

# CAPACITAR Multicultural Wellness Training in Healing & Transformation

This program is for everyone—people in the social and health care sectors, professional or volunteer caregivers, educationalists, community activists, or anyone who does outreach for people living with poverty, homelessness, or those with issues of physical or mental health, abuse, trauma or violence.

*CAPACITAR training and techniques can be immediately used and shared.*

## Training participants will develop:

- Wellness skills for living in these challenging times
- Use of CAPACITAR methods in family, community, and professional settings
- Basic proficiency in CAPACITAR wellness practices: Tai Chi, EFT Tapping, polarity, boundaries and protection, visualisation, energy exercises, listening skills, acupressure, and breath work (amongst many others)
- Understanding and integration of theories and methods that form the basis of CAPACITAR work: trauma theory, energy field theory, multicultural wellness, leadership development, healing systems, popular education
- A supportive community with a global vision and commitment to personal and systemic healing



**The Training:** 4 modules spread over 8 Saturdays in 2024

**Facilitators:** Ali Newell & Nancy Adams

**Place:** Salisbury Centre, 2 Salisbury Rd, Edinburgh EH16 5AB

**Time:** 10 am - 4 pm

**Dates:** 3rd Feb; 2nd March; 6th April; 4th May; 1st June; 7th Sept.; 5th Oct; 2nd Nov.

**Cost:** £600 for the 4-module course

(includes the newly revised text “Trauma Healing and Transformation” by Pat Cane, PhD.)

[capacitaruk.org](http://capacitaruk.org)

[capacitar.org](http://capacitar.org)

Capacitar Scotland is an Unincorporated Association in Scotland

Capacitar International is a non-profit organisation based in Santa Cruz County, CA, USA