
CAPACITAR - "Healing ourselves, healing the world"- 2005 ongoing



"Thanks to The Rotary Club of Newlands the lives of many people – those who are traumatised and those who care for others – have been touched in many sectors of the communities around Cape Town and beyond."



Capacitar, an international network based in California, offered its first workshops in South Africa in 2002. Capacitar was founded 20 years ago by Dr Patricia Cane, Ph.D., to empower traumatised people around the world. As a result of South African training that involved hundreds of grassroots and professionals from around the country, an informal SA network was established and Rotary became involved. In 2005, Rotary Newlands committed funds to Capacitar South Africa, and within 2 years a non-profit Section 21 company incorporated.

Newlands Rotary has funded delegates for Capacitar trainings: schools, prisons, Aids and police trauma counselling, Dept of Education teachers, psychologists and HIV/Aids co-ordinators, William Booth Memorial Hospital for nurses and care givers and at St Georges Cathedral, City Council psychologists working in clinics around Cape Town.

An example - POLICE TRAUMA ROOMS

Rotary Club of Newlands sponsored Police Trauma Counselling in 2005, which at the time benefited Rondebosch Police Station under Detective Tony Penso. The focus then shifted to Montague, where the club helped kit out a new trauma room. Now several of the counsellors have undergone Capacitar training and are finding it very useful in old age homes, working with victims of crime, and even personal development. Comments include:

"I discovered that I need to make time for myself and I can use my training to be more productive and motivated, and I de-stressed personally."

In 2008 Rotary Newlands has also partially sponsored trauma counselling training at Ocean View and Diep River Police Stations in conjunction with a Clinical Social Worker, Helen Louw who is incorporating Capacitar techniques in her trauma programme. Other Rotary Clubs in the area have also assisted to fund this training of volunteer counsellors who strive to combat the impact of crime in their areas.

