



Wellness Training in Healing & Transformation

at El Rio Health Manning House

450 W. Paseo Redondo Tucson, AZ 85701



Facilitator: Patricia Cane, PhD, Capacitar Founder/Director

Sponsors: Capacitar International, Capacitar Arizona, El Rio Health, UA College of Nursing, and Catalina (Tucson) Rotary Club

2020-2021 Training Dates*: Saturday and Sunday 9 am – 4 pm

Module 1: Feb. 1-2 2020

Module 2: May 23-24 2020

Module 3: Sept. 19-20 2020

Module 4: Jan. 23-24 2021

CEUs are available.

***Participants must be committed to attend all 4 training modules.**



Training participants will develop:

- Basic proficiency in CAPACITAR wellness practices: Tai Chi, EFT Tapping, polarity, visualization, energy exercises, listening skills, acupressure, and breathwork.
- Understanding and integration of theories and methods that form the basis of CAPACITAR work: trauma theory, energy field theory, new cosmology, multicultural wellness, leadership development, healing systems, popular education.
- Self-care skills for the nurse, caregiver, minister, educator, counselor and outreach worker.
- Use of CAPACITAR methods in clinical, professional and community settings.
- Facility in using a popular education model through a practicum in the community.
- Community and global vision and a commitment to one's own personal healing.

The program is for professionals or volunteers focused on caregiving, community outreach, work with children and adults, work with poverty, physical or mental health issues, abuse, trauma or violence. The healing, education, ministry, psychology, social work and spirituality practitioners are able to apply the methods immediately to the populations they serve.

Cost \$600* includes:

Four modules of training, a manual, resources and materials, light lunches/snacks

Contact: For more information or an application please contact:

Sharyn Chesser RN, Training Coordinator, svchesser@cox.net 520-256-7412

Capacitar is a non-profit organization based in Santa Cruz County, CA, with a vision to bring peace, healing and wholeness to our world. Since 1988, Capacitar has worked in over 45 countries and is especially committed to places of poverty, violence, disaster and trauma. Capacitar's mission is: Healing Ourselves, Healing Our World. Capacitar is a Spanish word meaning, "to empower, to encourage, to bring each other to life." www.capacitar.org.