



CAPACITAR  
International

*Healing ourselves, healing our world*

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September 14, 2005

Dear Friends,

In the aftermath of Hurricane Katrina, Capacitar calls members of its network of empowerment and solidarity to action. The horrific human suffering on the Gulf coast haunts us all. So many people have lost literally everything: their homes, their livelihoods, their community and for many, members of their family.

We ask: What can we do? How can we help? The Capacitar network, working individually but together, can help. People affected by Katrina may be arriving in your state, city or town. We ask all of you trained in Capacitar practices through the Capacitar workshop program to share what you have learned to give people tools to navigate the difficult days ahead.

Acting in your capacity as an individual with your particular background or as a professional, we suggest you contact the appropriate organizations or agencies in your city or town. These might be health-related organizations, larger national organizations working in your area or community agencies involved in resettlement. You can then offer to teach Capacitar self-help practices to people affected by the hurricane and to agency staff. You might want to point out that these practices have been field tested globally and proven effective to help people affected by hurricanes, earthquakes, tsunamis and political and civil violence. They are not therapy, but educational tools that empower people to help themselves. Learning and using these practices will help caregivers and agency staff avoid burnout and will help people from the Gulf area manage stress in the days ahead as they face life-altering decisions.

Attached is a Word file of basic Capacitar practices: Breathwork, four Tai Chi moves, Finger-holds to Manage Emotions, Emotional Freedom Technique and the Holds. (The Holds should be used only where touch is appropriate.) This is your Capacitar Emergency-Response Kit. You can download and print the file, then make copies of the practices so you can hand them out as you work. A longer Acrobat file will also be available on our website to download and use: [www.capacitar.org](http://www.capacitar.org).

Capacitar believes we are called to help our people in this time of disaster. Capacitar's staff cannot respond in so many areas across the country. But the Capacitar network can. Each of you as members of the Capacitar network can do a part. Together, we can and will make a difference for people from the Gulf region who face the challenges of rebuilding their lives. Working together we embody the spirit of empowerment and solidarity that is Capacitar.

If you would like to discuss plans or have questions, please email [capacitar@igc.org](mailto:capacitar@igc.org). We would also appreciate a short report on what you are doing that we can share through the newsletter or the email network. This can also be emailed to [capacitar@igc.org](mailto:capacitar@igc.org).

You will all be with us in spirit in San Francisco as Capacitar receives the Agape Foundation Peace Prize for the Long Haul on September 21st, the International Day of Peace.

Peace and blessings.

Pat Cane  
Founder/Co-director

Joan Condon  
Co-director