



Land Acknowledgement

We would like to honor and acknowledge the ancestral homelands and traditional territories of Indigenous peoples who have been here since time immemorial, and to recognize that we must continue to build solidarity, and kinship with Native Indigenous communities.

Today we would like to specifically acknowledge the Nipmuc, Pocumtuck, Ojibwe people. We would also like to pay our respects to the land and life of Indigenous people, the ancestors, elders, and our relatives/relations past, present and emerging.

Invitation to Brave Space

Together we will create brave space
Because there is no such thing as a "safe space"
We exist in the real world
We all carry scars and we have all caused wounds.
In this space
We seek to turn down the volume of the outside world,
We amplify voices that fight to be heard elsewhere,
We call each other to more truth and love
We have the right to start somewhere and continue to grow.
We have the responsibility to examine what we think we know.
We will not be perfect.
This space will not be perfect.
It will not always be what we wish it to be
But
It will be our brave space together,
and
We will work on it side by side
By Micky ScottBey Jones

Micky accompanies people as they birth more love, justice and shalom into our world. As a womanist, faith rooted, contemplative activist, movement chaplain, and nonviolence practitioner, Micky supports students, clergy, activists and everyday leaders in a variety of roles – speaker, writer, facilitator, pilgrimage guide and teacher.



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



Oryx Cohen & Sae Kim
National Empowerment Center
October 5, 2021

What is eCPR?

***A community education program
that prepares people
to assist another person
who is experiencing an emotional crisis***

Why eCPR?

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.

Comparing the eCPR Approach vs. Conventional Approach

	eCPR Approach	Conventional Approach
Expressing emotions	Show emotional response but stay focused on the 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 with and empowering other person	Keep your experience to yourself—don't share
Belief	Holistic belief that the 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

Comparing the eCPR Approach vs. Conventional Approach

	eCPR Approach	Conventional Approach
Use of labeling and categories	Avoided because it can diminish human connection	Typically used, following Diagnostic and Statistical Manual (DSM) or International Classification of Diseases (ICD) 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
Accessibility	Inclusive, sensitive, culturally empathetic, individualized	Structured, ethnocentric, institutional

Research on eCPR

Feasibility and Preliminary Effectiveness of a Peer-Developed and Virtually Delivered Community Mental Health Training Program (Emotional CPR): Pre-Post Study

Amanda L. Myers, MPH; Caroline Collins-Pisano;
Joelle C. Ferron, MSW; PhD, Karen L. Fortuna, PhD, LICSW

- Published in the Journal of Participatory Medicine (2021)

Research Methods

- 560 individuals, including peer support specialists, service users, clinicians, family members, and nonprofit leaders, who participated in virtual eCPR trainings between April 20, 2020, and July 31, 2020.
- Of the 560 participants, 151 individuals responded to both pre- and post-training surveys.
- The administered surveys included the Herth Hope Scale; Empowerment Scale; Flourishing Scale (perceived capacity to support individuals); Mindful Attention Awareness Scale; Active-Empathic Listening Scale (supportive behaviors toward individuals with mental health challenges); Social Connectedness Scale (feelings of belonging and connection with others); Positive and Negative Affect Schedule; and UCLA 3-item Loneliness Scale (symptoms and emotions). Additionally, the eCPR fidelity scale was used to determine the feasibility of delivering eCPR with fidelity.
- We examined post-training improvements related to each scale and identified pre-post training differences by role.

Research Findings

- It is feasible for people with lived experience of a mental health condition to develop a program and train people to deliver eCPR with fidelity.
- Statistically significant pre-post improvements were found related to one's ability to identify emotions, support others in distress, communicate nonverbally, share emotions, and take care of oneself, as well as to one's feelings of social connectedness, self-perceived flourishing, and positive affect.
- Findings indicated promising evidence of pre-post improvements (not statistically significant) related to loneliness, empowerment, active-empathetic listening, mindfulness awareness, and hope.
- Nonprofit leaders and workers demonstrated the greatest improvements related to loneliness, social connectedness, empathic listening, and flourishing.
- Peer support specialists demonstrated the greatest improvements related to positive affect.
- Clinicians demonstrated the greatest improvements related to mindfulness awareness.

Foundations of Emotional CPR

- Cultural Empathy & Intersectionality
- Values of a Healthy Community
- Trauma-Informed Care
- Components of Recovery
- Peer Support

“Culturally Relevant” and “Intersectional”



“What’s the matter?
It’s the same distance!”

- What does this mean?
- Power and Privilege, Equality vs Equity
- Social matrix exercise and demonstration
- Reflection/discussion
How do these things show up in mental health care? In eCPR itself? In broader community?

Blank Social Matrix Template

Figure 1: Blank Template for the Social Matrix

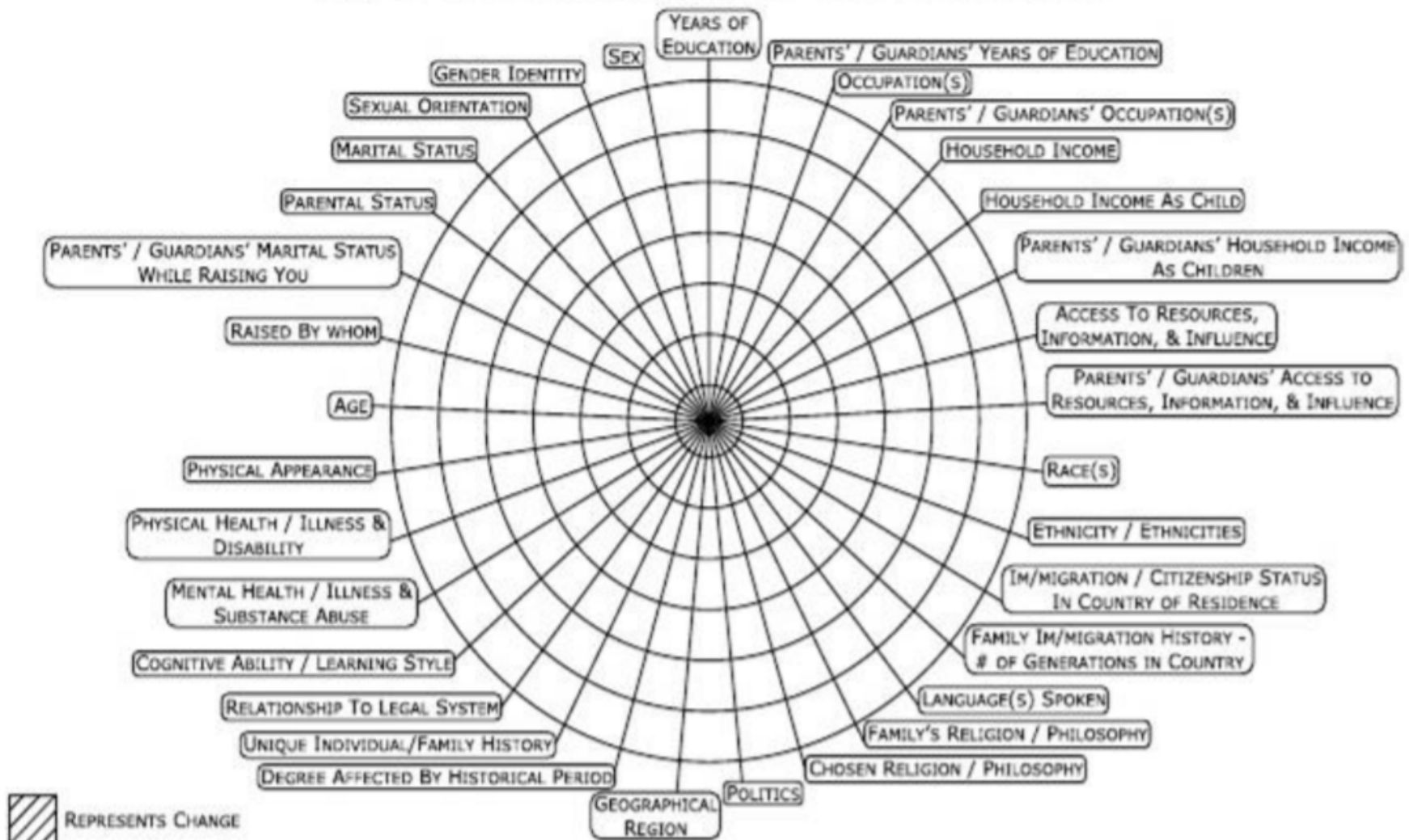
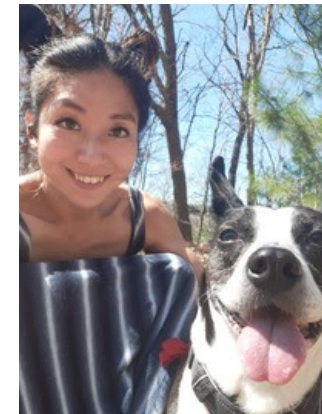
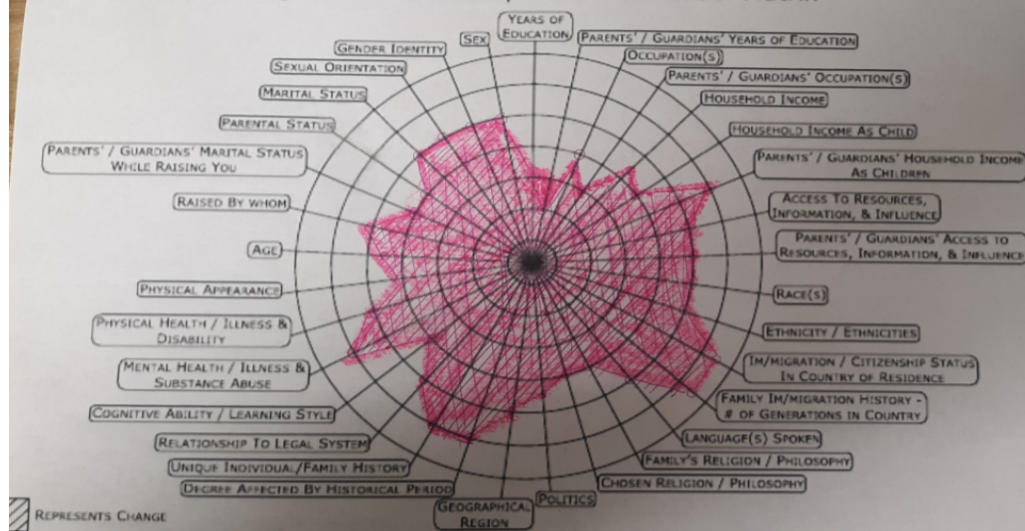
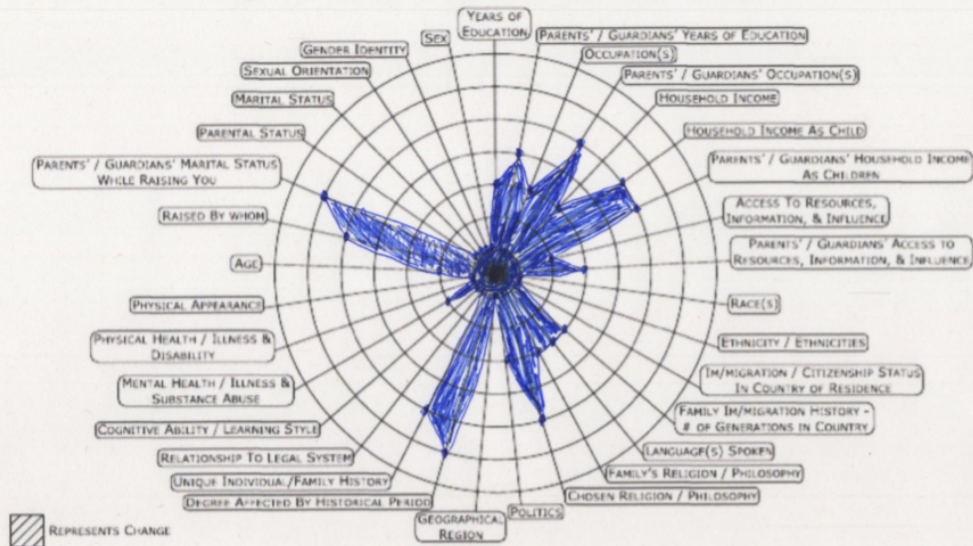


Figure 1: Blank Template for the Social Matrix



Sae

Figure 1: Blank Template for the Social Matrix



Oryx

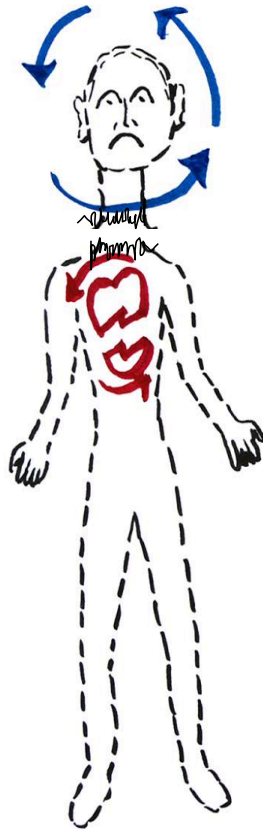
Three phases of the practice of e**CPR**

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

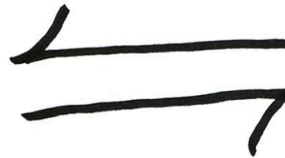
P = **emPower** to experience Passion and Purpose

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

Trapped in Monologue

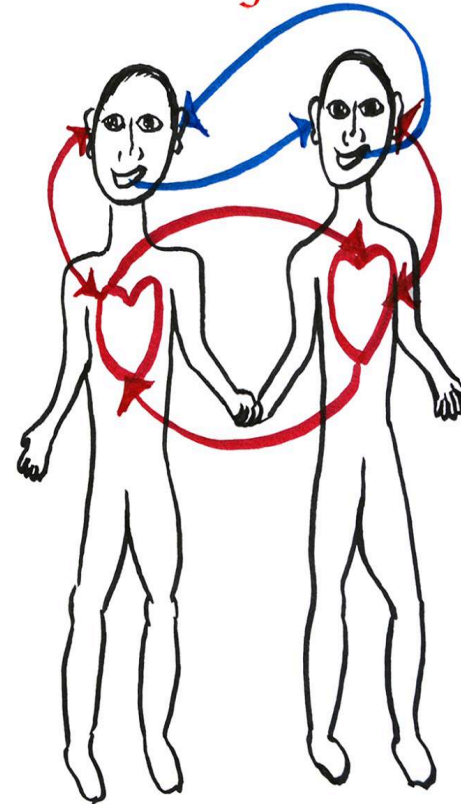


Trauma / Loss



Connection
empowerment
Revitalization

Heart to Heart
Dialogue

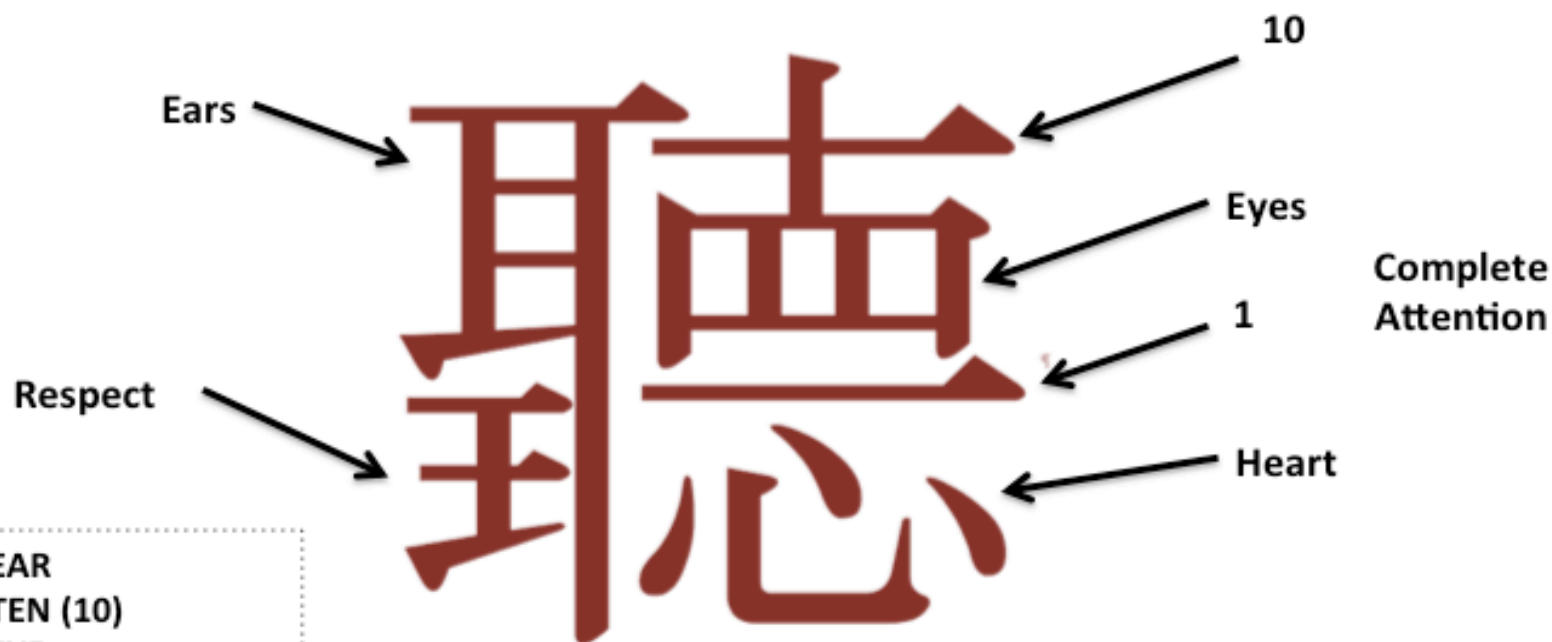


Seven Intentions of eCPR

1. Be present, listen with your heart (C)
2. Notice your feelings (C)
3. Share your feelings (C)
4. Be - don't do (P)
5. Ok to not know (P)
6. Healer is within (P)
7. Together, we revitalize (R)

“Ting”

Chinese character for the verb “to listen”



耳 EAR
十 TEN (10)
目 EYE
一 ONE (1)
心 HEART
王 KING (RESPECT)

eCPR: It's all about the practice!

- Practicing through real plays rather than role plays is an essential process of learning eCPR
- Practice sessions allow people to apply the eCPR approach, see how it complements or contrasts with other approaches, and practice their understanding of eCPR
- While two people practice, others observe and take note of what they feel in response to what happens.
- There is really no other way to experience the power of this approach than by empathic, respectful and strength-based practice.



COMMUNITY-CPR

WE-CPR

E-CPR

ME-CPR

Levels of Emotional CPR (eCPR)

Elements of **C**onnecting:

- Listening deeply and staying present
- Practicing curiosity and remaining open-minded
- Attuning to the other person's feelings while remaining centered in yourself
- Willingness to share one's emotions without overwhelming the person in distress
- Being willing to step out of your comfort zone
- Cultivating a hopeful and positive attitude, especially regarding the future
- Knowing when to offer the "gift of silence" while communicating nonverbally
- Communicating that you care
- Creating an emotionally safe relationship

How to have a conversation emphasizing the nonverbal dimensions of communication

- Share what you feel in your body: “I notice that my stomach is tight...”
- Let yourself respond intuitively, with facial expressions, eyes, hand gestures, and body posture that arise naturally.
- If you visualize something in response to what the person is saying or doing, you can share to see if it resonates with them.
- Notice the feeling expressed in words or phrases. If some words seem to carry feelings, you can repeat them in a way that reflects that feeling.
- Realize that breathing is a vital indicator of feelings. We may hold our breath when apprehensive then let out a sigh of relief.

“What comes from the heart goes to the heart.”

Elements of emPowerment:

- Power with rather than power over
- Support them to connect with their inner wisdom
- Help them tap into their courage and power
- Encourage self-determination
- Sensitively reframe crisis as an opportunity for growth and change

Elements of **R**evitalization:

- Help identify what brings joy and meaning to life
- Encourage small steps in the direction of dreams
- Support connections in the community to begin or reestablish roles, relationships and routines that enhance life
- Encourage expressions of creativity
- ***Celebrate and appreciate each other***

Intentions of eCPR

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

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.

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.

eCPR is based on the values of a healthy community:

- Mutual respect and trusting relationships
- Recovery is possible for everyone
- Hope is central
- Self-determination (dignity of choice)
- Validation of emotional expression
- Every person is appreciated as fundamentally whole
- Cultural humility and inclusion

Ways eCPR Heals Trauma

Dimensions	Impact of Trauma	Process of eCPR
Relatedness	Alienated	Emotionally Connected
Power	Voiceless	Emotionally EmPowered
Emotional State	Fight/Flight/ Freeze/Fawn/Flock Numb/Disassociated	Emotionally Revitalized



“The area where we are the greatest is the area in which we inspire, encourage, and connect with another human being.” – Maya Angelou

THANK YOU!

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www.emotional-cpr.org