Healing & Recovery in Places of Disaster—Patricia Mathes Cane, PhD, Capacitar Founder/Director

It is painful to watch the news these days with so many people around the world suffering from war, violence, abuse and disaster. As an organization committed to healing, Capacitar recognizes that peace and recovery must start within ourselves as individuals, as well as within the community. This newsletter shares Capacitar’s recent work with people in Korea, Mexico, Haiti, Panama, Japan and the Middle East where grassroots groups are bringing hope and healing to their people. In the words of Roger Walsh, MD: “Our world is in desperate need of healing. But it also rests in good hands, because it rests in yours. And in you rests the Source of all healing, and all that is needed to awaken you and the world.” (Essential Spirituality. NY, Wiley & Sons: 2000)

Korea: Response to a National Trauma

The Sewol Ferry disaster in April impacted the people of South Korea with profound grief, shock, depression and rage. As the world helplessly watched the ferry sink, the captain and members of the crew abandoned ship leaving hundreds of people trapped. Among the 304 passengers who died were 250 Dawon High School students who were on a holiday. The state auditor described the calamity as a “man-made disaster” created by negligence, corruption and greed.

To respond to the national tragedy Capacitar was invited to lead trauma healing and self-care trainings in collaboration with the Korean Center for Nonviolent Communication in Seoul. Over 330 men and women came to the Capacitar trainings and presentations. Participants included members of the nonviolent communication community, facilitators, university professors, teachers, psychologists, social workers, religious, trauma counselors, nurses, medical professionals, police, those working in restorative justice, persons working to heal sexual and gender violence, and community leaders. Dates are set for followup Capacitar trainings for Korea in July, 2015.

Participants share a head hold for trauma at the training in Seoul—June 2015

Director Katherine Singer and staff of the Korean Center for Nonviolent Communication

The Capacitar 2-day training for 150 participants representing many Korean grassroots and community organizations

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Mexico: Chihuahua Office of Human Rights for Women & Families of the Disappeared

According to official statistics, since December 2006 when the war on drugs began in Mexico, over 26,000 persons have disappeared, one million people have been displaced from their homes and communities, and 46,000 have been murdered (60,000 according to Human Rights Watch). Along with political and drug cartel violence, many women and children also deal with domestic violence, rape and incest. In the midst of all this, a number of courageous organizations work in their communities to defend human rights and to support families whose loved ones have been disappeared.

In early July, Capacitar started a 3-module training in collaboration with CEDEHM, the Chihuahua Office of Human Rights for Women. Over 62 women and men representing 26 groups from different parts of Mexico participated in the training that focused on trauma healing and self-care for activists. Participants included: human rights lawyers and activists, social workers, psychologists, nurses, doctors, medical professionals, those working for indigenous rights, trauma counselors, religious, holistic healers, those working with gender violence, citizens networks, and a member of Peace Brigades International. During the year of training, participants are committed to use the Capacitar methods and practices for themselves and with their communities. One young man, Alan, whose father was disappeared, works with hundreds of youth in his community. With tears Alan spoke of his desire to share what he learned to help youth stay out of gangs and avoid violence.

Ema Muñoz, a member of the Families of the Disappeared, described her tragic experience. In June 2011, black-hooded gunmen with connections to the local police, arrived at her home in Anáhuac as her family was celebrating Father’s Day. With violent threats the gunmen took away eight male family members, aged 21 to 61, including Ema’s husband, sons, brother and nephews. The men have not been found to this day. In the midst of her suffering and with the encouragement of the human rights community, Ema Muñoz created the striking mural below for a wall in the Chihuahua CEDEHM office.

The truth of our people is found, not in its present of oppression but in a future of freedom

Ema Veleta Muñoz with family members Luisa and Fernando showing the photos of their loved ones who were disappeared in 2011
Haiti: Outreach to Communities Impacted by Violence

Capacitar Special Projects Coordinator Joan Condon facilitated trainings in Haiti in March, June and July of this year. One was held for 22 ODELPA women who had completed a 3-part training in 2013. Most of the women not only continue to use the techniques for themselves but also share them with others. In March, the first module of the Trauma Healing and Transformation training was offered to 15 men and women in Bolosse, a very violent neighborhood in Port Au Prince. Episcopal priest Pere Frantz Cole of Notre Dame Parish is coordinating this group. In June, a 1-day workshop, sponsored by the Federation of Haitian Mayors, was held for 15 men and women. Participants included staff of the Mayors Federation, engineers, students, an accountant and a mechanic. A refresher course was also held for 24 men and women who had completed the 3-module 2013 training. The 2-day course was held in collaboration with CRAD, the Center for Research and Development.

Panama: Work with Gender Violence and Human Rights

In March, Capacitar Panama Coordinator Alibel Pizarro convened a 2-day seminar for 42 psychologists, social workers, lawyers and community leaders sponsored by UNFPA, CEASPA, and CELIM. Participants represented over 20 NGOs and Ministries from many parts of Panama. The program included presentations by leading lawyers and psychologists on the current reality of gender violence in Panama. A trauma healing training was offered by Capacitar Founder Pat Cane with practices for use with clients and for self-care for professionals and activists.

Japan: Work to Heal Tsunami Trauma and Domestic Violence

In April, Capacitar inaugurated its first Trauma Healing Trainings facilitated by Pat Cane in Tokyo and Ishinomaki, and coordinated by the Capacitar Japan team, Yuko Endo, Kathleen Reilley, MM, and Eiko Maki, CSJ. Besides the 2 trainings, 17 workshops were also offered to over 300 people in Fukushima Prefecture, Sendai, Ishinomaki, Tome Miyagi Prefecture, Kamaishi in the Asian Rural Institute and with groups in Tokyo. Participants included: religious, staffs of Caritas, tsunami survivors and elderly in day care centers and temporary housing, evacuees affected by Fukushima radiation; Resilience staff working to heal domestic violence, persons dealing with mental illness in a WRAP program in Sendai; patients, psychiatrists, nurses and staff at a psychiatric hospital; and staff and persons at a youth support center. Trainings will continue in November 2014 and in 2015.

Israel & Palestine: Creating Circles of Peace and Healing through the Capacitar Middle East Network

As the violence in Gaza continues, Capacitar groups in the region are working to promote peace and understanding. In June, Azhar Naseraldin gathered Arab and Jewish women in her Druze pre-school and home to share Capacitar practices with her family, friends and pre-school community in Osafia. The Capacitar advanced training group also met there to share experiences and to learn new practices. Two new cycles of training are planned to start in November 2014 and to run through 2017. For training dates see the Program Calendar on page 4 of the newsletter.
CAPACITAR Calendary—2014-2015

2014
• Aug 18-22 Trainings in Panama City, Panama
• Aug 26-28 Trainings Barbara Ford Peace Center, Quiché Guatemala
• Sep 3 Advanced Formation 1 El Paso, Texas
• Sep 4-5 Training 1 Juarez, Mexico
• Sep 6-7 Training 1 El Paso, Texas  • Sep 6 Advanced Formation 1 Juarez
• Sep 12-14 Training 3 La Casa de Maria, Santa Barbara, CA
• Sep 27-28 Training 2, University of Edinburgh Chaplaincy, Scotland
• Sep 29 Advanced Training 2 The Bield, Perth, Scotland
• Oct 1-2 Training Nodoba, Penmanfirmaw, Wales
• Oct 8, 9 Southern and Western Library & Education Board workshops, Northern Ireland
• Oct 9-13 Trainings in Bali, Indonesia
• Oct 11-12 Training 4 Nano Nagle Centre, Ballygriffin, Ireland
• Oct 18 Capacitar Benefit Dinner, Santa Cruz, CA
• Oct 20-31, Nov 1-2 Trainings in Argentina: 10th Anniversary Celebration Capacitar Argentina
• Nov 7-9 Training 4 La Casa de Maria, Santa Barbara, CA
• Nov 13-18 Workshops for NGOs, Domestic Violence in Tokyo and Yokohama, Japan
• Nov 19-20 Training 2, Ishinomaki-Tohoku tsunami area of Japan
• Nov 22-23 Training 2, Tokyo, Japan
• Nov 27-29 Training 1 Capacitar Middle East Network, Israel
• Dec 5-8 Workshops in Bethlehem, Palestine

2015
• Jan 6-7 Training 1 Hidalgo, Mexico
• Jan 9-11 Training 2 Office of Human Rights for Women, Chihuahua, Mexico
• Jan 14 Advanced Formation 2 El Paso, Texas  • Jan 15-16 Training 2 Juarez, Mexico
• Jan 17-18 Training 2 El Paso, Texas  • Jan 19 Advanced Formation 2 Juarez
• Jan 22-26 Trainings in Bali, Indonesia
• Jan 31-Feb 1 Training 1 St. Anthony’s Priory Durham, England
• Feb 6 Advanced Formation 2 Barat House, Roehampton, London
• Feb 7-8 Training 3 Barat House, University of Roehampton, London, England
• Feb 14-15 Training 3, University of Edinburgh Chaplaincy, Scotland
• Feb 16 Advanced Training 3 The Bield, Perth, Scotland
• Feb 20-21 Capacitar workshop, Sophia Center, Holy Names University, Oakland CA
• Feb 23-Mar 6 Peru trainings and workshops, San Juan de Lurigancho and Lima, Peru
• Mar 13-15 Training 1 La Casa de Maria, Santa Barbara, CA
• Mar 20-22 Training 1, Consorito de la Mujer, Oaxaca, Mexico
• Mar 25 Advanced Formation 3 El Paso, Texas  • Mar 26-27 Training 3 Juarez, Mexico
• Mar 28-29 Training 3 El Paso, Texas  • Mar 30 Advanced Formation 3 Juarez
• Apr 16-20 Trainings in Bali, Indonesia
• Apr 12-24 Workshops in Kabul, Afghanistan

(See www.capacitar.org for other dates in 2015)

2014-2016 Trainings—Multicultural Wellness Education
• Santa Barbara, CA La Casa de Maria, Julia Spohn Twomey 805-969-5031 juliet@lcm.org CEUs
  2016 Training: Mar 18-20  July TBA  Sep 9-11  Dec 9-11
• San Diego CA/Tijuana/Tecate Mexico Monica Santos advancingstudentsforward@gmail.com
  Capacitar en la Frontera ElPaso/Juarez MX capacitar frontera@gmail.com
• Chihuahua/Satillo Trauma Healing Training: educacion.cedehm@gmail.com
  2014 Training: Jul 4-6  2015 Training: Jan 9-11  Apr 29-31
• England: London Mari McClad capacitarlondon@gmail.com
• England: Durham Rev. Paul Golightly info@st安东尼sPriory.co.uk
  • Durham St. Anthony Priory Training 2015: Jan 31-Feb 1 May 23-24  Sep 26-27  2016: Feb 6-7
• Edinburgh, Scotland: Ali Newell James Kirk Shirley Gillian capacitarcotland@gmail.com
• Capacitar Middle East Network Lora Hillier Ibrahim@gmail.com Ronit Zur ronitzur123@gmail.com
• Seoul, Korea 2015 Trainings & Workshops: July 22-30

Gifts Made In Honor of
Joan Condon  • Pat Cane  • Rita Jovick PBVM
Gifs Made In Memory of
Martha & Andrew Rebmann  • Tom Condon  • Dorothy Bengtson
Dear Friends,

Greetings to you this summer. It has been a difficult time everywhere we turn with wars, violence and disasters raging around the world. In the midst of all this tragedy, Capacitar’s work is never done!

As we try to respond to requests for workshops and trainings in places of need, your support will empower us to do that. Your donation will make possible:

• Multicultural Wellness Trainings in 15 countries in the US, Latin America, Europe, Africa, Asia and the Middle East
• Work with Latino caregivers and health promoters in US/Mexico border communities and with refugee groups
• Trauma Healing & Leadership Trainings in Rwanda, Uganda, DR Congo, South Sudan, Kenya, East Timor & Indonesia
• Outreach to refugee communities and detention camps through Capacitar en la Frontera
• Trauma Healing Trainings for survivors of the earthquakes in Haiti and in Japan
• Translation and development of teaching materials in different languages.

You are an important part of our Capacitar global network and we cannot do this work without you! We are deeply grateful for your generous donations and prayerful support. Together we are committed to the mission of healing ourselves and healing our world.

In peace and solidarity,

Pat Cane
Capacitar International Founder/Director