

# Emotional CPR

Training people to assist others through emotional crisis

## 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](http://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](mailto:info@emotional-cpr.org) or call 877-246-9058.