

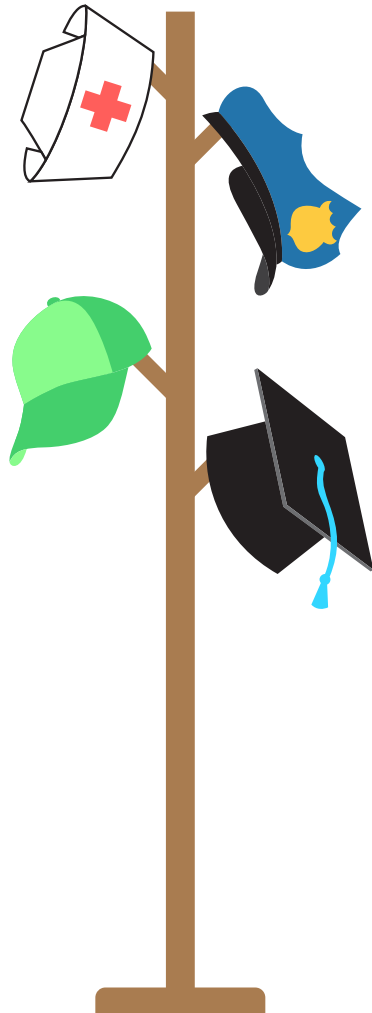
Emotional CPR

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



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PMC-T, TICT-T, IFPRS-T, ER/FR-T,
YPRS-T, APPR-T

WeCPR

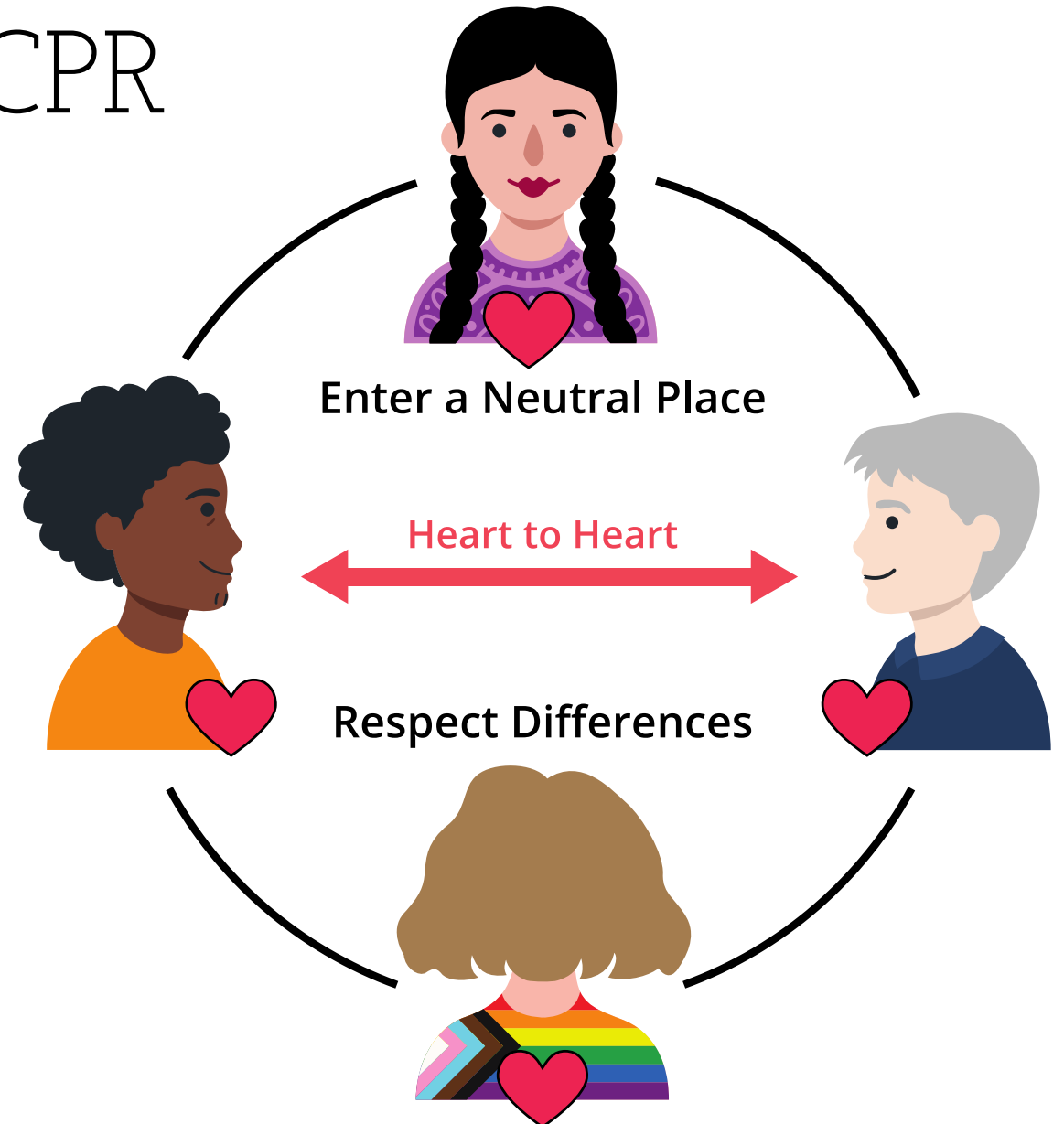


Equality

Leave your hats at the door

Suspend your beliefs

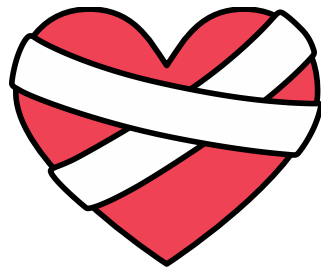
Use your authentic voice



Emotional CPR: What, Why

What

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



Why

eCPR is a form of *heart-to-heart connection* for emotional resuscitation.



Purpose of eCPR

To assist another person through emotional distress by **connecting through feelings first**, respecting each other as **equally human**, enabling us to be together without fixing, judging, or imposing our beliefs, allowing us to **explore the unknown** together, in the present moment, **releasing our power** to create **new voice, new purpose, and new hope**.



Seven Intentions of eCPR

1 Connect:



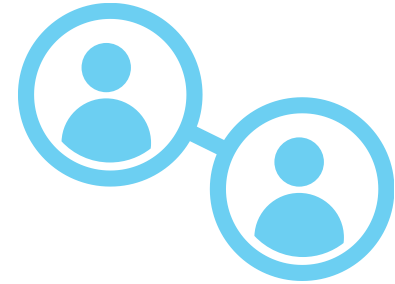
I will connect through feelings first, respecting you as equally human, fully listening with my eyes, ears, and heart.

2 Connect:



I will hold space for my first feelings, breathing into a deeper space of resonance, becoming aware of my broader feelings / thoughts.

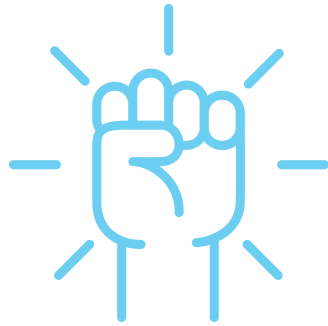
3 Connect:



I will share my broader feelings / thoughts and stay with you.

Seven Intentions of eCPR (Cont.)

4 emPower:



I will BE WITH YOU without fixing, judging, or advising you.

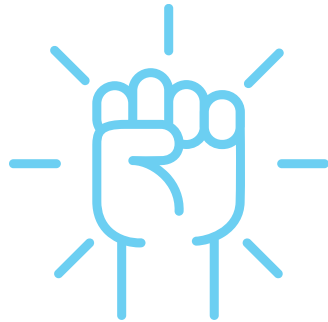
5 emPower:



I am not sure what is best for you; together we explore the unknown.

Seven Intentions of eCPR (Cont.)

6 emPower:



Together, we release the power to heal that lies within us, moving towards our wellness.

7 Revitalize:



We authentically create new life, new voice, and new hope in the present moment, which is revitalizing.

“Ting”



Chinese Character for the verb “to listen”

Experiences That Could Cause Trauma

SITUATIONAL * ENVIROMENTAL * SOCIO-CULTURAL

- Poverty / Homelessness •
- Experiencing Violence •
- Sexual Assault •
- Gang Affiliation •
- School Dropout •
- Teen Pregnancy •
- Family Instability •
- Incarceration •
- Hospitalization •
- Bad Jobs / Unemployment •



- Racism / Discrimination
- American Indian Boarding School
- Impacts of colonization
- Forced Displacement
- Human Trafficking
- Addictions
- Bullying
- Being Suicidal
- Neglect
- Illness / Death of a Family

EMOTIONS: Fear, Anger, Sadness, Humiliation, Shame, Inadequateness, Loneliness, Remorse, Hurt, Resentment, Confusion, Anxiety, Depression

The Three Phases of eCPR Practice



C = **Connect** with Compassion and Concern to open up Communication, especially heart-to-heart

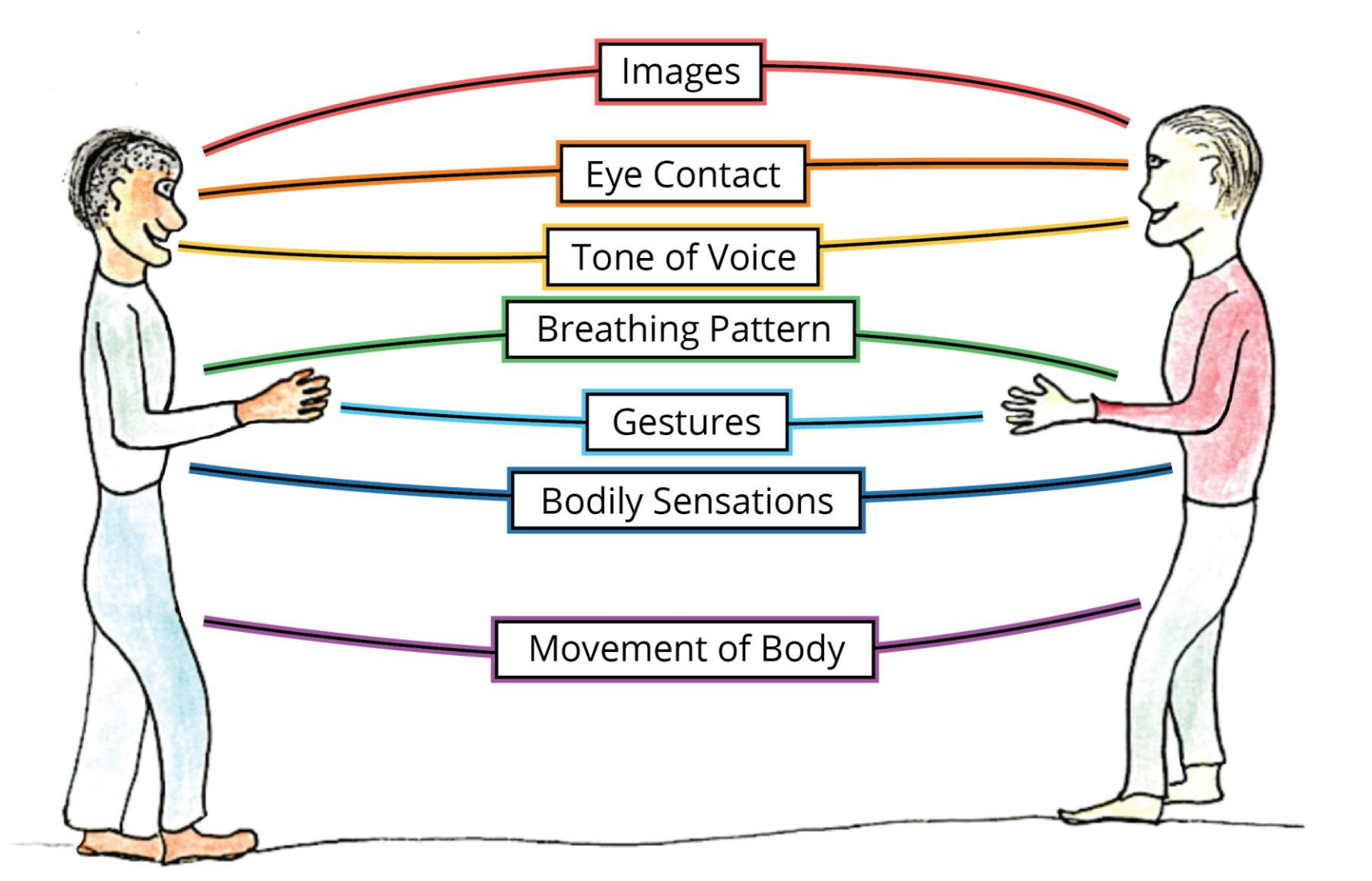


P = **emPower** to experience Passion and Purpose



R = **Revitalize** increased energy, new life, creativity, hope, interest in people

Ways to Connect Creatively / Nonverbally



How to Have a Conversation Without Asking Close-Ended Questions or Engaging in Story



1. Share what you feel in your body in response to being with a person in distress "I notice my stomach is tight..."



2. I respond with my facial expression, eyes, hand gestures, body, not mimicking but trying on

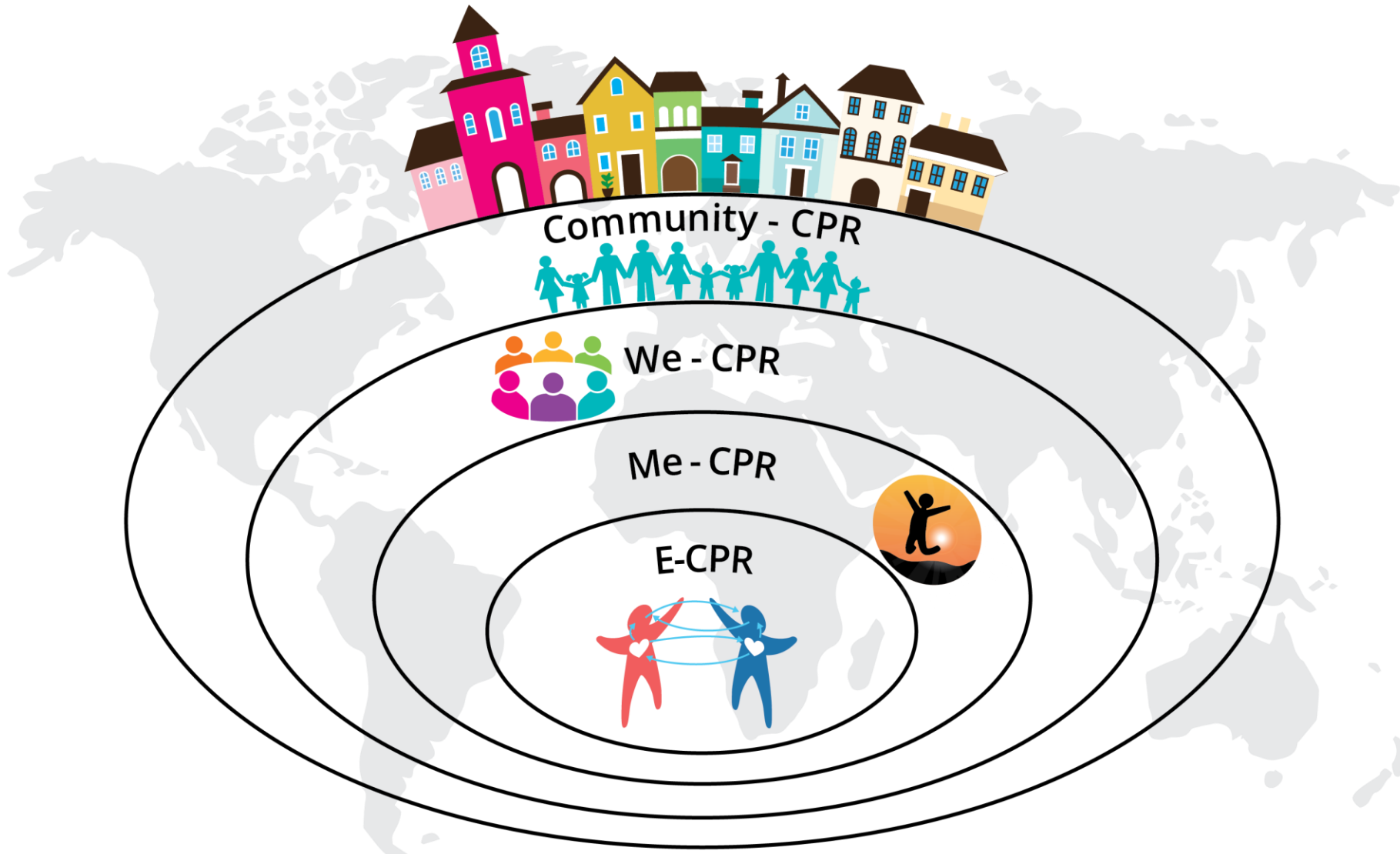


3. Share images I might visualize in response



4. Repeat a word or phrase the person in distress says that seems to carry greater feeling

Levels of eCPR



Cultural Empathy



Start where the person is...



Respectfully experience the other person's world...



Be sensitive to cultural difference...



Avoid assumptions about who the person is and what they need...

Suicide Prevention and eCPR



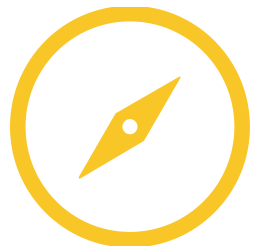
Restoring hope and regaining a sense of possibility.



Can we find ways where we can be together so neither of us feel alone...



Developing any plans together: Collaboration, not coercion.



Lets explore ways to be together so we can experience new possibilities, new life...

Thank You!



www.emotional-cpr.org



@EmotionalCPR

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