



Healing Ourselves, Healing Our World — Patricia Mathes Cane, Ph.D. Founder/Director

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
26 countries.

"Love wholeheartedly, be surprised, give thanks and praise—then you will discover the fullness of your life." These words of Br. David Stendl-Rast embody the meaning of healing and transformation envisioned by Capacitar. Often we are asked if we get depressed by working in places of great trauma and violence. Rather than hopelessness and depression, our work inspires joy and empowerment, as people awaken to their inner wisdom and the fullness of life. As Capacitar continues to grow in the Americas and in other parts of the world, men and women from many cultures and traditions come to learn skills for use in their own professions and ministries to bring light and healing to the darkness of their communities.

This winter newsletter summarizes some of the remarkable accomplishments of Capacitar teams this past year, work often done with limited resources but with great love and commitment.

During 2006 Capacitar International offered over 120 workshops and trainings to more than 4,500 people in 17 countries and 10 states. (This does not include the hundreds of local trainings led by in-country teams!) Participants in workshops represented over 45 countries and 25 states in the U.S.. Capacitar encourages a popular education multiplier effect, so if each participant shared the practices with at least 10 others, that would mean touching the

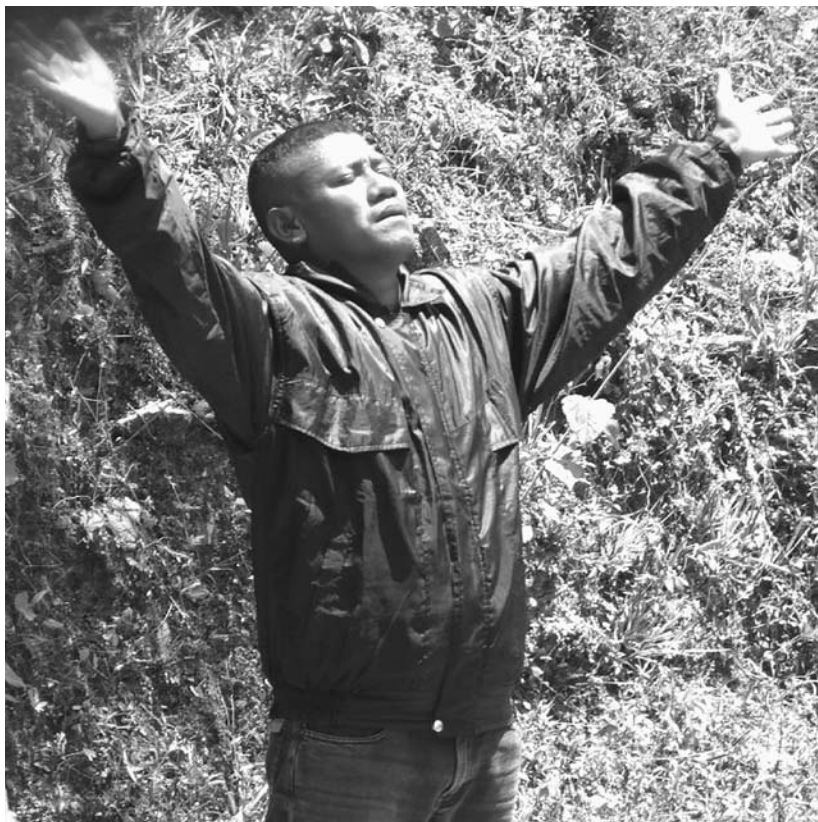
lives of nearly 50 thousand people.

This has been a year for opening doors in new places. Capacitar offered its first workshops in three countries: Rwanda (Butare, Cyangugu, Kibuye and Kigali), England (Hammersmith and Crawley) and Canada (Toronto and Victoria). In-depth trainings are scheduled in 2007-2008 in two of these countries. We also anticipate starting work in West Africa in 2007 (Nigeria and Liberia).

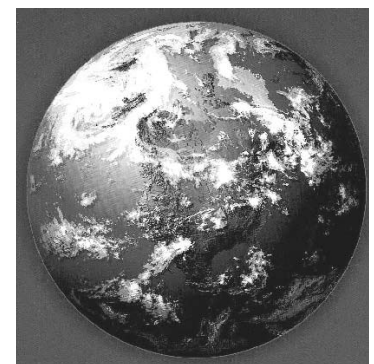
Teams in South Africa and Ireland/Northern Ireland obtained NGO nonprofit status and have developed Capacitar courses to be certified in their countries. And each of these countries is also doing outreach to other places in their regions.

In July 2006 Capacitar hosted the first International Gathering at Sophia Center in Oakland, CA with Capacitar representatives from seven countries sharing their experiences. A Capacitar 20th Anniversary International Gathering is scheduled for July 20-23, 2008 to be held at La Casa de Maria in Santa Barbara, California.

In this season of light transforming the darkness, we are all called to be part of a deeper healing and transformation of the human family. May we risk to follow in the spirit expressed by poet Corrine DeWinter: "To open one's heart unashamedly even when we are uncertain, is to truly live, to believe in what is not immediate or sure, to take faith and say: I trust in where you will bring me!"



Vicente—East Timor workshop October 2006



*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, from UN Prayer of Sabbath

CAPACITAR 2006



Indonesia



Guatemala



Ireland



South Africa



England



Colombia/El Salvador



Botswana



Rwanda



Northern Ireland



Santa Barbara, California



El Paso, Texas



2006 Board & Staff—Capacitar International

Top Photos: Linda from Aceh, Indonesia Workshop with Joan Condon & Nina Jusuf, October Guatemala team training with Pat Cane, Quiché, Utz, K'aslemal, August Capacitar Ireland coordinator, Kathleen Day ijs at Crawley, England workshop, September Capacitar International Board and Staff at first International Gathering, Oakland, CA, July *Row 2:* So. Africa Natl. training with chair Felicity Gibbs, co-chair Sharon Johnson, October Capacitar workshop in Hammersmith, England with coordinator Margaret Wilson, October *Row 3:* Colombia training with Capacitar El Salvador team—Leonor Sancez, Pat Farrell Botswana AIDS youth leaders and Capacitar Botswana team, Pat Huit, Francoise Horenburg Trauma training in Rwanda with Antoinette Gasibirege and Genevieve van Waesberghe, June *Bottom Row:* Healing trauma with the labyrinth, Northern Ireland, Banbridge, September Capacitar retreat with the La Casa de Maria Staff, Santa Barbara, March Award from Texas Congressman and Cancer Council, Isabel Olague, Pat Cane, El Paso, April

Capacitar has Teams, Partners and/or Multipliers in:

- **UNITED STATES:** Arkansas, California, Colorado, Florida, Iowa, Illinois, Kentucky, Massachusetts, Minnesota, Mississippi, Missouri, New Mexico, New York, Ohio, Oregon, South Dakota, Texas, Virginia, Wisconsin
- **CANADA:** Toronto, Victoria
- **CENTRAL AMERICA:** El Salvador, Guatemala, Honduras, Nicaragua
- **SOUTH AMERICA:** Argentina, Bolivia, Brazil, Colombia, Chile, Peru
- **CARIBBEAN/MEXICO:** Belize, Haiti, Dominican Republic, Mexico
- **AFRICA:** So. Africa, Botswana, Swaziland, Lesotho, Tanzania, Kenya, Rwanda
- **ASIA PACIFIC:** East Timor, Indonesia, Sri Lanka
- **EUROPE:** Ireland, Northern Ireland, England

Capacitar Programs

- **Multicultural Wellness Education:** Wisconsin, California, South Africa, Ireland, Northern Ireland, Rwanda
- **Trauma Healing & Transformation:** California, Rwanda, Southern Africa, East Timor, Indonesia, Colombia, Central America, Sri Lanka
- **Healing Ourselves, Healing Our World:** basic workshops offered in 27 countries since 1992
- **Capacitar for Children:** for teachers, children and schools in U.S., Indonesia, East Timor, No. Ireland, Ireland and the U.S.
- **Living in Wellness Programs:** Southern and Eastern Africa, US
 - For Caregivers, Families & Persons with HIV/AIDS
 - For Caregivers, Families & Persons with Cancer
- Consultation, Retreats, Individual Programs
- Regional/National & International Gatherings

See website for a detailed list of partners, programs, and materials: www.capacitar.org

Capacitar International offered in 2006:

120 workshops to
4,500 participants
in 17 countries & 10 States.
Participants represented over
45 countries, 25 states.
Hundreds of local workshops
were also offered by in-country
teams to many thousands of
participants.

Awards Received:

- Texas Congressional Award for Cancer work in El Paso TX
- Rotary International Paul Harris Fellow Award from Cape TownSouth Africa

First Work in 3 Countries:

- **Rwanda** (Butare, Cyangugu, Kigali, Kibuye)
- **Canada** (Toronto, Victoria)
- **England** (Hammersmith, Crawley)

New NGO/Nonprofit Status:

- **Capacitar South Africa**
with board and trainers representing 5 regions of South Africa.
- **Capacitar Ireland**
with board and trainers representing regions in both the North and the Republic of Ireland.

Capacitar's Manuals

- **Trauma Healing & Transformation**
(English, Spanish)
- **Capacitar Manual** (Spanish, English, Indonesian, Tetum, Swahili, Haitian Creole)
- **Capacitar for Children** (English)
- **Living in Wellness Series:**
For Families, Caregivers and People with HIV/AIDS (English, Setswana)
For Families, Caregivers and People with Cancer (English, Spanish)
For Trauma Healing (English, Spanish, French, Kinyarwanda)

DVDs:

- **Capacitar for Kids**
- **Capacitar Practices**

Capacitar in Santa Barbara County

—Kay Turbak, MFT, ADMHS Capacitar Coordinator

Wellness is a core value of the Santa Barbara County Department of Alcohol, Drug and Mental Health Services (ADMHS). Twenty-six men and women recently completed the year-long training in Multicultural Wellness Education. The following summary shows Capacitar's positive impact on training participants, the people they serve and the ADMHS system.

- Stress reduction for Dept. of Social Services Caseworkers in Santa Barbara and Lompoc
- Capacitar classes for Lompoc Adult Mental Health Clinic Staff; also to be offered to Santa Maria Outpatient Staff & Lompoc Drop-In Center leaders & clients.
- Capacitar wellness techniques incorporated into existing 10-week WRAP groups at Lompoc and Santa Maria clinics
- Capacitar techniques incorporated into 10-day CARES Training Academy for new crisis and intake team.
- "Gift of Wellness" group for stress reduction and wellness of clinical & support staff at Santa Maria Children's & Adult Clinics.
- Weekly group for reduction of anger, depression, anxiety and increased self-awareness and self-esteem for 14-17-year-old students at Villa Esperanza CEC.
- Wellness and self-care for adult mental health clients at Fellowship Club in Santa Barbara.
- Stress reduction for clients in acute phase of mental illness at Psychiatric Health Facility (locked inpatient unit); stress reduction and physical fitness for staff.
- Self-care, stress management, and improved well-being for ADMHS Senior Management Team, Management/Executive Team, and Administrative Managers.
- Self-care for 10 to 15 CADA Program Managers at monthly meetings & Restorative Policing Team Crisis Intervention Training.
- Reduction of stress and physical pain, improved wellness for Project Recovery Outpatient Recovery Alcohol and Drug Treatment Program
- Improved self-care and awareness of somatic component to trauma recovery for 6 to 8 MFT Interns and Supervising MFTs at Domestic Violence Solutions
- Monthly training for 10 Health Program Center staff.
- Individual sessions for self-healing, empowerment, managing stress, and managing pain during labor for pregnant women in the Comprehensive Perinatal Service Program.
- "En Busca De Una Buena Salud"- weekly class for increased self-esteem and self-sufficiency for Latino mothers.
- Stress reduction for staff members at Santa Maria Valley Youth & Family Center, and stress reduction and assistance with PTSD symptoms for families.
- "Self Care for Caregivers" at Arlington Day Treatment.
- Stress and anxiety reduction and self-healing for Community Independent Living clients – adults with serious mental illness at Chino St. Apartments.
- Capacitar techniques integrated into existing weekly "Healthy Choices" Diabetes Awareness Group of adults with serious mental illness at Fellowship Club.
- Stress reduction class for staff at Telecare in Santa Barbara
- Weekly group to promote recovery, abstinence, and improved self-esteem for residents at "A Spiritual Abode: Recovery from Addictions" residential facility.

CAPACITAR Staff, Board and Advisors

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Patricia Mathes Cane, Ph.D.

Capacitar Coordinator

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Sri Lanka

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Ireland-Dublin/Belfast

Toni Ryan

Kathleen Day, ijs

England

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Canada

John Smith

Joan Silcox-Smith

Gifts Made In Honor of

Martha Rebmann • Pat Cane

Gifts Made In Memory of

Karen Horn • Marie Therese Theis, PBVM • Zenaida Paige

John Green • Francis Miller • Fred Nelson • Bernard Bengal

REMEMBER CAPACITAR IN YOUR ESTATE PLAN

Bequests made through your will may be for a specific percentage or sum of an estate.

Gifts of Life insurance - Transfer ownership of a life insurance policy to CAPACITAR.

The legal name is CAPACITAR International, Inc., Santa Cruz, CA.

Gift Capacitar With

Stocks - Shares may be sent to Prudential Financial, 26135 Carmel Rancho Blvd. Carmel CA 93923 (831)625-6890. Capacitar's account number is OWW-961815.

FREQUENT FLYER MILES

Support our outreach to areas of conflict and violence: We need airline tickets to:

Indonesia, East Timor, Southern or Eastern Africa, Asia Pacific (60,000-70,000miles)

Central America, South America (35,000-50,000 miles).

If you can help us with miles for tickets, call the Capacitar office at 831-471-9215.

CAPACITAR Calendar—2007

2007

- January 13 Workshop for Palestinian & Israeli women, La Casa de Maria, S. Barbara
- January 20-21 Training 1 Cork, Ireland
- January 26-27 Training of Trainers 3, Banbridge, N. Ireland
- February 3-4 Training of Trainers 4, Dublin
- February 18-24 Trainings Argentina
- March 2-4 Training 1, Center to BE, Milwaukee, WI
- March 3-4 Boston workshop
- March 9-11 Training 1, Elizabeth Seton Center, New York
- March 10 Capacitar for Teachers & Schools La Casa de Maria, S. Barbara, CA
- March 14-16 Training 1, ADMHS, S.Barbara County Alcohol Drug Mental Health
- March 16-18 Training 1, La Casa de Maria, Santa Barbara, CA
- March 19-31 Trainings 1 and workshops, Butare, Cyanguu, Kigali, Rwanda
- April 19-21 Workshops, El Paso, TX
- April 29-30 Workshops, Johannesburg, Rustenburg, South Africa
- May 2-3 Port Elizabeth AIDS workshop, South Africa
- May 4-6 South Africa National Training of Trainers 2, Port Elizabeth
- May 11-12 Training of Trainers 4, Banbridge, N. Ireland
- May 15 Chrysalis workshop, Wicklow, Ireland
- May 19-20 Training 2 Cork, Ireland
- May 19-21 Training 2, Elizabeth Seton Center, New York
- May 26-27 Training 1 Hammersmith, London, England
- June 1-3 Training 2, Center to BE, Milwaukee, WI
- June 6-8 Training 2, ADMHS, S.Barbara County Alcohol Drug Mental Health
- June 8-10 Training 2, La Casa de Maria, Santa Barbara, CA
- June 18-23 University of Winnipeg, Canada
- July 1-18 Trainings 2 and workshops, Butare, Cyanguu, Kigali, Rwanda
- July 17-26 tentative workshops in West Africa
- Aug 24-26 Training 3, Elizabeth Seton Center, New York
- Sept 7-9 Training 3, Center to BE, Milwaukee, WI
- Sept 12-14 Training 3, ADMHS, S.Barbara County Alcohol Drug Mental Health
- Sept 14-16 Training 3, La Casa de Maria, Santa Barbara, CA
- Sept 22-23 Training 2 Hammersmith, London, England
- Sept 29-30 Training 3 Cork, Ireland
- Oct 5-7 South Africa Team Training 3, Cape Town
- Nov 3-9 Workshops and Trainings, Guatemala
- Nov 14-16 Training 4, ADMHS, S.Barbara County Alcohol Drug Mental Health
- Nov 16-18 Training 4, La Casa de Maria, Santa Barbara, CA
- Nov 30-Dec 2 Training 3, Center to BE, Milwaukee, WI
- Nov 30-Dec 2 Training 4, Elizabeth Seton Center, New York

2007-2008 Trainings—Multicultural Wellness Education

- **Milwaukee, WI** Center to BE, Marjorie Wilbur (414)672-5932 Mwctobe@execpc.com
2007 Training: Mar 2-4 June 1-3 Sept 7-9 Nov 30, Dec 1-2 CEUs —Marian College
2008 Training: Mar 14-16 May 30-31, Jun 1 Sept 12-14 Dec 5-7
- **Santa Barbara, CA** La Casa de Maria, Juliet Spohn Twomey 805-969-5031 juliet@lcdm.org
2007 Training: Mar 16-18 June 8-10 Sept 14-16 Nov 16-18 CEUs
2008 Training: Mar 7-9 June 6-8 Sept 19-21 Nov 14-16 CEUs
- **New York** Elizabeth Seton Center, Arlene Ketchum SC, 212-579-3657
2007 Training: Mar 9-11 May 19-21 Aug 24-26 Dec 1-3
- **Ireland** Kathleen Day ijs cap.ireland@eircom.net
Barbridge-Northern Training of Trainers: 2007: Jan 26-27 May 11-12
Cork Training: 2007: Jan 20-21 May 19-20 Sept 29-30 2008: Feb 2-3
- **London, England** Margaret Wilson RSCJ, margaretwilsonrscj@hotmail.com
Training 2007: May 26-27 Sept 22-23 2008: Feb 9-10 May 10-11
- **South Africa** Felicity Gibbs felicity@mail.ngo.za 083-555-5523
Team Training 2007: May 4-6 Port Elizabeth Oct 5-7 Cape Town

CAPACITAR 20th Anniversary International Conference—July 20-23, 2008

La Casa de Maria, Santa Barbara, California



December, 2006

Dear Friends,

This year has been a challenging one for the human family as we globally face the trauma and violence of our times. Often people remark that given the way things are going, Capacitar is not going to be out of work for a long time to come. We of Capacitar are deeply committed to do whatever we can to be part of the healing process in our world and we ask you to join us with your prayer and support in furthering our vital mission. As we approach the holidays, join the Capacitar family in giving a gift of healing to many who have few material resources, yet whose spirit of love and community remind us all of what is most important at this season.

Your generous support has empowered Capacitar in many ways this past year. International team members Joan Condon and Nina Yusuf have just returned from a month in Indonesia and East Timor where they worked with people from conflict zones, survivors of the violence, and those affected by the tsunami and recent earthquakes. Joan, who has worked in East Timor and Indonesia for the last five years, described how many people were using the Capacitar practices in communities she had previously visited to help them deal with the daily challenges of violence, poverty and natural disasters. Trainer Mary Litell, OSF, just left for Brazil to train and collaborate with teams who work with people affected by assaults, violence and poverty. Mary will also return to Nicaragua in December to lead her yearly retreat for grassroots groups at Cantera. This past summer I spent a month in Rwanda with Antoinette Gasibirege, SH, and Genevieve van Waesberghe, MMM, offering workshops to over one thousand survivors of the 1994 genocide. We are making plans to return to Rwanda in 2007 and 2008 to train a national team from all parts of the country, as well as people from Burundi, Congo DRC and Uganda. In August I also worked in Guatemala with Mayan mental health workers in Quiché, and in September and October returned to Ireland, Northern Ireland, and South Africa to lead national trainings for teams there.

In 2007 Capacitar plans to offer programs in strategic areas that include:

- Continued trainings for mental health, alcohol, drug and recovery programs in California.
- A workshop for Palestinian and Israeli women who will be visiting La Casa de Maria, Santa Barbara.
- Outreach to communities dealing with refugee and immigrant trauma in the U.S.
- Work with Latina health promoters and mental health workers in California and in border communities in Texas.
- Capacitar for Children programs for teachers and schools in California, especially in communities affected by poverty.
- New trainings in Canada and England especially focusing on groups working with poverty and injustice.
- Continued workshops for people suffering from HIV/AIDS and for their caregivers in Southern Africa.
- First workshops in West Africa in places affected by conflict, genocide, poverty and AIDS.
- Translation and publication of Capacitar manuals in languages for different world areas.

At the end of each workshop we always form a healing circle where we remember you, our supporters, benefactors, families and friends. You are a gift to us, and without you we could not do our work. This holiday season, please consider giving a generous tax-deductible donation to Capacitar that will touch the lives of many people. Thank you for your continued support in realizing our mission of healing ourselves, healing our world.

In peace and solidarity,

Pat Cane

Capacitar International
Founder/Director