What is eCPR?
Emotional CPR (eCPR) is a public health education program that teaches people to assist others through an emotional crisis by three simple steps:

C = Connecting  
P = emPowering  
R = Revitalizing

eCPR is based on principles of an inclusive, collaborative community and incorporates a number of support approaches: trauma-informed care, counseling after disasters, peer support, emotional intelligence, suicide prevention, and cultural attunement.

emPowering
The emPowering process helps people to uncover the deep wisdom of their emotions, to learn mastery over their feelings, and to feel more hopeful and engaged in life.

emPowering skills include:
• Establish a collaborative “power with” (as opposed to “power over”) relationship.
• Exercise mutuality: express the idea that “helping you helps me.”

Connecting
The Connecting process of eCPR involves deepening listening skills, practicing presence, and creating a sense of safety for the person experiencing a crisis.

Connecting skills include:
• Listen with an open heart. Be humble, respectful, and use curious inquiry.
• Believe in people’s resilience and ability to heal and thrive.
• Meet people where they’re at.

Revitalizing
In the Revitalizing process, people discover or resume roles, relationships, and community connections that support living a full and gratifying life.

Revitalizing skills include:
• Encourage people to stay hopeful and to move in the direction of their dreams.
• Facilitate connections in the community.

For more information: www.emotional-cpr.org
To learn more about eCPR, including certification, facilitators’ training, eCPR for law enforcement, or other inquiries, visit our website, contact info@emotional-cpr.org or call 877-246-9058.