

A public health education program that teaches people how to assist someone experiencing emotional distress or crisis.

A Hope-Based Approach to Building Strong, Resilient, Cooperative Communities

November 11, 2020
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Emotional CPR
(eCPR)
Intro Workshop

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Invitation to Brave Space
By Micky Scott Bey Jones

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

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Welcome & Introductions

- Orientation to today's workshop
- Connecting with intention
- Brief Intro
 - Name
 - What brought you here today?
 - What's your (emotional) weather?



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eCPR

Introduction to eCPR

<https://www.youtube.com/watch?v=ZTU831knaVE>

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What is eCPR?

A community education program which prepares people to assist another person experiencing an emotional crisis.



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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.



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The Grassroots of eCPR

- Developed by a diverse group of people with lived experience with emotional distress and crisis
- Learned how to make it through and integrate experiences into a broader understanding of themselves and others
- Crisis as an opportunity for growth and change
- Consider new ways of being in the world and realign our lives to be in sync with our deepest values
- "It's not help if it's not helpful"

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What do we mean by "crisis?"

- Universal experience
- Normal reaction to extraordinary events
- A state of extreme emotional distress, which often leads to feelings of being overwhelmed, confused, frightened, or that the experience is unmanageable
- May happen very suddenly or occur after a person has been struggling for awhile without having their needs met through support and resources
- Folks become extremely sensitive to their safety and self-preservation

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Phases of eCPR

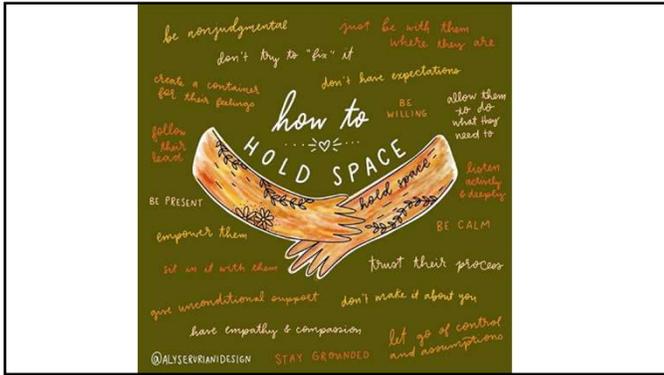
C = Connect with Compassion and Concern to open up Communication, especially heart-to-heart

P = emPower to experience Passion and Purpose

R = Revitalize increased energy, new life, creativity, hope



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Foundations of eCPR

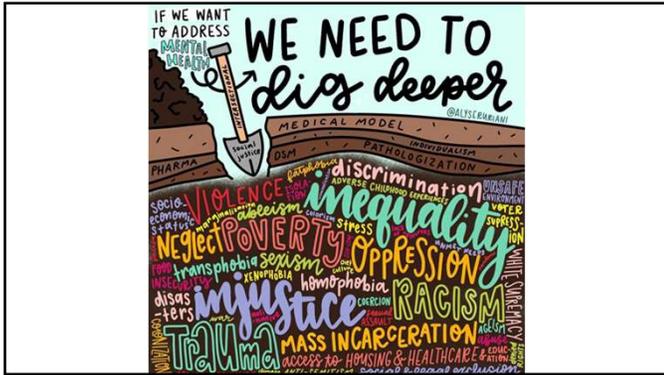
- Values of a Healthy Community
- Cultural Empathy & Intersectionality
- Trauma Informed
- Components of Recovery
- Mutuality and Mutual Aid
- Conventional "Help" and eCPR Support
- Features of Dialogue
- eCPR for Suicidal Thoughts and Feelings

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Values of a Healthy Community

- Mutuality
- Trust and respect one another through dialogue
- Listen deeply to ourselves and others
- Recovery and healing are possible for everyone
- Hope is central
- Self-determination = Dignity of Choice
- Foundation of connection to community is prevention
- Validation of emotional expression
- Every person is appreciated as fundamentally whole
- Cultural humility, empathy, and intersectionality

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Cultural Empathy

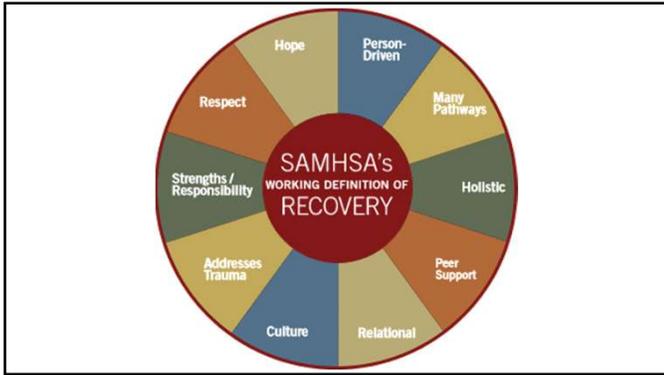
- Cultural empathy is the willingness to identify with the thoughts, feelings, and behaviors of persons from another culture
- Suspend our own beliefs and biases
- Knowledge of and sensitivity to cultural differences including respectful inquiry and avoiding assumptions

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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

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Mutuality

- Shared power: power with not power over
- Without "roles" of helper/helped, well/sick
- Everyone has something to give
- Voluntary

An illustration of two hands shaking in a firm grip. Below the hands, the text "WE NEED EACH OTHER" is written in a bold, black, sans-serif font.

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An illustration of a white door with several hats hanging on a rack inside. The hats include a red hat, a blue hat, a green hat, a brown hat, and a black hat. The text "Leave your Hat at the Door" is written at the bottom right. To the left of the door, several cartoon characters are shown with speech bubbles and text: "I believe that occurs", "Suspend your Beliefs", "Enter a Neutral Place", "Heart to Heart", "Respect Differences", and "Use your Authentic Voice".

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eCPR is a Practice

- All Human Beings Practice – and we need to create space to do it
- Embracing process
- Child-Like Wonder and Curiosity
- Mistake Making/Risk Taking
- Self-Compassion

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What does it mean to listen?

“Ting”
Chinese character for the verb “to listen”



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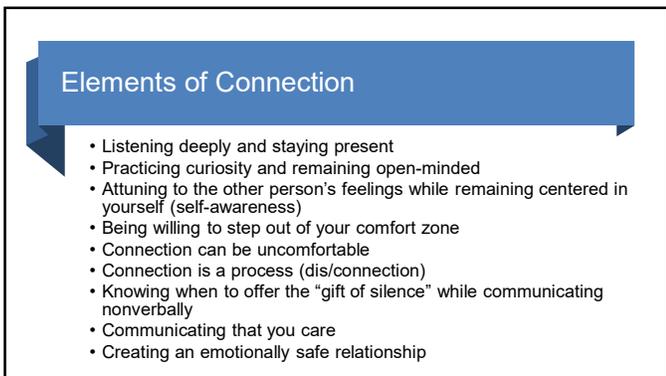
Suicidal Thoughts & Feelings

- Fear vs. Connection
- Identifying with the feeling
- “I’m not qualified” vs. All Humans are capable
- Doing to/for vs. Doing Well

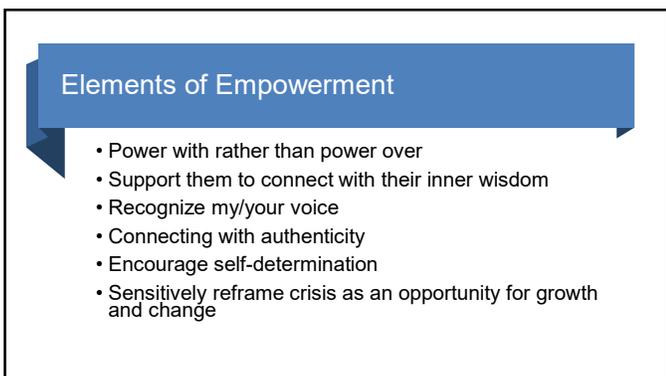
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Elements of Revitalization

- Presence – “I’m going to be ok”
- Acceptance
- Surrender/Let Go
- Take another breath, take a step, or know what’s next
- Expressions of creativity
- **Celebrate and appreciate each other**

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What is meCPR?

meCPR includes:

- the ways we connect with our own voice, thoughts and emotions
- how we process, reflect, and learn from our experiences
- finding touchstones to reconnect and revitalize



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meCPR or Self-Care

- Unpacking "self-care"
- Shifting from self-care to community care
 - "Shouting 'self-care' at people who actually need community care is how we fail people."
~ Nakita Valerio
- Community Care includes interpersonal acts of compassion, cooperation, and social action

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Self-Compassion

1. Self-Kindness vs. Self-Judgment
2. Common Humanity vs. Isolation
3. Mindfulness vs. Over-Identification

Dr. Kristin Neff
<https://self-compassion.org>

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Working with Our Hearts

- There is no greater gift than hearing and holding people's stories.
- How do we hold the stories without taking them on?
- Holding Space vs. Holding On
- Allow others to OWN their stories and choices

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Boundaries and Protections

- “Your boundary need not be an angry electric fence that shocks those who touch it. It can be a consistent light around you that announces: I will be treated sacredly.” ~ Jaiya John
- Emotional “boundaries” and eCPR

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Practices and Touchstones

- Empathy (especially for ourselves!)
- Grace (and making mistakes)
- Process and Practice
- Touchstones
 - What grounds you?
 - What holds you to time and space when you're overwhelmed?
 - Let's Practice together! eCPR Meditation

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Six Intentions of eCPR

1. Be present, listen with your heart (C)
2. Share your feelings (C)
3. Be - don't do (P)
4. OK to not know (P)
5. Healer is within (P)
6. Life is dialogue (R)



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*"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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