

Ways Emotional CPR (eCPR) can Heal the COVID Trauma

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



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Emotional CPR is a way to implement the principles of Recovery:

***SAMHSA established 10 components of recovery of which many involved interpersonal connecting:**

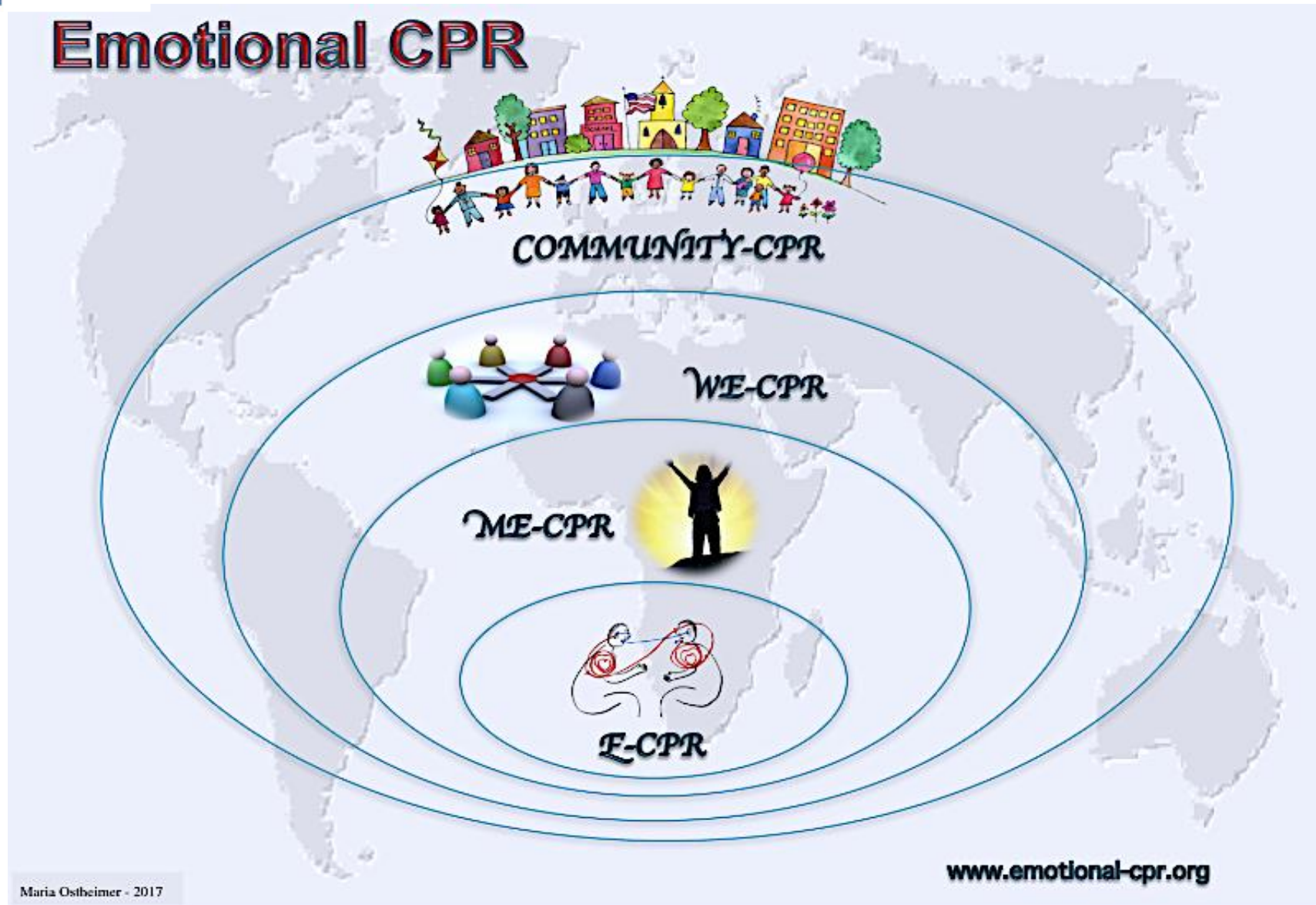
- 1. Self-direction which grows from supports**
- 2. Empowerment, especially having a voice in groups**
- 3. Mutual support**
- 4. Respect for differences**

- **We have learned through teaching emotional CPR during the Covid crisis that we can teach eCPR online.**
- ***We have learned that eCPR is a trauma informed approach**
- ***We learned that not only is eCPR helpful in healing the trauma leading to mental health conditions but also eCPR helps heal community trauma such as Caused by the pandemic**
- * **We call the application of eCPR to communities Community CPR**
- * **The Goal of Community CPR is to spread the lessons learned in eCPR to the broader community**

***We learned that in a disaster such as the Covid emotional pandemic, we lack the resources to diagnose and refer each individual to professional services and therefore we need a practice that community members, families, first responders, teachers...can learn and apply, as a type of public mental health**

***Community eCPR is an application of public health principles Of disaster relief to the emotional impact of the pandemic**

Levels of eCPR



Ways Emotional CPR Addresses Trauma

Dimensions	Impact of Trauma	Outcomes of Emotional CPR
Relatedness	Alienated	Emotionally C onconnected
Power	Voiceless	Emotionally P owerful
Emotional State	Numb and dissociated	Emotionally R evitalized

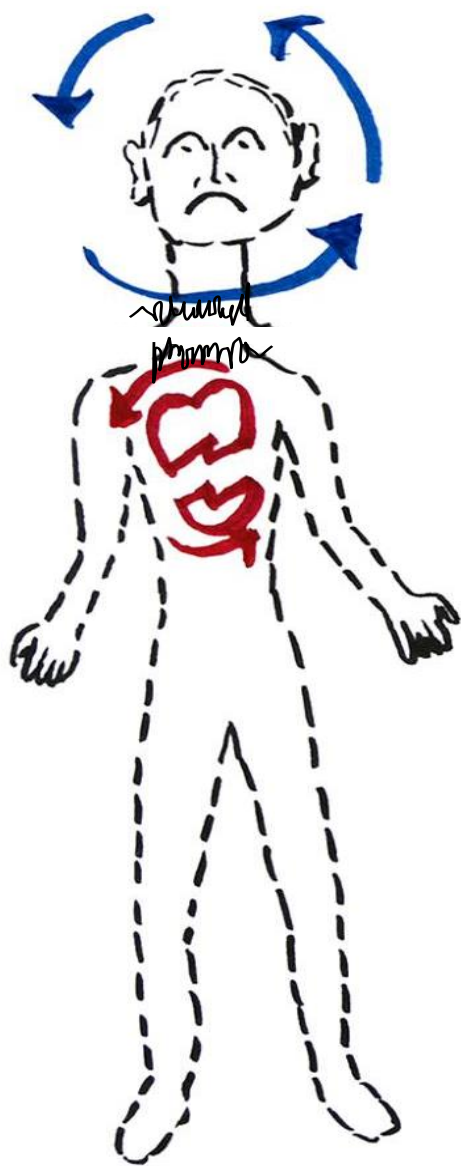


Community Agreement for Community CPR

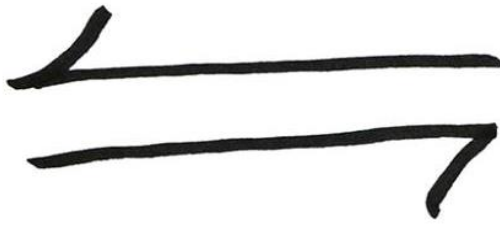
Our goal is to create a mutually safe space which allows us to feel and express our feelings by respecting each other as equally human through being nonjudgmental, confidential and practicing:

- 1. THE COURAGE TO BE VULNERABLE**
- 2. RESPECT FOR DIFFERENCES IN COMMUNICATING FEELINGS**
- 3. APPRECIATION OF IMPACT OVER INTENT**
- 4. 'BOTH / AND' RATHER THAN 'EITHER/OR' WAYS OF BEING**
- 5. CREATING CHANNELS AS BOUNDARIES**
- 6. STEPPING UP / STEPPING BACK**
- 7. BUDDY SYSTEM & SELF CARE**

Trapped in Monologue

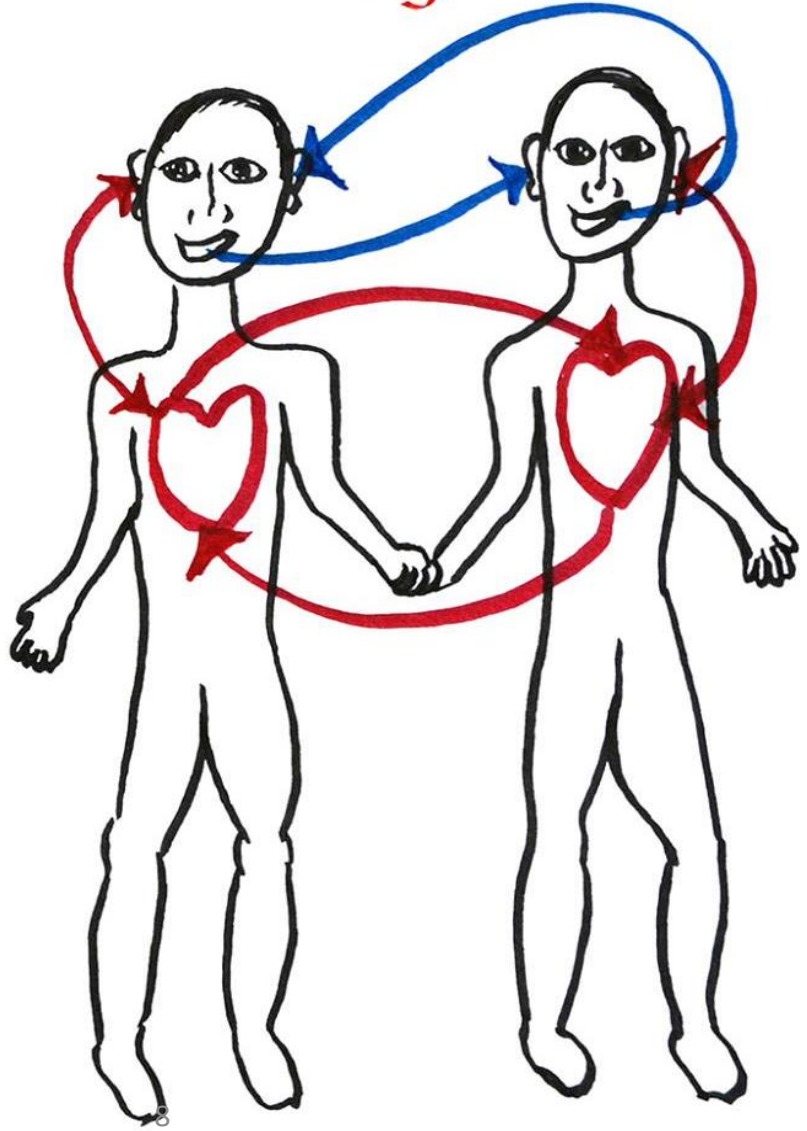


Trauma / Loss

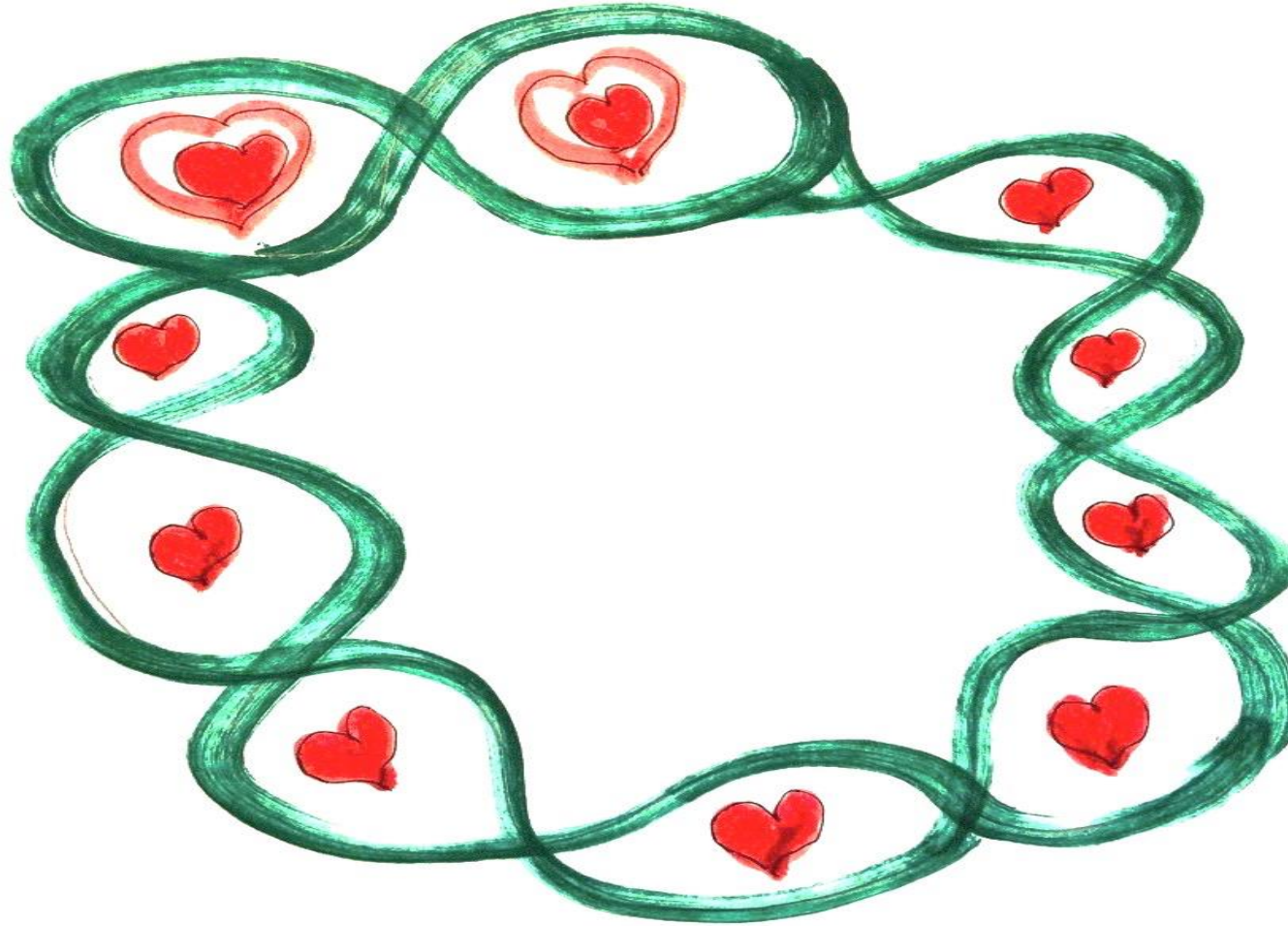


Connection
empowerment
Revitalization

Heart to Heart Dialogue



Flow of New Life in the Community



Intentions of eCPR

1. **Connect: I will connect through feelings first, respecting you as equally human, fully** Ting 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

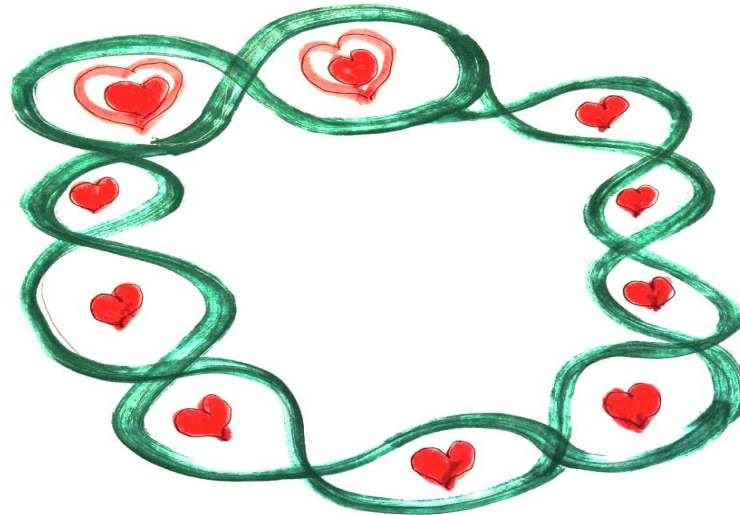
4. **emPower: I will BE WITH YOU** without fixing, judging, or advising you.

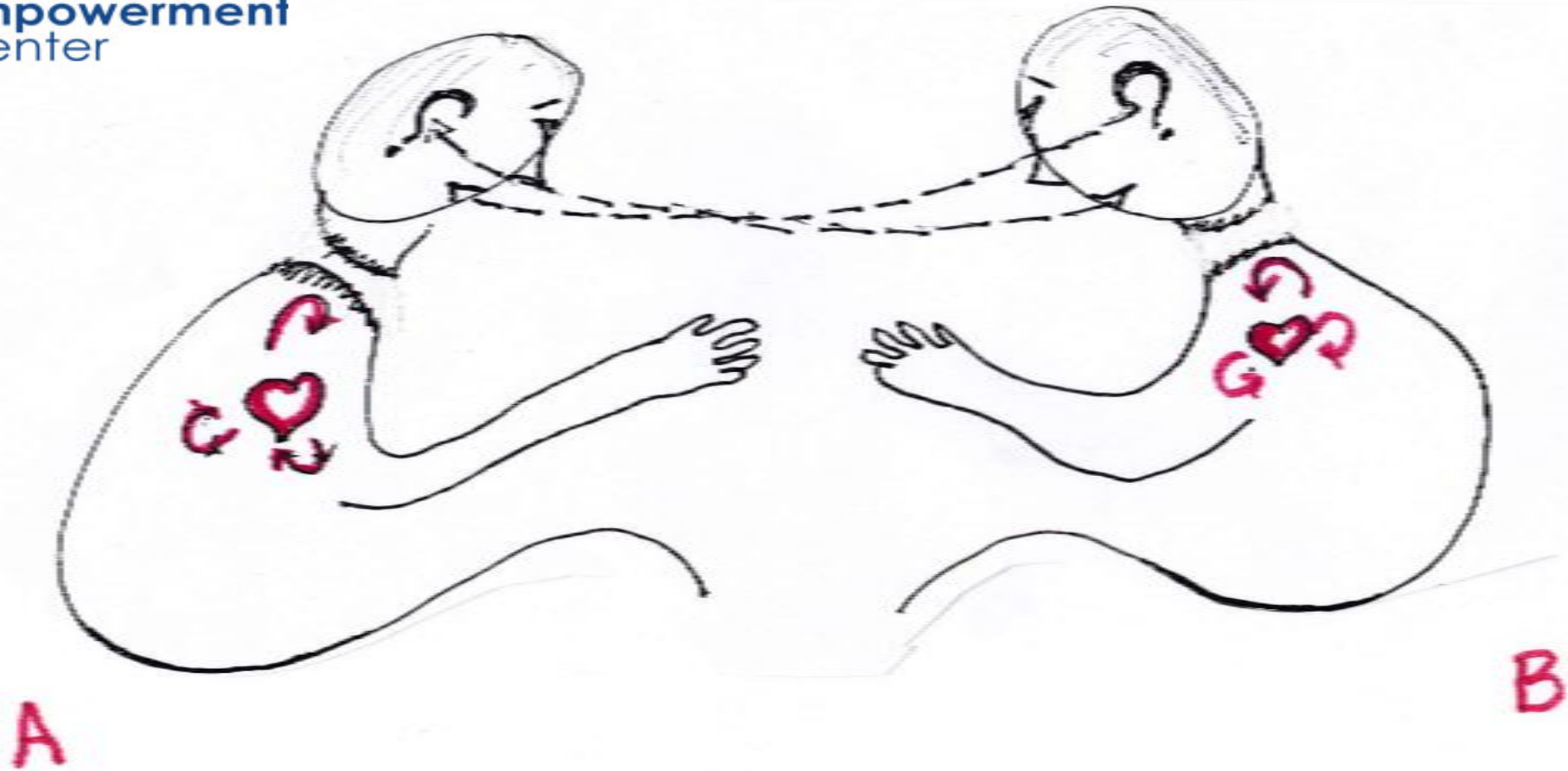
5. **emPower: I am not sure what is best for you;** together we explore the unknown and we uncover our power.

6. **emPower: Together, we release the power to heal** that lies within us and between us.

Intentions of eCPR

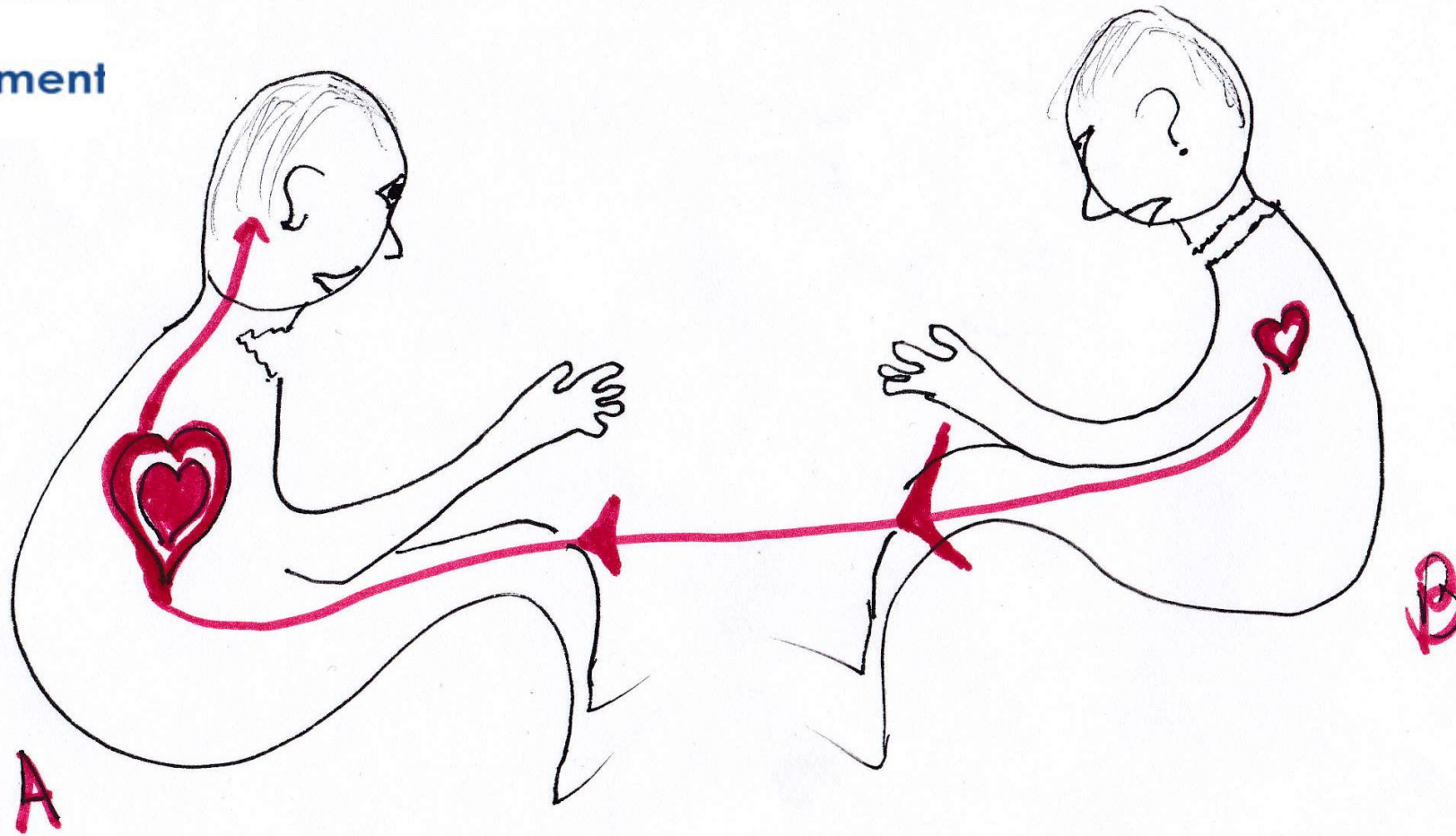
7. Revitalize: **We authentically create new life, new Voice,** and new hope in the present moment, which is revitalizing for us.





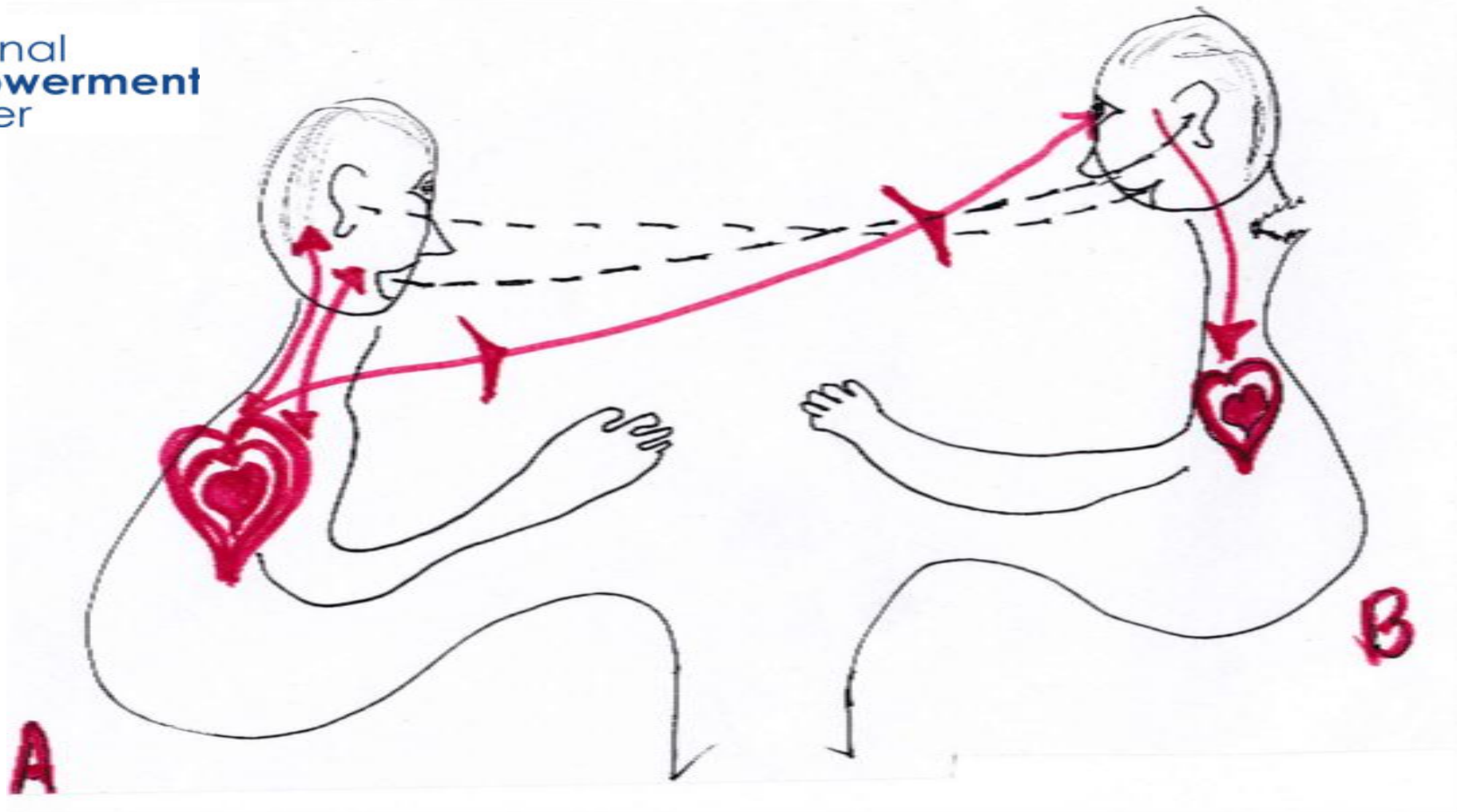
Stage 1 of Resonating: GREETING

Both A (assister) and B suffer dissociation of their minds from their hearts



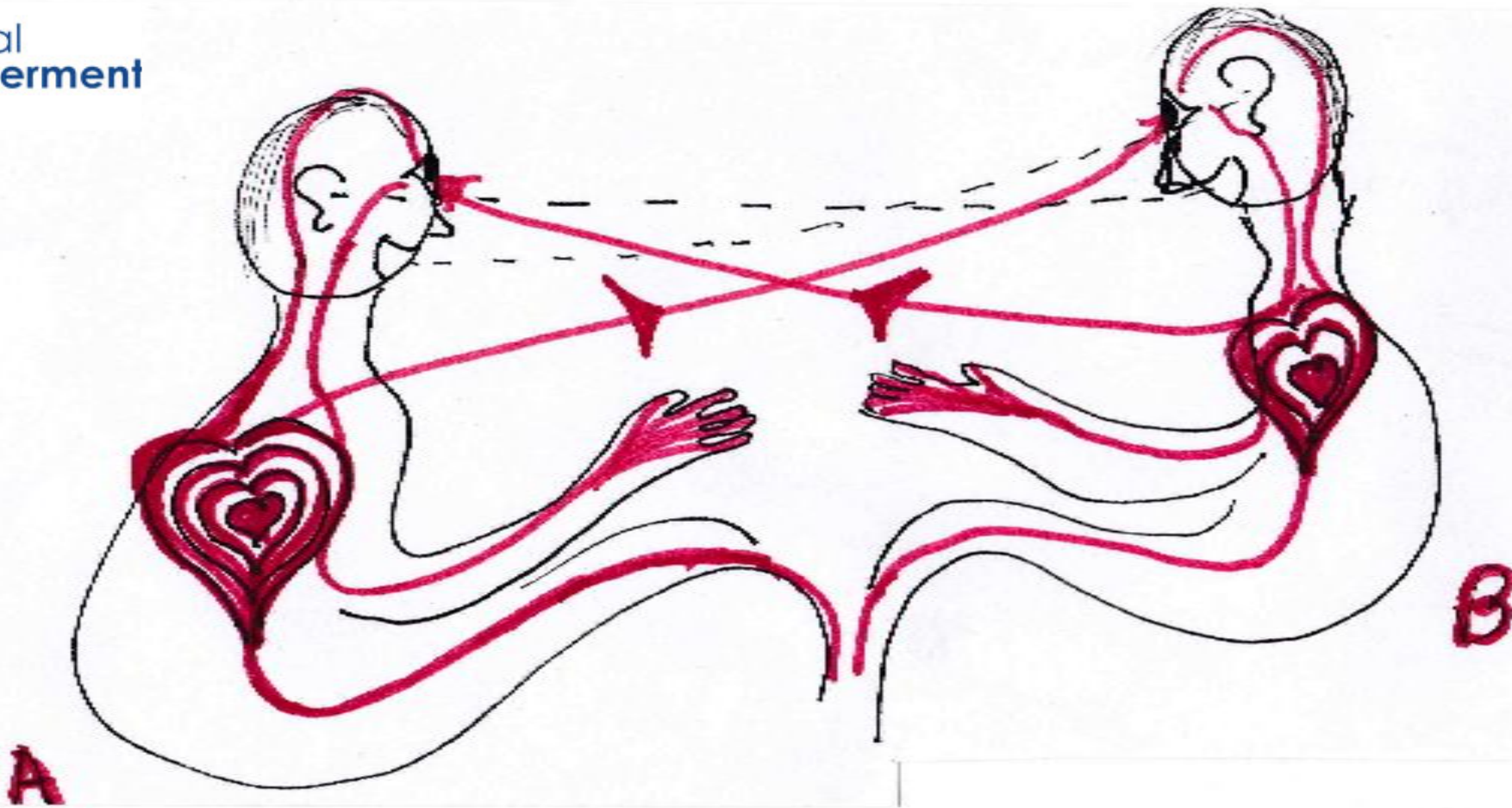
Stage 2 of Resonating: EXPERIENCING

A practices Ting listening with eyes, ears, and heart, feeling some sensations in their body and imagination in response to B's feelings



Stage 3 of Resonating: EXPRESSING

A expresses their sensations in response to B, continuing to heal; B feels A's concern and starts to feel their heart



Stage 4 in Resonating: **FLOWING**

B expresses feelings, A resonates with the feelings; both experience revitalization



Suicide Prevention through Community CPR

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

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

Let's explore ways to be together so we can experience new possibilities, new life...



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Websites:

Emotional CPR: www.emotional-cpr.org

National Empowerment Center (NEC):
www.power2u.org

National Coalition of Mental Health Recovery (NCMHR)
www.ncmhr.org



Thank you!