



CAPACITAR IRELAND

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On behalf of the Board of Directors of Capacitar Ireland I sincerely hope that you are all remaining well, and hope that the Capacitar practices have proved to be beneficial to you during the Covid19 pandemic.

Like most other people the Capacitar Board has been working in a very new and different way: all our meetings in recent months have been held on zoom.

Module 2 of the Foundation Training which was scheduled for June has been postponed until October. So, we held two Zoom sessions as a way of keeping the participants who would have been with Pat in Marino connected.

We recently set up a new Facebook & Instagram page and are in the process of updating the Capacitar Ireland website. Our hope is that these platforms will connect us more closely and open conversations where experiences of using the practices can be shared.

We would love to hear from you and are particularly interested to know how you may have used the Capacitar Practices during the Covid19 pandemic. We would love to know if you used them on yourself, your family, or your community. It would be great to share stories especially now that we have these social media platforms. Alternatively, if you would like to email a short piece to Fiona to include in the Capacitar newsletter. So, let the conversations begin!

Marian Baker, Chairperson

IRELAND: Capacitar Practices at Times of COVID 19 benefiting communities in building community resilience in Co. Kildare

Since the lockdown started last March, Kildare Wicklow Education Training Board –KWETB, led by Susan Cullinane (Capacitar Trainee), has been fully aware of the consequences of the restrictions and guidelines at community level. She took the lead supporting KWETB Tutors in their own self-care and setting up a project to construct a Resilience Building framework for the community in Kildare. The aim of this project is to make sure that programmes use approaches that help individuals and the Kildare community in coping with the impact of the pandemic.

For the past three months, and as Project Leader for KWETB, I have been using Capacitar Practices as part of the virtual workshops and meetings to support community education work. This has benefitted tutors of various disciplines at county level. Practices included in the Emergency Toolkit have been found helpful as facilitation tools including Deep Breathing and Body Scan, Tai Chi, EFT, Finger holds, Acupressure and Neck and Shoulder Release, as well as Visualisation, Switching and Pal Dan Gum. The response has been very positive in addressing the impact of the lockdown at individual level, which shows increasing levels of stress, anxiety, grief, sleep problems and low energy levels, among others. Capacitar practices allow participants to prepare the mind and body to be more present, to connect better, fully recognising the effect the pandemic has had on us and bringing us to a better place to work for and give to others.

These sessions have offered a platform for self-care, and project design where over 20 KWETB Tutors got ready to run a series of workshops, offering listening space for individuals and community groups in Co. Kildare. This has also been an opportunity to introduce the Trauma Informed Practice approach in community education work and to learn the importance of collaboration and combined approaches at an unprecedented time for us all.

This is a part of a bigger Resilience Building Initiative, where six tutors have been gathering on a weekly basis preparing the first phase of a community education response. Six workshops will run in the month of July using approaches such as: Mindfulness, Relaxation, Active Hope (Joanna Macy) and Community Art. These workshops offer listening space for members of community groups and aim at identifying needs at individual and community levels. A second phase is planned for later in the year to hopefully respond to community needs, addressing the impact of COVID19 in the Kildare community.

It has been a real pleasure to be part of this project and to work closely with Stefanie Larkin (Capacitar Foundation Programme-Graduate) on a mentoring role, supporting her to enhance her confidence to use Capacitar tools in her work as KWETB Community Worker and Arts Tutor. For me, it has been a very rewarding experience to participate in this unique cutting-edge initiative.

By: Patty Abozaglo

Reflection from the Heart

It is true to say that we have lived through exceptional times, had unusual experiences and life has been quite strange, uncertain, and very different for all of us. Even now as our country is beginning to reopen and some things may appear to be returning to normal, the question is how normal?

The transition from one phase to another brings readjustment and a settling in times too. Therefore, I feel that it is perhaps more important than ever now to take exceptionally good care of ourselves. We cannot underestimate the impact that the pandemic has had on us all as individuals, as communities, as a nation and indeed the entire world.

When Covid 19 virus struck and Ireland went into lockdown, the fear, anxiety, and stress level accelerated in people from all walks of life. As we entered the eye of the storm back in March, none of us knew what this pandemic would bring. If we are honest most of us expected the worse. We observed what was happening in other countries, we saw mass graves and lines of army trucks carrying human remains, and this further affirmed our greatest fears.

We realise now that we were luckier than most other nations. We recognise and acknowledge that there were too many lives lost in Ireland and that far too many families suffered hardships and the loneliness of being separated from relatives. It has without doubt affected each one of us on many different levels. We have lived with restrictions, following Government guidelines, and playing our part as individuals. During this time when we watched news bulletins, we monitored the curve and checked the death toll and number of new cases of Covid19 reported. Therefore, I feel it is crucial to reflect and acknowledge all that has happened. When we acknowledge our emotions, we can then start the healing process. Only then can we begin to move forward through the phases with the three C's *Confidence, Caution and Continued self-care*.

By using the Capacitar practices daily to release residue of the traumatic experiences of recent months and as we move from one phase to another can help to carry us through smoothly and safely. By using Capacitar practices we can balance our emotions and rewire the brain to reduce traumatic effects. While the cognitive brain knows that we are moving out of the situation, we need to let the limbic brain know this too. The practices can help us to keep healthy and perhaps avoid any possible prolonged effects which sometimes follow traumatic life experiences. We can begin to find ourselves again and rebuild our lives and one-day return to 'Normal'. So, remember how powerful Capacitar Practices are and knowing that we hold the tools to *'Heal Ourselves and Heal our World'*.

Namaste,

Marian Baker

Foundation Training Programme with Pat Cane

The current Foundation Programme in Wellness Education started in March 2020. Unfortunately, we had to postpone Module 2, which is now scheduled to take place on October 17th & 18th 2020, dependant on government restrictions at that time. In the event of us not being able to meet in person, we are exploring other possible means of delivery for those dates.

- Module 1: 7th & 8th March 2020
- Module 2: 17th & 18th October 2020
- Module 3: 27th & 28th February 2021
- Module 4: 1st & 2nd May 2021

Fee: €625. Booking remains open - For full leaflet and booking form, or further information, contact Fiona at capacitar.ireland1@gmail.com

Advanced Training 2021

Fee: €300; Venue: TBC.

Structure: 2 x 2 - day modules (**This is a prerequisite of Capacitar Tutor Training which consists of a further 2 weekends led by the Capacitar Ireland Team**)

Dates: TBC

Entry Criteria: Participants must have completed the Foundation Training and be committed to spreading Capacitar Practices

Course Aim: Capacitar's Advanced Training is a renewal program for those who have completed the Foundation Training. The training focuses on reviewing and strengthening Capacitar skills, learning additional theories and methods, reflecting on the application of Capacitar to different fields and professions, participating in a research and reflection process, and building the local Capacitar Ireland network.

RESOURCES and links to support you

[Practices of Healing & Transformation](#)
[EnglishCapacitar Emergency Kit2](#)
[Switching Video](#)

Visit Capacitar International website

<https://capacitar.org/>

And many more videos on YouTube.