Capacitar Founder/Director & International Trainer*)

North Wales

Penmaenmawr: The first Welsh workshop was offered at Noddfa Retreat Center to 35 men and women from Wales, Liverpool, Essex, Cheshire, Leeds, and different parts of Wales and Northern England. Participants included those working with caregiving, hospice, domestic violence, refugees, persons with disability, dementia, young families and children. A second workshop is scheduled for January, 2011.

Scotland

Glasgow: Ten people recently completed the first Scotland in-depth training. Participants included people working as spiritual directors at 3 retreat centers in Scotland, with a center for refugees and the tortured, and with youth programs for the Quaker community in Edinburgh. A second cycle of training is planned to start in October 2011.

England

Hammersmith: Seventeen participants completed the second England in-depth training. A third cycle will start in May 2010. The Sacred Heart Sisters are now using Capacitar in Duchesne Care Center as part of their program of care for the elderly sisters.

Ireland

Tullow: Twenty-five people from Cork, Sligo, Dublin, Clare, Waterford, Limerick, Tallaght, Wexford, Dundalk and other parts of Ireland completed the in-depth training at Teach Bride, Tullow. A 10th cycle of training is scheduled to start in Cork in May.

Texas/Mexico

El Paso/Juarez A training sponsored by Centro Mujeres Esperanza started in January with 34 participants from El Paso, Juarez, Chapparral, Fort Hancock, Ruidoso and Anthony. A training will also be offered in Juarez hosted by the SSSF Franciscan community. In the first 3 weeks of January, 140 people had already been killed in Ciudad Juarez, and the drug cartel brutality continues to mount daily at the border and throughout Mexico.



Uganda: Headholds alleviate headaches, flashbacks, violent memories and emotional pain.

Joan Condon (*Capacitar Special Projects Coordinator & International Trainer*)

Central America—Research & Reflection Project

In February, Capacitar gathered information in Central America on the impact of Capacitar tools as part of the Research and Reflection project. In Guatemala I interviewed Maribel Pérez, who shares Capacitar with groups in the capital, Laura Morales Chitic, Carlos Enrique Mendoza Morales and Luciano Laynez of the Barbara Ford Peace Center, Teresa Samoya of CARITAS and Marta Juana Tojin León & José Mario López Ixiyoy of the Ajkemab'rech K'aslemal Association. In Honduras, I talked with domestic violence counselors and leadership at the Women's Center for Peace Visitación Padilla, including Gladys Lanza, the national coordinator. In Nicaragua, I interviewed people at CANTERA, where Capacitar was born. This included doctors and promoters in the natural medicine project that incorporates Capacitar in its work, as well as director, Sr. Anabel Torres. Everyone reported positive personal change using Capacitar tools and each organization is integrating these tools into the work they do with the people in their countries.

El Salvador

San Salvador: In January, 18 people graduated from the Capacitar in-depth Training in San Salvador. Fourteen of the participants were from El Salvador, 3 from Guatemala and 1 from Nicaragua. Participants also included young women who are completing training as psychologists.

Mary Litell, osf (*Capacitar International Trainer*)

Nicaragua

Managua: In-depth training was offered at Cantera for staff working throughout Nicaragua. Capacitar has collaborated with Cantera as a sister organization since its founding in 1988.

California

San Francisco: Another cycle of training is being offered at St. Anthony Foundation in the Tenderloin. Past participants have included persons working in outreach to people in need throughout California.

Chile

Santiago: Capacitar International is collaborating with Capacitar Chile in a Trauma Healing & Transformation training for professionals and grassroots leaders who will offer outreach to communities traumatized by the devastating earthquakes and tsunami, as well as the past trauma of political violence. I will be leading this effort along with Judy Ress and the team in Chile.

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Middle East Network

Lora Hillel

Asmahan Mansur

Gifts Made In Honor of

Mary Litell, osf • Ren Austing

Gifts Made In Memory of

Martha Rebmann • Tom Condon • Sr. Jean Kirkpatrick RSCJ • Janet Mac Lean • Kay Smeaton

FAREWELL & WELCOME

With love and gratitude we say farewell to Sr. Sheila Novak, SDS, (left) who has served as Capacitar Coordinator since 2005. Sheila is moving to the San Diego area to run a safe house for victims of human trafficking.

We warmly welcome Rita Kennedy as our new Office Coordinator.



CAPACITAR Calendar—2010

2010

- Apr 19-23 Bethlehem workshops
- Apr 26 Ramallah workshop for social workers
- Apr 29-30, May 1 Training 1 Israel, Capacitar Middle East Network
- May 7 Presentation, Mediation & Conflict Dept, University of Ireland, Maynooth
- May 8 Gathering Capacitar Ireland Tutors, All Hallows, Dublin
- May 11-12 Training 1, Northern Ireland
- May 15-16 Training 1, Cork, Ireland
- May 22-23 Training 1, Hammersmith, London, England
- Jun 4-6 Training 2 Center to BE, Milwaukee, Wisconsin
- Jun 8 Keynote & workshops, Nevada Symposium, Maine-Dartmouth Family Medicine, Maine
- Jun 11-13 Training 2 La Casa de Maria, Santa Barbara, CA
- Jun 19-20 Bi-Lingual Training 1, Watts, CA
- Jun 25-27 Training 3 San Francisco, CA
- Jun 25 Training 2 Juarez, Mexico
- Jun 26-27 Bi-lingual Training 3, El Paso, Texas
- Jul 8-10 Trauma Healing Tr 2-Butare, Rwanda
- Jul 11-12 Rwanda Team Refresher Training 1
- Jul 15-17 Trauma Healing Tr 2 Butare
- Jul 22-24 Training 1, Kampala,
- Jul 29-31 Training 1, Kampala, Uganda
- Aug 13-15 Enneagram Energy Training, Presentation Center, Los Gatos, CA
- Aug 23-25 Training for leaders in conflict zones, Panama City, Panama
- Aug 27 Training 3 Juarez, Mexico
- Aug 28-29 Bi-lingual Training 4, El Paso, Texas
- Sep 10-12 Training 3 La Casa de Maria, Santa Barbara, CA
- Sep 11-12 Connecticut/Massachusetts Training 1
- Sep 13-15 Retreat, Restorative Justice Staff, Diocese of Los Angeles, CA
- Sep 17-19 Training 3 Center to BE, Milwaukee, Wisconsin
- Sep 24-26 Training 4 San Francisco, CA
- Sep 24-26 Bi-Lingual Training 2, Watts, CA
- Sep 24-26 Enneagram Energy Training, Teach Bride Retreat Centre, Tullow, Ireland
- Oct 2-3 Training 2, Hammersmith, London, England
- Oct 5-6 Training 2, Northern Ireland
- Oct 9-10 Training 2, Cork, Ireland
- Oct 12-18 Workshops & Presentations, Cape Town, South Africa
- Oct 19-25 Workshops & Presentations, Port Elizabeth, South Africa
- Oct 26-29 Workshops & Presentations, East London, South Africa
- Oct 30-Nov 3 Workshops & Presentations Johannesburg, South Africa
- Nov 16-23 Workshops/Trainings, Bethlehem
- Nov 25-27 Training 2, Israel, Capacitar Middle East Network
- Dec 3-5 Training 4 Center to BE, Milwaukee, Wisconsin
- Dec 4-5 Connecticut/Massachusetts Training 2
- Dec 10-12 Training 4 La Casa de Maria, Santa Barbara, CA
- Dec Nicaragua Dance Retreat, CANTERA

2010-2012 Trainings—Multicultural Wellness Education

• Milwaukee, WI Center to BE, Marjorie Wilbur (414)672-5932 mwilbur.centertobe@sbcglobal.net

2010 Training: Mar 12-14 Jun 4-6 Sep 17-19 Dec 3-5 CEUs—Marian College

2011 Training: Mar 11-13 Jun 3-5 Sep 9-11 Dec 2-4

• Santa Barbara, CA La Casa de Maria, Juliet Spohn Twomey 805-969-5031 juliet@lcmdm.org

2010 Training: Mar 19-21 Jun 11-13 Sept 10-12 Dec 10-12 CEUs

2011 Training: Mar 18-20 Jun 10-12 Sept 16-18 Nov 18-20

• San Francisco, CA Mary Litell, Angelina Cahalan 415-592-2727 capacitarSF@gmail.com

2010 Training: Jan 29-31 Mar 12-14 Jun 12-13 Sep 11-12 Dec 4-5

• Connecticut/Massachusetts: Rocio Chang, Ph.D. rchangv@yahoo.com

2010 Training: Sep 24-26 Dec 4-5 2011 TBA CEUs

• Ireland Kathleen Day ijs cap.ireland@eircom.net

Cork Training 2010: May 15-16 Oct 9-10 2011: Feb 5-6 May 7-8

• Northern Ireland Ann Brady bradyann@hotmail.com, Paulacarron@hotmail.com

Training 2010: May 11-12 Oct 5-6 2011: Feb 8-9 May 10-11

• London, Hammersmith, England Margaret Wilson RSCJ, Ann Avery capacitarengland@gmail.com

Training 2010: May 22-23 Oct 2-3 2011: Feb 12-13 May 14-15

• Glasgow, Scotland Ali Newell, alinewell@aol.com James Kirk james.p.kirk@btinternet.com

Training 2011: Oct 22-23 2012: Jan 28-29 May 19-20 Oct 6-7

• Rwanda Trainings Antoinette Gasibirege, agasibirege@gmail.com capacitarwanda@yahoo.fr

Butare 1-2010: Jul 8-10 2011: Feb 17-19 Butare 2 2010: July 15-17 2011: Feb 24-26

• El Salvador capacitar@elsalvador@yahoo.com, 2010: Jul 24-25 Oct 30-31, 2011: Jan 29-30 May 7-8

• Israel/Palestine training: Lora Hillel, Asmahan Mansur capacitarmiddleeastnetwork@gmail.com

2010: April 29-30, May 1 Nov 25-27 2011: Mar 3-5 June 16-18

• Uganda, Kampala Hilda Bamwine hilda.bamwine@gmail.com capacitaruganda@gmail.com

Training 1-2010: Jul 22-24 2011 dates TBA Training 2-2010: Jul 29-31 2011 dates TBA



April, 2010

Dear Friends,

Special greetings to you this Springtime. As our earth buds forth with signs of new growth and hope, we are all still reeling from images of disaster in Haiti and Chile, and from violence in the Middle East, Juarez and border communities. This is an intense time for Capacitar as invitations arrive asking us to respond in compassion and solidarity to the people affected by these global traumas. More than ever Capacitar needs your help!

In May Capacitar will begin an intensive trauma healing training in Chile to form a team of women and men who will work with the traumatized in places most devastated by the February earthquake and tsunami. When the moment is right we also plan to work in Haiti offering Capacitar healing methods to health teams and development efforts. Our Emergency Kit of Best Practices in Haitian Creole can be downloaded from our website, and a Capacitar Haitian Creole Manual is available through our office. In April we start our first in depth training in the Middle East bringing healing tools to all sides of the conflict. Workshops are scheduled for West Bank Palestinian groups in Bethlehem and Ramallah, as well as for Israeli groups near Nazareth coordinated by our Capacitar Middle East Network. Trainings continue in Rwanda, along with additional team development to form trainers who can offer outreach to the many organizations who are now interested in Capacitar. Our Capacitar Manual for Children and Teachers is being translated into Kinyarwanda because of the interest among teachers and groups working with orphans. Later in the year we will also collaborate with groups working in conflict zones in Colombia and Panama. And in Ciudad Juarez and El Paso, Texas, we are committed to training grassroots community leaders who live and work amidst the daily violence of the drug cartel warfare.

Your support will help Capacitar offer programs and trainings in the US and other areas:

- Multicultural Wellness Trainings in the US (California, Wisconsin, Texas, Connecticut), Europe (Ireland, Northern Ireland, Scotland and England), Latin America (Nicaragua, El Salvador and Brazil)
- Work with Latina caregivers and health promoters in California and in border communities in El Paso TX/Juarez
- Continued collaboration with the Restorative Justice Program in Los Angeles and with the Presentation Learning Center in Watts, CA
- Trauma Healing Trainings for Palestinian and Israeli groups in the Middle East
- Trauma Healing and Leadership Trainings in Rwanda, with outreach to Burundi and Congo DRC
- Continued workshops for people suffering from HIV/AIDS and for their caregivers in East Africa and Nigeria
- Trainings for groups affected by violence and AIDS in Uganda
- First outreach to groups working in Juba and Southern Sudan
- Production of Capacitar manuals in Spanish and Kinyarwanda, and basic materials in French, Arabic and Hebrew.

At this time when all small nonprofits are feeling the effects of the financial crisis, we again ask you to share your resources so that Capacitar can continue to empower the lives of those living in some of the most desperate places. Your contribution to Capacitar is multiplied many times over through the multiplier effect of our approach. Thank you for your generous support and prayer. Together we can realize our mission of healing ourselves, healing our world.

In peace and solidarity,

Pat Cane

Capacitar International Founder/Director