



Emotional CPR

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

What is Emotional CPR?

eCPR is an educational program designed to teach anyone to assist another person through an emotional crisis by three simple steps of C=Connecting, P=emPowering, and R=Revitalizing. The Connecting section of eCPR involves deepening listening skills. The emPowering section helps people better understand how to feel empowered themselves as well as to assist others to feel more hopeful and engaged in life. In the Revitalizing section people re-engage in relationships with their loved ones or their support system, and they resume or begin routines that support health and wellness. This final step reinforces the person's sense of mastery and accomplishment, further energizing the healing process. eCPR is based on principles shared by a number of support approaches: trauma-informed care, recovery components, instilling hope, counseling after disasters, and cultural and social attunement. It was developed with input from a diverse cadre of recognized leaders from across the U.S., who themselves have learned how to recover and grow from emotional crises. They have wisdom by the grace of first-hand experience.

Crisis as Universal Experience

Emotional crisis is a universal experience. It can happen to anyone, at any time. When we are exposed to this extraordinary situation, we develop amazing and creative ways to protect ourselves. To onlookers, these protective mechanisms may look very odd, even "crazy." To us, they have meaning. Through using eCPR we can better understand and overcome our fear of seemingly unusual behavior brought on by an emotional crisis. Through eCPR we learn how to form supportive connections that empower the person in emotional crisis so they are able to feel revitalized and quickly resume meaningful roles in the community.

A Holistic, Hopeful, and Empowering Approach

Through eCPR we learn that people in emotional crisis express their feelings as a form of communication to be understood. Our approach assumes that the person is doing their best to cope with an experience beyond their current ability to effectively manage. The sooner we begin support for a person in emotional crisis, the more likely it is that the person will make a full, speedy return to a life in the community. In essence, eCPR training helps people

learn the skills required to act as a bridge between a person in distress and the community at large, assuring that important roles are not lost and the person in crisis reintegrates quickly back into the daily routine of everyday life. Our approach is holistic, heart-to-heart, and embedded in a hopeful belief that by using our interior experience we can help another person recover from an emotional crisis. By first applying eCPR, most emotional crises can be worked through, but in some instances people may still need professional help.

Current Programs

eCPR for Law Enforcement. The eCPR Law Enforcement (LE) version is available to address the special needs of the law enforcement community; contact NCMHR for more information.

Certification and Train-the-Trainers Programs. These training programs will spread eCPR skills to the greatest number of people possible. Those who have completed the eCPR certification program will be eligible for the train-the-trainers program. To inquire about training in eCPR, email info@emotional-cpr.org or call 877-246-9058.

To schedule an introductory workshop/training in eCPR, or if you would like to be an eCPR Ambassador and help spread the word about this exciting program, email info@emotional-cpr.org or call 877-246-9058. Please visit the eCPR website: www.emotional-cpr.org for eCPR updates and education materials.

Emotional CPR

A program of the National Coalition for Mental Health Recovery

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