Emotional CPR (eCPR)

Goal: to train people to assist others through an emotional crisis and to make this practice accessible to people around the world.
What comes from the heart goes to the heart..

~ Samuel Taylor Coleridge
What is eCPR?
A public health education program which prepares members of the public to assist a person who is experiencing an emotional crisis

Why eCPR?
• There is a vast and compelling need for the general public to learn how to assist any person who is experiencing an emotional crisis.

• Just as a person’s physical heart needs attention in a cardiac crisis, a person’s emotional heart needs attention in an emotional crisis.

eCPR is a form of heart-to-heart connection for emotional resuscitation.
The three elements of the practice of eCPR

C = Connect with Compassion and Concern to open up Communication

P = emPower to experience Passion, Purpose, and Participation in Planning

R = Revitalize one’s sense of belonging in community through Reestablishing equilibrium and balance and Reconnecting to Relationships, Routines, and Roles
Foundations of eCPR

1. Trauma-Informed
2. Mutual Support
3. Community Inclusion
4. Strengths-Based
5. Relational Safety
6. Ten Components of Recovery (SAMHSA)
7. Cultural Empathy
8. Dialogical Theory and Practice
What is a Trauma-Informed Approach (TIA)?

- Has lasting adverse effects on functioning and wellbeing
- Can be community and/or inter-generationally based
- Results in disconnection and disempowerment

**TRAUMA**
Suicide Prevention and eCPR

✓ Restoring hope and regaining a sense of possibility

✓ Developing any plans together: Collaboration not coercion

Some questions you might ask:

➤ What has happened to cause you to feel this way?

➤ How can I support you right now?

➤ Has anything or anyone helped you in the past when you’ve felt this way?
Trapped in Monologue

Trauma / Loss

Connection empowerment
Revitalization

Heart to Heart Dialogue
Two Persons in Dialogue (Andersm, T. 2006)
The Chinese character for the verb to listen
Six Features of Dialogue*

1. Use your authentic voice
2. Listen together
3(a). Respect the whole person
3(b). Respect and embrace differences
4. Keep an open mind/Suspend your belief
5. Dialogue is heart-to-heart
6. Equality and freedom of choice

(page 10 in workbook)
I WILL USE MY EYES, MY EARS AND MY HEART TO FEEL YOUR PRESENCE IN MY BEING (Connecting)

I WILL SHARE MY EMOTIONAL RESPONSE IN BEING WITH YOU, AND I WILL STAY WITH YOU (Connecting)

I WILL NOT FIX YOU OR JUDGE YOU BUT BE WITH YOU (emPowering)

I AM NOT SURE WHAT IS BEST FOR YOU BUT TOGETHER WE WILL UNCOVER YOUR POWER (emPowering)

WE ARE CREATING LIFE TOGETHER IN THE PRESENT MOMENT (Revitalizing)
Being Prepared to Provide eCPR

A. **Internal eCPR:** Taking care of ourselves, being centered, grounded, relaxed, in touch with our inner self
   - Wellness practices: meditation, exercise
   - Participating in a loving community

B. **Learning to "be with" the strong emotions expressed by a person in distress**
   - Opening our heart and our mind to what the person in distress is expressing.
   - Encouraging self-expression as an essential component of the healing process.
Why is it important to be your real, authentic self?

In crisis, that is what is most important – a gift, a tool, a way to be.

It gives the other person permission to experience their “realness.”

We are often hidden behind a mask. Our real selves are yearning for expression.

Often a crisis occurs because the real self hasn’t been allowed to surface. Much distress is what preceded it; the event gives an opening.

We can be with people so their real selves are comfortable.
Essential Connecting Processes

a. Cultivating a hopeful and positive attitude, especially regarding the future

a. Knowing when to offer the “gift of verbal silence” (while richly communicating nonverbally)

a. Creating an emotionally safe relationship and communicating care

a. Listening and staying present on a deep level

b. Practicing curious inquiry and open-mindedness
f. Being attuned to the other person’s feelings and emotions while remaining centered and grounded in your sense of self

g. Being willing to step out of your comfort zone to “be” with another person

g. Taking into account any barriers and opportunities affecting the connecting process

g. Meeting people where they are

g. Willingness to share one’s own emotions without overwhelming the person in distress
As the individual in emotional crisis begins to feel safe and is able to speak it is important that they begin experiencing their capacity to return to life in the community.

As a supporter we want to invite people to remember that they have power and they can access that power in their lives.

We are more capable and resourceful then we may feel – this realization enables people to shift from distress to power and passion.
Essential emPowering Processes

a. Collaborating (“powering with”) rather than directing (“powering over”)

b. Facilitating access to inner wisdom

a. Inspiring motivation and change

a. Facilitating the transformation of anger and/or fear into passion and strength

(page 33 in workbook)
Essential emPowering Processes (cont.)

e. Helping tap into courage and power

f. Sensitively reframing crisis as opportunity

g. Encouraging self-determination, such as by asking what “help” looks like
R = Revitalize

- Encourage the person to begin to engage in relationships, to resume or begin roles in their family or community.

- “You need to give to life to get a life.”

- Emotional distress provides people with an opportunity to make a change in their lives.

- It may be a time of searching for meaning or purpose.
Essential Revitalizing Processes

a. Helping to identify and connect to the “vital center” that brings meaning and purpose to a person’s life

b. Encouraging another to take small steps in the direction of their dreams

c. Facilitating connections in the community to enhance or reestablish roles, relationships, and routines
Essential Revitalizing Processes (cont.)

d. Helping another to experience a sense of liveliness returning after being emotionally numb

e. Encourage expression of a creative outlet
Thank you!

Websites:

eCPR: www.emotional-cpr.org
E-mail: info@emotional-cpr.org
Phone: (877) 246-9058 (Toll Free)
Direct line (Spanish/English): (714) 948-3513

National Empowerment Center (NEC):
www.nationalempowermentcenter.org
National Coalition Mental Health Recovery (NCMHR) www.ncmhr.org