

Mindful Practices for Self Care and Mindful Living (Part 1 and Part 2)

June 23-28, 2024

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This week of training and reflection will offer a variety of mindful practices to live in wellness and to open ourselves to the fullness of life. As we face stress, trauma, grief and anxiety resulting from the pandemic, disasters, violence, aging and other challenges in our world, we can learn how to live as still points bringing peace and healing to ourselves and to those around us.

Since 1988, Capacitar has worked in over 45 countries (in the Americas, Africa, Asia, the Middle East and Europe) teaching holistic practices which empower people to heal themselves, their families and communities. Many of our Capacitar teams have been led by Maryknoll Sisters and Associates serving in places of poverty, war, trauma and disaster giving people skills so they can work effectively for peace and healing in the midst of their challenges. This training will offer stories from the field and share Capacitar practices that can be used for self-care and work with others.

Resource Person: Patricia Mathes Cane, PhD, is the Founder/Executive Director of Capacitar International. Pat has facilitated thousands of workshops to grassroots and professionals in the Americas, Africa, Europe, Asia and the Middle East. She has a PhD in Multicultural Wellness Education and is author of Trauma Healing and Transformation and other Capacitar Manuals. www.capacitar.org

Training Objectives:

- Mindfulness skills for living in wellness 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, visualization, energy exercises, listening skills, acupressure, and breathwork
- Understanding and integration of theories and methods that form the basis of CAPACITAR wellness work: trauma theory, energy field theory, new cosmology, multicultural wellness, leadership development, healing systems, popular education
- A community / global vision and a commitment to personal healing and wellness.

Text for Training:

Mathes Cane, Patricia. ***Trauma Healing & Transformation***, 25th Anniversary Edition. CA: Capacitar International, 2022. (available at Mission Institute for \$25.00)

Suggested References

Church, Dawson. ***Bliss Brain: The Neuroscience of Remodeling Your Brain for Resilience, Creativity and Joy***. NY: Hay House, 2020.

Craigie, Frederic, PhD. ***Weekly Soul: Fifty-two Meditations on Meaningful, Joyful and Peaceful Living***. CA: MSI Press, 2020.

Menakem, Resmaa. ***My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies***. NV: Central Recovery Press, 2017.

Orloff, Judith. ***Emotional Freedom: Liberate Yourself from Negative Emotions and Transform Your Life***. NY: Harmony Books, 2009.

Travis, John and Ryan, Regina Sarah. ***The Wellness Workbook: How to Achieve Enduring Health and Vitality***. 3rd Edition. CA: Celestial Arts, 2004.

Application forms and program descriptions may be found on our website:
<http://www.maryknollsisters.org/missioninstitute>