



# 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 and people are finding this particularly useful. 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 which reinforces the person's sense of mastery and accomplishment, further energizing the healing process. eCPR is based on the principles found to be shared by a number of support approaches: of trauma-informed care, counseling after disasters, peer support to avoid continuing emotional despair, emotional intelligence, suicide prevention, and cultural 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 and our approach assumes that the person is doing his or her 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 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.

***Please see reverse for additional information about upcoming trainings and the trainers.***

## **Emotional CPR**

**A program of the National Coalition for Mental Health Recovery**

**web: [www.emotional-cpr.org](http://www.emotional-cpr.org); email: [info@emotional-cpr.org](mailto:info@emotional-cpr.org);**

**phone: 877-246-9058**

## 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](mailto: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](mailto:info@emotional-cpr.org) or call 877-246-9058. Please visit the NCMHR website: [www.ncmhco.org](http://www.ncmhco.org) for eCPR updates and education materials.

## eCPR Lead Trainers



**Daniel Fisher, MD, PhD:** Dan's life's purpose comes from his lived experience of recovery from schizophrenia, which inspired him to dedicate himself to helping others find their voice and to recover. He earned an MD, and completed his residency in psychiatry at Harvard Medical School and has practiced as a board-certified, community psychiatrist for 25 years. In 1992, he co-founded the federally-funded National Empowerment Center and has served as its Executive Director since then. He was a Commissioner on the President's New Freedom Commission on Mental Health, 2002-03.



**Tracy Love** works as a mental health/wellness educator and consultant in California. She currently serves on the Client and Family Leadership Committee. Since her own personal experience with the criminal justice system, she has worked passionately to educate police in cultural attunement and sensitivity, particularly when interacting with people experiencing an emotional crisis. She provides training to law enforcement personnel on crisis intervention and manages wellness recovery programs in Alameda County, CA.



**Ann Rider, MSW, CPRP:** Ann is a social worker and mediator by training, and a writer and gardener by avocation. Using her own psychiatric and addiction history, Ann developed and implemented Peer Support training for two agencies and for the state of Arizona. She worked as the mental health advocate for Arizona's Protection and Advocacy system, and has taught peer support and recovery classes in Arizona, Arkansas, Canada, and New Zealand. Ann is the Executive Director of Recovery Empowerment Network in Arizona.



**Lauren Spiro, MA** - Lauren has devoted her life's work to transforming mental health care. Labeled with chronic schizophrenia as a teenager, her journey to wellness informs all her work. She co-founded two non-profit corporations and as the director of the National Coalition of Mental Health Consumer/Survivor Organizations, she advances the values, vision, policies and legislative priorities of mental health consumers in Washington, D.C. and across the country. She is an artist and holds a M.A. in Clinical/Community Psychology.