

Emotional CPR Certification Training



What is Emotional CPR (eCPR)?

A Holistic, Hopeful, and Empowering Approach to Supporting a Person Through an Emotional Crisis

November 25th- 27th 2012

Kalahari Resort

Wisconsin Dells, WI

(a parallel training to the 2012 Consumer Conference)



Sponsored by Grassroots Empowerment Project





Who Can Attend?

This training is being offered to Certified Peer Specialist currently working with peers.

Participants Who Successfully Complete This Training Will Be Skilled In:

Connecting

Connecting skills include:

- Be humble, curious and respectful. Avoid assumptions and become interested in what the person in crisis means by their behavior.
- Believe in people's resilience. People can overcome all kinds of stress, and trauma. While they may feel confused or frightened in the short term, affirm that you believe in their ability to heal.
- Listen with the heart instead of the head. practice shutting off the stream of thought, and open your heart to the person in distress.
- Meet people where they're at. Be mindful of the person's body language, posture and tone. Do your best to remain calm, relaxing your body and opening your heart. In this way, you help the person in crisis begin to relax.

emPowering

emPowering skills include:

- Entering into a collaborative "power with" as opposed to "power over" relationship.
- Exercising mutuality through communicating that the person in distress is helping you by allowing you to help him/her.
- Facilitating the person's shift from hopelessness to planning for the future.

Revitalizing

Revitalizing skills include:

- Helping people to identify the vital center that brings meaning and purpose to their life.
- Encouraging people to stay hopeful and to move in the direction of their dreams.
- Facilitating connections in the community to enhance or re-establish roles, relationships and routines.

TRAINERS

SAM AHRENS

Sam Ahrens works for Grassroots Empowerment Project as a Technical Assistance Coordinator, providing education and support to Consumer Run Organizations on a variety of topics including, creating sanctuary environments, trauma informed care, recovery and recovery based services, effective communication, peer support and advocacy. She has degrees in Social Work and English, taught freshman composition at the college level, and anger management and understanding domestic violence within the WI prison system.

TRACY LOVE

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.

KATHY GAGE

TRAINING SCHEDULE

Sunday November 25th

1:00-2:45 Training
2:45-3:00 Break
3:00-4:45 Training
5:00-6:00 Dinner
6:00-7:45 Training

Monday November 26th

9:00-10:00 Opening Session of Consumer Conference
10:00-10:15 Break
10:15-12:00 Lunch
12:45-2:45 Training
4:30-6:00 Training

Tuesday November 27th

9:00-10:00 Opening Session of Consumer Conference
10:00-10:15 Break
10:15-12:00 Training
12:00-12:45 Lunch
12:45-2:45 Training
2:45-3:00 Wrap Up

