

Training in Healing and Transformation:

A Multicultural Wellness Education Program of Holistic Practices

Presented by



In Collaboration with



CAPACITAR

March, 2010 to
December, 2010

Milwaukee, Wisconsin

Training in Healing and Transformation

Presented by The Center to BE
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Training in Healing and Transformation is an intensive, hands-on program of holistic wellness practices for individuals who serve people in need. In four 20-hour sessions participants learn techniques of self-empowerment to alleviate the negative effects of stress, pain, trauma and woundedness. The training incorporates theory and practice in multi-cultural and popular education methodologies which enable them to teach what they have learned.

Developed and taught by Patricia Cane, Ph.D., **Training in Healing and Transformation** began as a way for people in Central America to learn to care for themselves in the midst of lives often immersed in trauma, violence, poverty and the effects of natural disasters. The practices are used now in more than 30 countries in North America, Central America, South America, Indonesia, Africa, the Middle East and the Caribbean.

The Center to BE has collaborated with CAPACITAR since 2000 to provide this training in the Midwest. Past participants have come from six countries and twelve states in the U.S. They utilize the practices in their work with clients in recovery programs and domestic violence shelters; with populations served by medical missions; with residents of assisted living and long-term care facilities; with children as part of their school curriculum; with church members through outreach classes; and in spiritual companioning relationships.

CAPACITAR, Inc. is a non-profit organization based in Santa Cruz, California. Its vision is to bring peace, healing and wholeness to our world. *Capacitar* is a Spanish word meaning to empower, to encourage, to bring one another to life. Visit the CAPACITAR website for more information about their work in the world: <http://www.capacitar.org/>

The Center to BE, Inc. is an independent, inclusive spirituality center committed to fostering spiritual awareness and growth for all who seek a deeper relationship with the Divine and healing of body, mind and spirit. Visit our website for more information and photos of **Training in Healing and Transformation** and all the programs we offer: <http://www.centertobe.org/>



Program

Participants in **Training in Healing and Transformation** will learn wellness modalities which include Tai Chi movement meditation, breathing practices, simple massage practices, polarity, visualization, energy exercises, active listening, chakra theory and exercises, and acupressure protocols.

They will gain a working understanding of theories underlying healing, energy work, the new cosmology, the holographic universe, Team Spirit and leadership development, multicultural message systems, field theory, energy systems and other related theories.

The program fosters respect for the world's cultural, religious, ethnic, age and gender differences; creates an environment that celebrates diversity; and encourages an openness to learning about and from others. Important components of the program are each participant's commitment to personal healing processes and the application of the learnings to a specific group or culture in his/her local community using a learner-centered education model.

This program has been certified for 8 Continuing Education Units through Marian University in Fond du Lac, WI.

Intended Audience

This training is intended 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.

Schedule and Location

The program is offered over nine months in four sessions each of which is held from 9 am to 5 pm on Friday and Saturday and from 9 am to 1 pm on Sunday.

The weekends are:

- I. March 12-14, 2010
- II. June 4-6, 2010
- III. September 17-19, 2010
- IV. December 3-5, 2010

All sessions will be held at
St. Joseph Center,
1501 S. Layton Boulevard
Milwaukee, Wisconsin 53215

Practicum

Each participant in the training will identify and work with a group between formal sessions to practice the techniques which are taught. Quarterly written and verbal reports of these experiences are requirements of this process

Faculty

Patricia Cane, Ph.D., is the founder and Director of CAPACITAR, Inc. an international project of empowerment and solidarity.

Pat has taught more than 1000 bi-lingual workshops in body-mind-spirit practices to thousands of participants around the world including the U.S., Central and South America, Ireland and Africa. She holds a B.S. in Biological Sciences from the University of San Francisco, an M.S. in Counseling Psychology from Santa Clara University and a Ph. D. in Multicultural Wellness Education from the Union Institute, Cincinnati, Ohio.

Pat brings rich experience and wisdom as well as an open and generous spirit to her teaching. Her book, Trauma, Healing and Transformation, is used as the training manual in this program.

Fee

The total cost of the program is \$1,650 which includes the manual, all other program materials, lunches and a \$50 non-refundable application fee.

Payments may be made quarterly, prior to each session. Accepted participants are expected to attend all four sessions.

Overnight Accommodations

Overnight accommodations for a limited number of participants are available at St. Joseph Center for an additional cost of approximately \$60 per night for a single room. A shared bathroom connects each pair of bedrooms. Meals are included in this cost.

Application Process

- Complete the enclosed Application Form
- Send Application by January 15, 2010 with a non-refundable application fee of \$50 made payable to:
The Center to BE, Inc.
1501 S. Layton Boulevard
Milwaukee, WI 53215
- Notification of acceptance to the program will be sent within two to three weeks of receipt of application.

Financial Assistance

Partial scholarship assistance may be available for those working/volunteering with non-profit agencies serving those affected by poverty. Contact The Center to BE for more information.

Other Assistance

The Center to BE can provide additional information to assist applicants in developing their own proposals to solicit funding for their attendance.

The Center to BE, Inc.
1501 S. Layton Boulevard
Milwaukee, WI 53215
Phone: 414-672-5932
E-Mail: mwilbur.centertobe@sbcglobal.net
Web: <http://www.centertobe.org/>

☞ From Past Participants.....

Past participants are incorporating these practices in their work as health care providers, counselors, ministers, massage therapists and volunteers. Here is what some of them have to say about their experiences:

☞The practices are simply profound. They help me to ease physical pain, go to sleep, center myself, relax, let go and be connected to the larger community and a Greater Presence. The practices have given me another way to express joy and to choose life.

☞The practices are easy to teach and really do invite and empower participants to take an active role in maintaining their health.

☞I love to work with people and CAPACITAR practices give me a wonderful tool to do so.

☞This experience is a wonderful gift and will always be my constant companion in my journey towards my own transformation and healing.

☞My heart became larger. I have become more aware of the universal hunger for wholeness and healing...and of the need for ordinary people, like me, to share what we know of self-healing practices with confidence, grace and great gratitude.

☞This has been one of the greatest personal experiences of my life! My eyes have been truly opened to the world with the realization that the desires of our hearts, no matter where we come from, are consistent.

☞This is not just a course—it's an introduction to a life style.

CAPACITAR Training in Healing and Transformation, 2010
Presented by CAPACITAR, Inc, and The Center to BE, Inc.
Milwaukee, Wisconsin



Application Form



Name: _____
Street Address: _____
City: _____ State: _____ Zip: _____
Day Phone: _____ Evening 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 programs?
2. What is your present service work, professional work or volunteerism which 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 degrees/certification programs. 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? Are there any health practitioners that you need to consult before applying for the training?
7. Will you be able to attend all four of the scheduled sessions?
8. Will you be likely to need overnight accommodations while attending the weekend sessions?
9. Do you have any dietary restrictions?

Send this information by **January 15, 2010** with a non-refundable application fee of \$50 made payable to The Center to BE, Inc., 1501 S. Layton Boulevard, Milwaukee, WI 53215

Applicants will be notified of their acceptance within 2-3 weeks of receipt of the application.

If you have questions, please contact Marjorie Wilbur, Executive Director of The Center to BE at 414-672-5932 or mwilbur.centertobe@sbcglobal.net