



# **CAPACITAR**

## **MULTICULTURAL WELLNESS TRAINING**

### **2022 - 2023**

#### **Bield at Blackruthven, Perth**

**Capacitar**, in Spanish, means to empower, to awaken, to bring one another to life. Capacitar teaches simple holistic wellness practices which enable people to reconnect with their own wisdom and capacity, promoting healing, wholeness and peace.

This training is for everyone – professional caregivers, community activists, parents, volunteers, those who work with refugees, the homeless or the impoverished, and those with issues of physical or mental health, abuse, trauma or violence.

Using a grassroots popular education approach, the training enables you to pass on what you have learned to the people and communities with whom you work.



## **CAPACITAR**

### **MULTICULTURAL WELLNESS TRAINING**

for healing and transformation

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**2022-2023**

**TRAINING MODULES**

**10a.m. – 4.30p.m. daily**

**Module 1**

**19<sup>th</sup> – 20<sup>th</sup> March 2022**

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**Module 2**

**25<sup>th</sup> – 26<sup>th</sup> June 2022**

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**Module 3**

**29<sup>th</sup> – 30<sup>th</sup> October 2022**

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**Module 4**

**25<sup>th</sup> – 26<sup>th</sup> March 2023**

#### **Contact Information**

For registration, bursary and payment information, please contact Nancy Adams at:

[Capacitarscotland@gmail.com](mailto:Capacitarscotland@gmail.com)



## Course Content

Over the four modules, participants will learn, experience, and develop energy practices for use with individuals and groups. By the end of the training you will have:

- A basic proficiency in Capacitar wellness practices including Tai chi, finger holds, head holds, EFT (tapping), acupressure and breath work;
- An understanding of the theories and methods that form the basis of Capacitar's work, including trauma theory, energy field theory, multicultural wellness, leadership development, healing systems, and popular education;
- Ideas on how to use a popular education model to share your knowledge;
- A supportive community/global vision with a commitment to personal healing.

## Cost

£150 per module/£600 for the full course.

A limited number of bursaries are available for individuals not otherwise able to meet the costs.

The fee includes:

- The Manual *Trauma Healing & Transformation* by Pat Cane, PhD.
- Additional readings for each module made available digitally.
- Lunch, refreshments and use of the facilities at the Bield Retreat Centre.

Participants should be committed to attending all four training modules.

After the course and venue expenses are met, all proceeds go to the work of Capacitar International, a non-profit organisation based in California, USA, with which Capacitar Scotland is associated. The trainers of this course have been trained and approved by Pat Cane, founder of Capacitar International.

For more information about Capacitar's work in the UK, see [www.CapacitarUK.org](http://www.CapacitarUK.org)

## Stay at the Bield

The Bield has lovely residential accommodation. Staying over allows you to take full advantage of the beautiful surroundings and facilities which include a heated swimming pool. Book directly with the Bield at a special rate of £60 for dinner, bed & breakfast. For more information see

[www.bieldatblackruthven.org.uk](http://www.bieldatblackruthven.org.uk)

or phone: 01738 583238.

You may also be able to find accommodation within an hour's drive with the Capacitar community. Please let us know if you would like assistance with this.

