

*Capacitar means “to empower” in Spanish. Capacitar’s mission is to teach body-mind-spirit practices to empower healing, wholeness and peace, both in the individual and in the world*

## Training

### Intended Audience

This training is for people whose professional and/or volunteer work is in service to those who are affected by stress, poverty, physical or mental illness, abuse, trauma or violence. Those in the healing professions, education, ministry, psychology, social work and spirituality are able to apply the lessons of the training immediately to the populations with whom they work.

Through the 4 Modules, participants will develop and experience:

- ❖ Energy practices for use with individuals and groups to release stress and to nourish energy system
- ❖ Tai Chi movements/visualization
- ❖ Breath-work
- ❖ Acupressure points: releasing blocked energy
- ❖ Finger holds for managing emotions
- ❖ Emotional Tapping Protocols
- ❖ Pal Dal Gum
- ❖ Head Neck Shoulder Release
- ❖ Trauma Theory and Research
- ❖ Energy Field Theory and Practices
- ❖ Application of Methods to Groups
- ❖ Training Practicum/Peer Mentoring
- ❖ Discussion of background reading
- ❖ Time for interchange

### How Capacitar Works

This training will share research, methodology, field experiences and body-mind-spirit practices found to be effective in working with persons and communities, as well as for self-care by therapists, health professionals, caregivers and group leaders.

The program of wellness practices, developed by Patricia Cane and used by Capacitar trainers, was designed to give people skills to heal

to heal ourselves and transform stress and pain resulting from illness, violence, and the stress of daily life. The energy practices have been used effectively with a variety of people and cultures across all age groups including those in recover from addiction, older people, women and families at risk, indigenous, refugees, prisoners, survivors, the disabled, religious, psychologists, social workers, educators and medical professionals.

The workshops share a popular education approach to healing that places practices in the hands of individuals and communities to empower people in their own process. Used first of all for self-care and then the grassroots educational approach is designed to reach large numbers of people who do not have access to individual therapy.

### Trainers:

**Dr Patricia Cane, Ph.D.** (for module 3 on Trauma work) is the founder/director of Capacitar International, a network of empowerment and solidarity working in 36 countries.

Pat has taught more than thousands of workshops in body-mind-spirit practices to participants in the Americas, Africa, Asia, the Middle East and Europe.

She is author of *Trauma, Healing and Transformation* (Capacitar, 2000) and other Capacitar educational manuals.

**Anne Harrison:** Began as a Capacitar Trainer in 2020, having used Capacitar extensively in her groups at St Bede’s in York. Anne is Psychosynthesis therapist and Spiritual companion

**Paul Golightly:** National Co-Ordinator for England having trained with Pat in 2012 he has been using Capacitar Practices on a weekly basis with Group and individuals in many contexts and has led four cycles of the training

**CAPACITAR Training in Education, Healing and Transformation**  
Presented by CAPACITAR England



**Application Form**

**Application deadline date: February 11<sup>th</sup> 2022**

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Please respond briefly to these questions using an attachment to this application form.

1. What is your previous experience with/exposure to CAPACITAR programmes?
2. What is your present service work, professional work or volunteer work that will be enhanced by CAPACITAR training?
3. How do you plan to utilize CAPACITAR training in the future?
4. Describe the individuals, culture or group you intend to work with during the Practicum portion of the training.
5. Describe your educational background. Include any workshops on holistic health/healing over the past two years.
6. Are there any physical, emotional or mental health issues that we should be aware of to ensure your full participation in the program?
7. Will you be able to attend all four of the scheduled sessions?

**Send this information with a non-refundable application fee of £50**

**made payable to** Capacitar England 2 Blanchland Drive,

Holywell, Whitley Bay NE25 0TY or

email to [capacitaralbion@outlook.com](mailto:capacitaralbion@outlook.com) and

BACS 30-96-26 Acc. No 41047768

(In the rare instance that you are NOT allocated a place, your fee will be returned)

The remaining course fees have to be paid by the first training weekend unless a special arrangement has been agreed.

## **Practicalities.**

### **Training weekends: 2022**

**Module 1:** March 2022 March 5-6<sup>th</sup> St Bede's 21 Blossom St York

**Module 2:** Online May 21-22<sup>nd</sup> and June 18<sup>th</sup> (10-1 p.m. each day)

**Module 3:** September 24-25<sup>th</sup> (residential venue to be confirmed)

**Module 4:** Online October,

**Part 2:** November 19<sup>th</sup> - Final day together- St Bede's York

**Venues :** York

**Time:** 10 am– 4.30 pm

**Course Fee: £650**

Includes a training manual, extensive background material for each session and other training expenses as well as lunch and hot drinks. A few concessions may be available and your work may sponsor you. Accommodation costs are included for the Module 3 which is full residential.

In

**The course requires a minimum of 15 people to run**



*Capacitar's logo comes from a pre-Columbian design of the lotus, symbol of spirituality. The image represents creativity and empowerment—people rooted to the earth, with arms raised to the energy of the heavens, hands joined in solidarity around the world, with the seed of life nurtured and growing within*

# Training Course in **Capacitar** **Wellness Practices**

**York – 2022**

*Healing Ourselves,  
Healing Our World*

