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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CEO, NEC
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

Emotional CPR

COMMUNITY-CPR

WE-CPR

ME-CPR

E-CPR

www.emotional-cpr.org

Maria Ochsner - 2017
## Ways Emotional CPR Addresses Trauma

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<th>Outcomes of Emotional CPR</th>
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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

Heart to Heart Dialogue

Trauma / Loss

Connection empowerment

Revitalization
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.
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.
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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Direct line (978) 973-8370 (Spanish/English)

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!