

Emotional CPR (eCPR)



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Goal: to train people to assist others through an emotional crisis and to make this practice accessible to people around the world



Web: www.emotional-cpr.org

What comes from the heart goes to the
heart - Samuel Taylor Coleridge

Being with





Community/Safety Agreement Suggestions

This is an opportunity to create an agreement that will encourage each of us to feel safe share openly and during our time together



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.
- Just as CPR trains people to help someone in cardiac crisis, eCPR trains people to help others in 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



The Foundation of eCPR:

1. The lived experience of persons who have experienced emotional crises

2. Ten components of recovery developed by SAMHSA
(Substance Abuse Mental Health Services Administration)

- Strengths-based
- Respect
- Hope, and others (See eCPR workbook appendix)

3. Crisis counseling following disasters

- Psychological first aid



The Foundation of eCPR (cont.):

4. Trauma-informed

The person in distress is asked, “What happened to you?” instead of “What is wrong with you?”

- Trauma’s impact – core experience of disconnection and disempowerment
- Research – Adverse Childhood Experiences (ACE) study
- Open Dialogue – community/social context
- Coping ability is being challenged

5. Suicide prevention based on restoring hope

- Regaining a sense of possibility



The Foundation of eCPR (cont.)

6. Cultural and social attunement

- Start where the person is
- Conditioned learning shapes of perception of reality
- Sensitivity to cultural difference
- Attitude of respectful inquiry
- Avoid assumptions about what may or may not be helpful

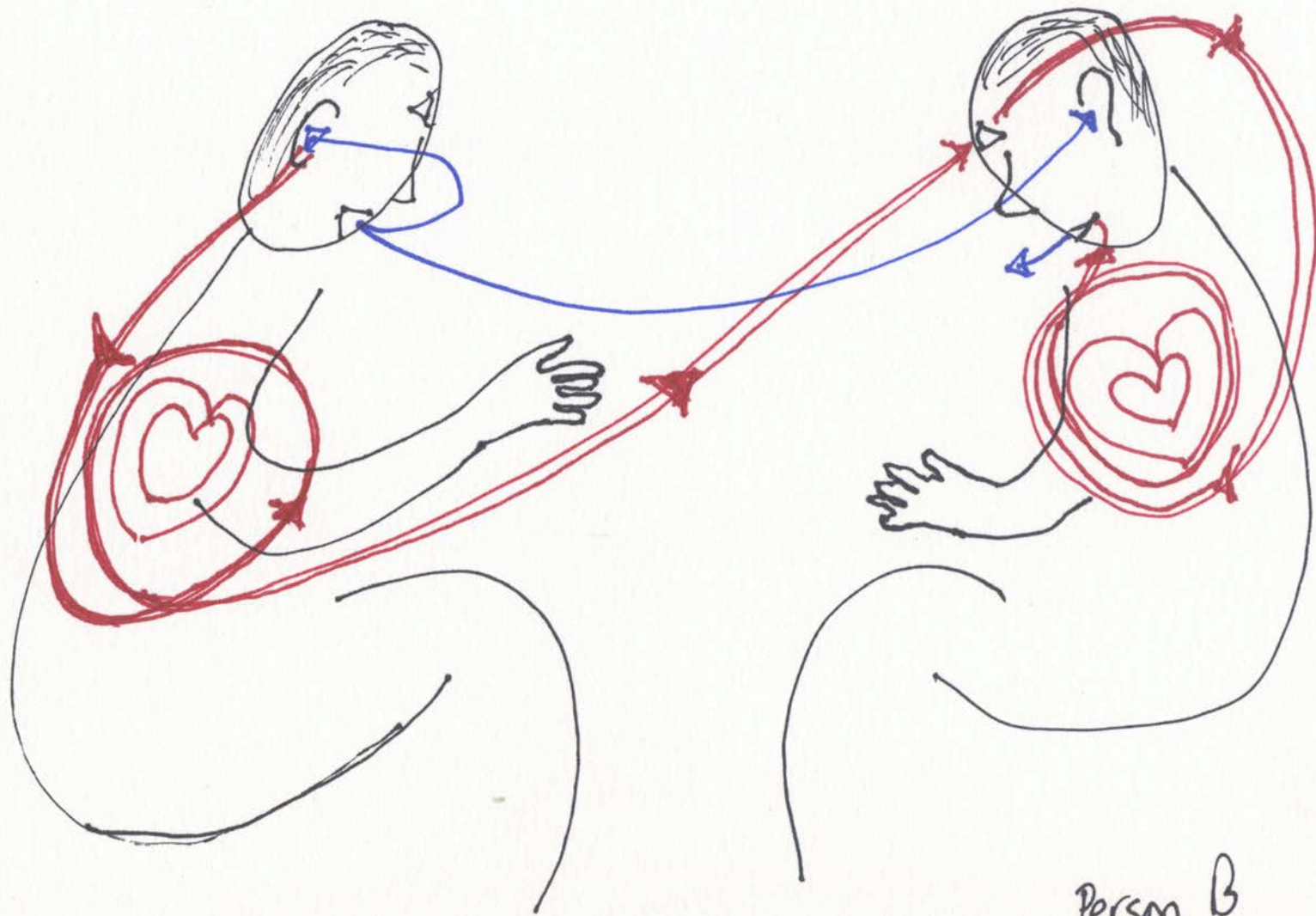


eCPR is based on the values of a healthy community

- a) Respectful, trusting relationships
- b) Recovery is possible for everyone, centrality of hope
- c) Self-determination (dignity of choice) is vital especially for persons in crisis_
- d) Connecting on a mutually respectful emotional level
- e) Validity of emotional expression
- f) Cultural attunement and inclusion across diverse groups
- g) Every individual is appreciated as a healthy person inside who has encountered trauma

Comparing the eCPR Approach and the Conventional Approach

	eCPR Approach	Conventional Approach
Showing emotions	Show emotional response but stay focused on person needing assistance	Try to maintain objectivity and suppress feelings
Use of power	Power with—we can figure this out together	Power over—I am going to fix you
Sharing lived experiences	Share as a means of connecting and empowering other person	Keep experience to yourself—don't share
Belief	Holistic belief that person is resourceful, has a good mind, and can figure it out	Belief that person is broken and cannot figure out what to do without professional help
Use of labeling and categories	Avoided because it can diminish human connection	Typically used, following Diagnostic and Statistical Manual (DSM) criteria
Training	Community focused: wisdom from life experience, eCPR training, and other trainings, such as Intentional Peer Support	Expert focused: professional or pathology model training
Accessible	Inclusive, sensitive, culturally attuned	Structured, ethno-centric



Person A

Person B

Two Persons in Dialogue (Andersson, T. 2006)
A is talking to B



Six Features of Dialogue*

1. Using your authentic voice

Before speaking, take a moment to take a deep breath and bring your awareness to your heart, your vital center. This is where you will find your deepest truth and your most authentic voice. This is your deepest voice, which most closely expresses who you are at that moment.

* Feature 1-4: Isaacs, W. *Dialogue, Art of Thinking Together*; Feature 5: Daniel B. Fisher; Feature 6: Daniel Yankelovich



Six Features of Dialogue (cont.)

2. Listening together

Be willing to enter a neutral place where you suspend preconceived notions about the other participants, where you release any agenda or resistance. See if you can listen with your heart as well as your ears. See if you can be curious about the person who is speaking. What is being said beneath the words? What meaning is the person trying to convey?



Six Features of Dialogue (cont.)

3(a). Respect

To be able to see a person as a whole being, we must learn respect. To respect someone is to look for the springs that feed the pool of their experience from their vital center. We look again at them, and this second look can let us take in more fully a living being. When we respect someone, we accept that they have things to teach us.



Six Features of Dialogue (cont.)

3(b). Respecting differences

Respect the polarizations that may arise without making any effort to ‘fix’ them. It is useful to hold an attitude of curiosity, to look for value in thoughts and behaviors different from our own.



Six Features of Dialogue (cont.)

4. Keep an open mind

- When we listen to someone speak, we can choose to defend our view, thereby resisting theirs = debate.
- Or, we can display our thinking in a way that lets us and others see it and understand it, without needing to convince others, or lose our voice.
- We neither suppress what we think nor advocate it with unilateral conviction.



Six Features of Dialogue (cont.)

5. Dialogue is heart-to-heart

- Allow yourself to feel another person's emotions and their experience. Then show your own feelings, thereby encouraging an emotional dialogue.
- This flow of emotions unblocks thoughts that trap us in monologue, opening a holistic dialogue of mind/body/and spirit.



Six Features of Dialogue (cont.)

6. Equality and freedom of choice

Though each person has a different status or position in society outside of the dialogue, within the dialogue, it is vital that each person sees that everyone has something to offer. In one-to-one assistance, the supporter can shed symbols of power or rank such as a coat and tie. In a group, sitting in a circle further reinforces equality.



Being Prepared to Provide eCPR

A. Taking care of ourselves, being centered, grounded, relaxed, in touch with our inner self

Internal eCPR:

- Wellness practices: meditation, exercise
- Participating in a loving community

B. Learning to "be" with the strong emotions expressed by the person in distress

- Open our heart and our mind to what the person in distress is expressing.
- Encourage self-expression – it is an essential component of the healing process.



Connecting Proficiencies

- a. Cultivating a hopeful and positive attitude, especially regarding the future
- b. Knowing when to offer the “gift of silence”
- c. Creating an emotionally safe relationship and communicating care



Connecting Proficiencies (cont.)

d. Listening and staying present on a deep level

e. Practicing curious inquiry and open-mindedness

f. Being attuned to the other person's feelings and emotions while remaining centered in one's sense of self



Connecting Proficiencies (cont.)

- g. Being willing to step out of your comfort zone to “be” with another person
- h. Taking into account any barriers and opportunities affecting the connecting process
- i. Meeting people where they are



C = Connect

You may want to think to yourself:

- How can I be with you?
- How can we be together?

Examples of what you may want to say:

- You seem to having a hard time.
- Please tell me more.
- It seems you are... (frightened, sad, name a feeling)



P = emPower

- 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 than we may feel – this realization enables people to shift from distress to power and passion.



emPowering Proficiencies

- a. Entering into a collaborative “power with” as opposed to “power over” relationship
- b. Facilitating the other person’s access to inner wisdom
- c. Facilitating transformation of the other person’s anger and rage to passion and strength
- d. Inspiring motivation and change in another person



emPowering Proficiencies (cont.)

e. Helping another to tap into their courage and power

f. Sensitively reframing crisis as opportunity

g. Facilitating the person's planning ability

h. "Exercising mutuality by asking the person to describe what "help" looks like



emPowerment

It's crucial that the planning stage be focused on specifics. Organize your life around your vision. Ask the person to consider:

- What do I want my life to look like tomorrow?
- What can I do to take good care of myself?
- What's the next important thing I can do now?



R = Revitalize

- Soon, we 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.



Revitalizing Proficiencies

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