

Judith Lenehan

***Cusco, Peru.** In 2008 I went to Cusco invited by the Andean Medical Centre (CMA). Some of the work in this centre focuses on training and empowering community leaders, so that they can work to improve the health and living standards of their communities. We worked for four days, two with health professionals and two with community leaders with about 38 participants. We used and practised the Emergency Techniques such as Tai Chi, Relaxation and breathing, Finger holds, EFT, Pal Dan Gum, and Head Holds. All present participated with enthusiasm and were enthralled with the techniques. The participants commented on how using these relaxation techniques is really important for them to prevent burnout and improve their services as the resources at their disposal are very limited. I returned to work spreading the Capacitar techniques with the CMA and other groups in Peru in 2009. When I retire this year, my hope is to continue sharing Capacitar with more groups in Southern Peru with whom I worked with in the past.