





<p>Creating a Community of Practice through Emotional CPR (eCPR)</p> <hr/> <p>Lynn McLaughlin Karen Iverson Riggers</p>	
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 <div data-bbox="175 1005 742 1068" style="border: 1px solid black; padding: 5px; text-align: center;"><h2>Introduction to eCPR</h2></div> <p>https://www.youtube.com/watch?v=ZTU831knaVE</p> 

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<p>What is eCPR?</p> <p>A community education program which prepares people to assist another person experiencing an emotional crisis.</p>	
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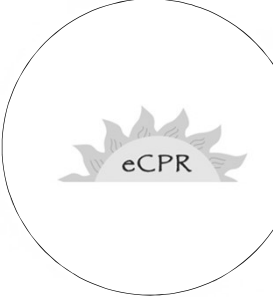
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Phases of eCPR

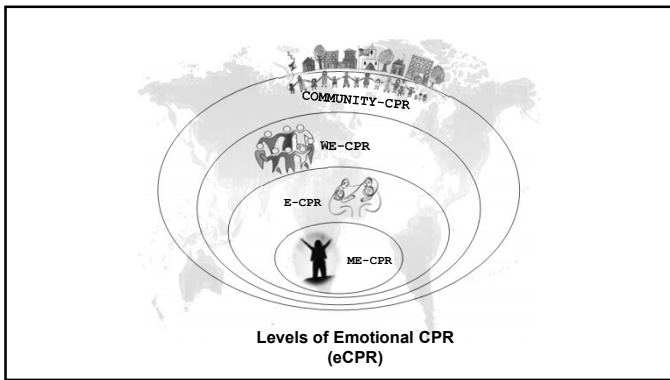
C = Connect with Compassion and Concern to open up Communication, especially heart-to-heart

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

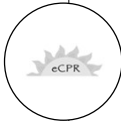
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eCPR is a Practice

- 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 is a Community of Practice?




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What are the key elements to a Community of Practice?




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Connection is Prevention



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Want to learn more?




Attend a FREE 2-hour virtual Emotional CPR Introductory Workshop!

Mon, 11/2 from 9-11:00 AM	Tue, 12/1 from 9-11:00 AM
Wed, 11/11 from 1-3:00 PM	Thu, 12/10 from 1-3:00 PM
Mon, 11/16 from 6-8:00 PM	Mon, 12/14 from 6-8:00 PM

To reserve a spot, please email ecprevents@gmail.com and mention this conference or register online at: <https://dandalliance.wildapricot.org/Events>

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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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