



Emotional CPR (eCPR) is an educational program designed to teach people to assist others through an emotional crisis by three simple steps:

C = Connecting

P = emPowering, and

R = Revitalizing.

The Connecting process of eCPR involves deepening listening skills, practicing presence, and creating a sense of safety for the person experiencing a crisis. The emPowering process 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 process, 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: 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. (quoted from the eCPR website).

Visit the eCPR website for more information www.emotional-cpr.org

Who should attend: This training is designed for individuals with lived experience who are interested in working in the Peer Respite and Wellness Center or in other employment situations where they are providing peer support.

***Please note that this is a certification workshop and participants will be required to demonstrate proficiency with eCPR to receive certification. Role-plays and active participation are required for this workshop.**

To apply: Please complete an application by March 8, 2012. To request an application please contact Lara Williams, lwilliams@intecare.org, phone:317-237-5771