Accompaniment: Capacitar Walking with Refugees — Patricia Mathes Cane, PhD, Capacitar Founder/Director

As we witness the multitudes of men, women and children streaming into Europe and across the US/Mexico border, Capacitar teams are committed to reaching out in solidarity to offer practices in trauma healing and self-care to refugees and to those who walk with them. According to the UNHCR 2015 Global Trends Report, *World at War*, worldwide displacement is at the highest level ever recorded. The number of people forcibly displaced at the end of 2014 rose to a staggering 59.5 million compared to 51.2 million a year earlier. "Globally, one in every 122 humans is now either a refugee, internally displaced, or seeking asylum. If this were the population of a country, it would be the world’s 24th biggest."

Capacitar has been involved with refugees and organizations working with them for years in the U.S., Mexico and Central America. We are now being invited to work with groups in Europe and the Middle East. We are also producing a new manual, *Refugee Accompaniment: Capacitar Practices of Trauma Healing and Self-Care for Refugees and Those Who Walk With Them*, to be completed in 2016 and then translated into appropriate languages for use in places of need.

Our inspiration for this focus comes from the work of Professor Mary Watkins, PhD, of Pacifica Graduate Institute. She describes in her essay "Accompaniment", a new psychosocial paradigm growing out of Liberation Theology and Psychology. When we accompany, we walk with others in a process of mutual liberation and empowerment. As we accompany people in their struggle, we "claim the 'open door' available in our consciousness so that the 'possibility of love' can emerge." This love is emerging in many places where Capacitar works (Scotland, England, Italy, Germany, Lebanon, Mexico, the U.S.) as local communities open their hearts to those who have fled the violence of their homelands. In the words of Mary Southard CSJ, "I have a dream that we will become people of honor, tall in spirit, full of reverence for earth and each other." That is Capacitar's hope and dream.

*Kathy Braun SSSF and Richard Sotello SJ sharing Capacitar practices at the men's detention center in El Paso, Texas.*

*I have a dream that we can all be friends. That we will become people of honor, tall in spirit, full of reverence for earth and each other. We will drop our guns and our walls and our greed. Then there will be enough for all and the world will be safe again for children and living things."

— Mary Southard, CSJ, www.ministryofthearts.org
Trauma Healing in South Sudan  — Barbara Paleczny, SSND, PhD

Solidarity with South Sudan recently sponsored Dr. Genevieve van Waesbergh, MMM, to train teams to offer Capacitar workshops in UN refugee camps for IDPs (internally displaced persons) and in the surrounding areas. Cathy Arata, SSND and I, along with other trainers, have gone on to lead more than 25 workshops for men, women, nursing and midwifery students and teachers, in eight of the ten states of South Sudan (Upper Nile, Jonglei, Unity States and Abyei Region) all devastated by war.

Collaborating with Windle Trust and Yei Teachers’ College, we have also recently completed the first phase of the Education in Emergencies Project funded by UNICEF. We gathered 40 qualified teachers from emergency/war areas and taught them basic skills and subjects for six hours daily. I taught them Psychosocial Support and Healing from Trauma. These 40 teachers went forth in groups of 3, gathering 75 unqualified persons in each location and taught them for six hours daily for two months how to teach the same basic materials. The team of specialists supervised and assisted them in the ‘deep field.’ This meant travelling by helicopter, living in tents, sleeping on the ground and eating whatever was available. So 1000 more teachers were prepared to lead Capacitar in areas that have become destitute and shaken by war. For me, it was a great privilege to share peoples’ lives in such a healing and inspiring way.

Nepal: Trauma Healing for Disabled Children  — Han Verhoeven

With disasters, often those who suffer the most are disabled children and their families. Han Verhoeven from the Netherlands, a participant of the 2015 Capacitar London training, was invited by an NGO in Nepal to offer trauma healing methods to survivors of the April earthquake. In preparation for the visit, Trommons volunteers (trommons.org) translated the Capacitar Emergency Kit into Nepali. The following is Han’s account:

After the earthquake in Nepal, I decided to put my Capacitar training into practice. In early October, I offered a 4-day trauma healing training to twenty members of staff at Karuna Nepal, an organization that works on the prevention of disabilities among children and improved quality of life for children with disabilities. At times during the training I consulted with Pat Cane and was coached via text messages. After the training, the twenty participants, in teams of two, went into an area greatly impacted by the earthquake to share the Capacitar practices with adolescents with multiple disabilities and their parents. I was touched by one child in particular. This child had Downs Syndrome and practiced the Holds with his mother. He and his parents were both proud and moved that he could offer such a contribution.
Israel: Capacitar Middle East Network team training in Upper Galilee

Guatemala: Training for Mayan leaders, Barbara Ford Peace Center, Quiché

Scotland: New Capacitar training group at Garden Cottage and The Bield, Perth

Korea: Training for organizations and leaders in collaboration with the Korean Center for Nonviolent Communication, Seoul

Japan: Training for participants from Tokyo, Tohoku and other regions

Indonesia: Walking the labyrinth to heal past trauma

Northern Ireland: Acupressure for teachers

Juarez, Mexico: Training of community leaders

Northern Wales: Workshop for Caregivers at Noddfa
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Korea

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CAPACITAR Calendar—2016

2016

• Jan 11-15 Trainings, Centro de Paz Hma. Barbara Ford, Quiché, Guatemala
• Jan 22-24 Advanced Training, Office of Human Rights for Women, Chihuahua MX
• Jan 29 London Advanced Training
• Jan 30-31 Tr 2, Capacitar London, University of Roehampton, Barat House
• Feb 6-7 Tr 4, St. Anthony’s Priory, Durham, England
• Feb 13-14 Tr 2, Capacitar Scotland, Garden Cottage, Perth, Scotland
• Feb 15 Advanced Formation, The Bield, Perth, Scotland
• Feb 22-Mar 2, Trainings in Kabul, Afghanistan
• Mar 7-10 Trainings, Centro de Paz Hma. Barbara Ford, Quiché, Guatemala
• Mar 12 Advanced Formation, El Paso TX
• Mar 13 Capacitar en la Frontera retreat
• Mar 14 Advanced Formation, Juarez MX
• Mar 15 Strategic Planning Capacitar en Frontera
• Mar 18-20 Tr 1 La Casa de Maria, Santa Barbara CA
• Mar 31-Apr 10 Trainings in Japan—Tokyo, Fukushima, Sendai
• Apr 12-25 Introductory workshops, Beirut, Lebanon
• Apr 30-May 1 Tr 1, Rotary-sponsored training, Tucson, AZ
• May 7-8 Tr 1, Toronto, Canada
• May 14-15 Tr 3 The Bield, Perth, Scotland
• May 16 Advanced Formation, The Bield, Perth, Scotland
• May 20 Advanced Formation, London • May 21-22 Tr 3, London, England
• May 26 Advanced Formation, Israel • May 27-28 Tr 1 Kadalim, Upper Galilee, Israel
• Jun 3-4 Tr 2, Beit Jala, Bethlehem, West Bank Palestine
• Jun 7-23 Africa visit—Rwanda 10th Anniversary, visit to DR Congo, visit to Tanzania
• Jul 1-3 Advanced Formation, Chihuahua, Mexico
• Jul 15-17 T2 La Casa de Maria, Santa Barbara CA
• Jul 30-31 Tr 2, Rotary-sponsored training, Tucson, AZ
• Aug 5-9 Trainings in Panama • Aug 11-13 Trainings in Honduras
• Aug 15-19 Trainings, Centro de Paz Hma. Barbara Ford, Quiché, Guatemala
• Aug 25-Sep 4 Trainings in Japan—Tokyo, Fukushima, Sendai
• Sep 9-11 Tr 3 La Casa de Maria, Santa Barbara CA
• Sep 16 Strategic Planning Capacitar El Paso • Sep 17 Advanced Formation, El Paso
• Sep 18 Capacitar en la Frontera retreat El Paso • Sep 19 Advanced Formation, Juarez MX
• Sep 24-25 Tr 2 Toronto, Canada • Sep 24-25 Tr 1 San Antonio, TX
• Oct 1-2 Tr 4 The Bield, Perth, Scotland • Oct 3 Advanced Formation, The Bield, Perth, Scotland
• Oct 5-6 Nodutta Tr, Wales • Oct 7 Advanced Formation, London • Oct 8-9 Tr 4, London, England
• Oct 14 Advanced Formation, Durham • Oct 15-16 Tr 1 St. Anthony’s Priory, Durham England
• Oct 11-30 Trainings in Afghanistan
• Nov 7-11 Trainings, Centro de Paz Hma. Barbara Ford, Quiché, Guatemala
• Nov 18-19 Tr 2 Kadalim, Upper Galilee, Israel • Nov 21, 23 Trainings Jerin, Ramallah
• Nov 25-26 Tr 3 Beit Shams, Beit Jalla, Bethlehem, Palestine
• Dec 3-4 Tr 3 Rotary sponsored, Tucson AZ • Dec 9-11 Tr 4 La Casa de Maria, Santa Barbara CA

2016-2017 Trainings

• Capacitar Middle East Network Lora Hillel loralih@gmail.com, Ronit Zur ronitzur123@gmail.com
• Perth, Scotland capacitarscotland@gmail.com The Bield and Garden Cottage Training 2016: Feb 23-25 May 26-28 Nov 17-19
• Edge This: Nov 3-4 Feb 11-13 Jun 4-6 Oct 15-17 Advanced Training, Oct 16-17 Feb 11, 2017
• Scottish Advanced Formation: Oct 1-2 Jan 23-25
• Middle East Network: Feb 25-27 May 26-28 Oct 15-17

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Dear Friends,

Greetings to you this holiday season. Now more than ever we are all called to be people of light willing to transform the darkness of our times. As Capacitar teams work to train many around the world, the simple practices we teach are awakening people to use their unique gifts and talents in this effort—healing gender violence in Panama and Japan; empowering women and children in Fukushima and the tsunami zone of Japan; walking in solidarity with refugees at the Texas/Mexico border; healing trauma in war torn areas like Afghanistan and South Sudan.

As Capacitar's work continues to grow in places of need, your support is more important than ever. Your donations will empower Capacitar to do the following:

• New workshops in Lebanon to heal gender violence and to work with Syrian refugees
• Outreach workshops to women's groups and peace groups in Afghanistan
• Trainings for those working with refugees and the detained in the US, Europe and the Middle East
• Multicultural Wellness Trainings in 15 countries in the Americas, Europe, Africa, Asia and the Middle East
• Trauma Healing & Leadership Trainings in Uganda, DR Congo, South Sudan, Kenya, East Timor and Indonesia
• Work with Human Rights Defenders in Mexico, Central America and other world areas
• Work with refugee communities and detention camps through Capacitar en la Frontera at the US/Mexico border
• Trauma Healing Trainings for survivors of the earthquakes in Haiti and in Japan
• Workshops to heal gender violence in Mexico, Central America, Panama and other countries

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 blessings this holiday season,

Pat Cane
Capacitar International Founder/Director