Emotional CPR (eCPR)
Goal: to train people to assist others through an emotional crisis and to make this practice accessible to people around the world

Host/Location: Santa Clara CBHSD - San Jose, CA
Date: October 1 and 2, 2019
Training Team: Maria Ostheimer and Daniel B. Fisher

weCPR
Recovery Dialogue

Equality

Maria Ostheimer May, 2017
Emotional CPR: What, Why

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

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

Purpose of eCPR

We aspire to connect 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.
Three phases of the practice of eCPR

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

C, P, and R unfold in a nonlinear fashion over time
Flow of New Life in the Community

“Ting”
Chinese character for the verb “to listen”
How to have a conversation emphasizing the nonverbal dimensions of communication

1. I share what I feel in my body in response to being with a person in distress by saying, “I notice that my stomach is tight...”

2. I respond with my facial expression, eyes, hand gestures, and body posture in being with the person in distress; I might use a gesture similar to theirs but I am trying on the feelings that I experience in carrying out the gesture, not mimicking them.

3. I share images I might visualize in response to their images; if the person is in a cave, I might explore with them what the walls of the cave feel like, how dark is it?

4. I notice the feelings expressed in different words or phrases, and if there seem words that carry heavier feelings repeat them with equal feeling; this helps the person to realize the feelings behind their words.

5. I realize that my breathing is a vital indicator of my feelings. We might hold our breath when apprehensive then let it out with a sigh when seeking some relief; it is better to comment on one’s own breathing patterns, especially any changes in patterns, such as sighing rather than commenting on theirs.
Practice Pair & Resonators

• Practicing how to experience connecting, empowering, and revitalizing with someone in distress is an essential process of learning eCPR. Two people volunteer to carry out a practice. One person starts in distress and the other starts assisting.

• While the practice is carried out, the facilitator and other 8 participants sit in a semicircle and play role of resonators, respectfully observe and emotionally resonate with the practice pair.

Practice Pair & Resonators (Cont.)

• When it seems useful, for instance when the connecting is not proceeding, the facilitator gently asks the practice pair to pause or the practice pair can ask for a pause.

• The facilitator resonates and asks the persons resonating as a group to share what feelings and images they experienced during the practice, giving positive impressions first.

• Facilitator engages the whole group, including the practice pair, in dialogue.

• The practice pair resumes the practice taking into account what they have felt and heard from resonators. This could be followed by another round of resonating and general dialogue with the practice pair.
Six Intentions of eCPR

1. Connect: I will connect through feelings first, respecting you as equally human by listening with my eyes, ears, heart, and respect.

2. Connect: As I feel your presence, I will stay with you sharing my feelings in being with you.

3. emPower: I will BE WITH YOU without fixing, judging, or advising you. (emPowering)

Six Intentions of eCPR (cont.)

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

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

6. Revitalize: We authentically create new life, new Voice, and new hope in the present moment, which is revitalizing.
Levels of eCPR

Emotional CPR

COMMUNITY-CPR

WE-CPR

ME-CPR

E-CPR

www.emotional-cpr.org

Trapped in Monologue

Heart to Heart Dialogue

Trauma / Loss

Connection empowerment

Revitalization
Stage 1 of Resonating:
Both A (assister) and B suffer dissociation of their minds from their hearts due to trauma.

Stage 2 of Resonating:
A practices Ting listening with eyes, ears, and heart, feeling some movement in their body and imagination in response to B’s feelings.
Stage 3 of Resonating:
A expresses their feelings in response to B, continuing to heal; B feels A’s concern and starts to feel their heart.

Stage 4 in Resonating:
B expresses feelings, A resonates with the feelings; both experience revitalization of their hopes and dreams.
Suicide Prevention and eCPR

- Restoring hope and regaining a sense of possibility.
- Developing any plans together: Collaboration, not coercion.

eCPR Approach:

- Can we find ways where we can be together so neither of us feel alone...
- Let's explore ways to be together so we can experience new possibilities, new life...

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...
## Comparison of Conventional Help and eCPR Assistance

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<thead>
<tr>
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<th>Conventional</th>
<th>eCPR</th>
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<tbody>
<tr>
<td><strong>Connect</strong></td>
<td>Engage verbally using questions to assess and/or determine diagnosis.</td>
<td>First feel presence of the other person with your whole being.</td>
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<td></td>
<td>Refrain from emotional expression to maintain boundaries.</td>
<td>Express emotions through channels of communication that enhance connection.</td>
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<td><strong>emPower</strong></td>
<td>Explain, judge, and fix.</td>
<td>No need to explain, fix, or advise person about what she or he should do.</td>
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<td></td>
<td>Expert knows what is wrong and knows how to fix the problem.</td>
<td>By the power of connection we can explore together the uncertainty of the unknown.</td>
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<td></td>
<td>Experts think they have the power to heal the broken person.</td>
<td>Both people discover their inner wisdom through heart connection. Power to heal is within our relationship.</td>
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<tr>
<td><strong>Revitalize</strong></td>
<td>Goal: Expert relieves the symptoms of the person who is labeled ill.</td>
<td>Goal: experience new life and new hope together.</td>
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## INDICATORS THAT COULD CAUSE TRAUMA

**SITUATIONAL & ENVIRONMENTAL & SOCIO-CULTURAL**

- Family Instability
- Divorce/Loss/Separation
- Infidelity/Abandonment
- Domestic Violence
- Sexual Molestation/Rape
- Bad Jobs/Unemployment
- School Dropout
- Teen Pregnancy
- Homelessness
- Poverty/Inequalities
- Racism/Discrimination
- Being Suicidal
- Hospitalization
- Illness/Death of a family member
- Forced Displacement
- Human trafficking
- Addictions
  - Alcohol, Drugs
- Gang Affiliation
- Community Violence
- Bullying

**EMOTIONS:** Fear, Anger, Sadness, Humiliation, Shame, Inadequateness, Loneliness, Remorse, Hurt, Resentment, Confusion–Anxiety, Depression
## Ways Emotional CPR Heals Trauma

<table>
<thead>
<tr>
<th>Dimensions</th>
<th>Impact of Trauma</th>
<th>Outcomes of Emotional CPR</th>
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<tbody>
<tr>
<td>Relatedness</td>
<td>Alienated</td>
<td>Emotionally Connected</td>
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<tr>
<td>Power</td>
<td>Voiceless</td>
<td>Emotionally Powerful</td>
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<tr>
<td>Emotional State</td>
<td>Numb and dissociated</td>
<td>Emotionally Revitalized</td>
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E-mail: info@emotional-cpr.org  
Phone: (877) 246-9058 (Toll Free)  
Direct line (978) 973-8370 (Spanish/English)

### Websites:

**Emotional CPR:** [www.emotional-cpr.org](http://www.emotional-cpr.org)  
**National Empowerment Center (NEC):** [www.power2u.org](http://www.power2u.org)  
**National Coalition of Mental Health Recovery (NCMHR):** [www.ncmhr.org](http://www.ncmhr.org)  

**Facebook:**  
Emotional CPR (eCPR)  
Emotional CPR-Australia  
Emotional CPR-California,  
emotional CPR-Texas,  
emotional CPR Minnesota  
Emotional CPR-Puerto Rico  
National Empowerment Center  
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