Less Fixing, More Listening:

Using Emotional CPR to Build Trust, Empathy, and Collaboration



Valerie Bogie, MSSW, Veterinary Social Worker

Valerie Bogie

Emotional CPR

Goal:

Train people to assist others through an emotional crisis and to make this practice accessible to people around the world.

National Empowerment Center

Emotional CPR

Welcome!

- ★ Check in
- ★ Slides
- ★ Real Play
- ★ Practice pairs
- ★ Wrap Up







Goals

★ Participation

★ Respect

★ Confidentiality

★ Take care of your needs



Cultural Empathy

Start where the person is...

Be sensitive to cultural differences...

Respectfully experience the other person's world...

Avoid assumptions about who the person is and what they need...

WeCPR

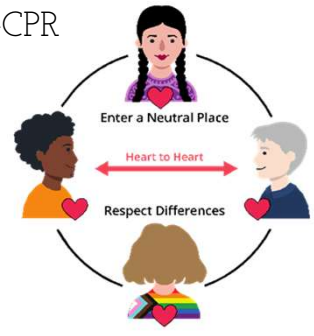


Equality

Leave your hats at the door

Suspend your beliefs

Use your authentic voice



Emotional CPR: What, Why

² ˈIlʊ́

Just as a person's physical heart needs attention in a cardiac crisis, a person's emotional heart needs attention in an emotional crisis.



² ˈIƎ

eCPR is a form of *heart-to-heart connection* for emotional resuscitation.



Purpose of eCPR

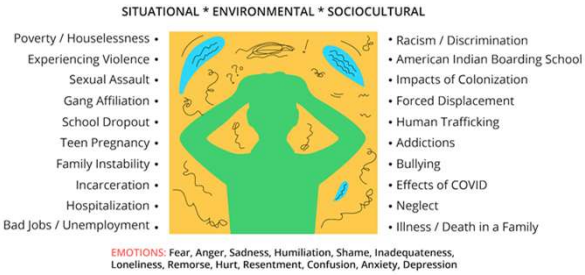
To assist another person through emotional distress by **connecting through feelings first**, respecting each other as **equally human**, enabling us to be together without fixing, judging, or imposing our beliefs, allowing us to **explore the unknown** together, in the present moment, **releasing our power** to create new **voice, new purpose, and new hope.**







Experiences That Could Cause Trauma

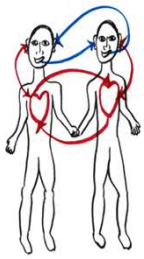


Healing from Trauma



Trauma / loss

Connection
emPowerment
Revitalization



Trapped in monologue

Heart to heart dialogue

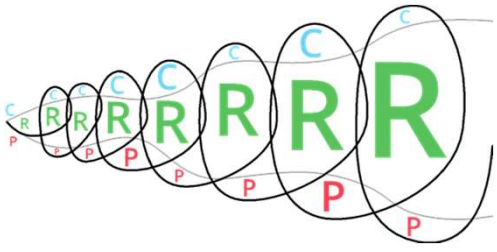
The Three Phases of eCPR Practice- How

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, interest in people

Nonlinear Growth of Revitalization from Cycles of Connecting and Empowering



Levels of eCPR



Seven Intentions of eCPR

1 Connect:

I will connect through feelings first, respecting you as equally human, fully listening with my eyes, ears, and heart.

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.

Seven Intentions of eCPR (Cont.)

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.

Seven Intentions of eCPR (Cont.)

6 emPower:

Together, we release the power to heal that lies within us, moving towards our wellness.

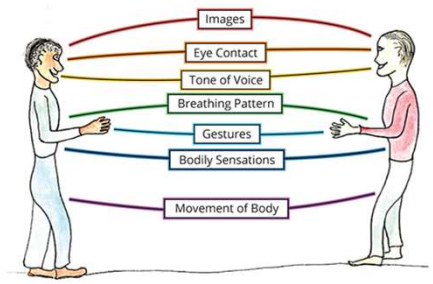
7 Revitalize:

We authentically create new life, new voice, and new hope in the present moment, which is revitalizing.

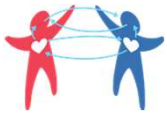
How to Have a Conversation Without Asking Close-Ended Questions or Engaging in Story

1. Share what you feel in your body in response to being with a person in distress "I notice my stomach is tight…"
2. I respond with my facial expression, eyes, hand gestures, body, not mimicking but trying on
3. Share images I might visualize in response
4. Repeat a word or phrase the person in distress says that seems to carry greater feeling

Ways to Connect Creatively / Nonverbally



Practice Pair: Share and Resonate



- Practicing how to experience connecting, empowering, and revitalizing with someone in distress is an essential process of learning eCPR.
- Focus on connecting and active listening.
- Each person will have the opportunity to share and to resonate.
- We will debrief after as a group.

21

Conventional Help

eCPR	Conventional Approach
I'm feeling... I can relate due to... *No hijacking the story*	I know how you feel
I'm feeling tension in my body...	You are feeling angry right now
I'm not sure what you should do right now... But, I'm here to listen and hopefully we can figure this out together.	You should...
I have noticed that you are good at... I've noticed this is a strength for you...	Have you ever tried before
I am feeling...	Have to, must, never, always

22

Comparing Conventional Help and eCPR Assistance

	Conventional	eCPR
Connect	Engage verbally using questions to assess and / or determine diagnosis.	First feel the prescence of the other person with your whole being.
	Refrain from emotional expression and maintain boundaries.	Express emotions through channels of communication that enhance connection.
emPower	Explain, judge, and fix.	No need to explain, fix or advise person about what she / he / they should do.
	Expert knows what is wrong and knows how to fix the problem.	By the power of connection we can explore together the uncertainty of the unknown
	Expert thinks they have the power to heal the broken person.	Both people discover their inner wisdom through heart to heart connection. Power to heal is within our relationship.
Revitalize	Goal: Expert relieves the symptoms of the person who is labeled ill.	Goal: experience new life and new hope together.

23

Connecting


I connect thought feelings first.


I feel your presence.


I will stay with you.


Sharing my feelings of being with you.

emPowering


I might notice I feel uncomfortable, experiencing the other person's distress and will want to judge them or fix them to relieve my discomfort.


I might share, in my own words I am not here to fix you or judge you, but to be together with you.


When I resist judging or fixing, I ask myself how can I accept not knowing what might happen next and what to do next?


I might say, in my words I feel helpless but trust in our next moment together we will both gain greater understanding, and together, we will access the power to heal that is within us.

Suicide Prevention and eCPR


Restoring hope and regaining a sense of possibility.


Can we find ways where we can be together so neither of us feel alone...


Developing any plans together: Collaboration, not coercion.


Let's explore ways to be together so we can experience new possibilities, new life...

Revitalizing

Revitalizing, I realize that being mutually together is bringing new life. If I can let go of my need to fix or explain, we can be together in a way that we both experience new life and new hope for a brighter future starting now.

I start feeling we are more alive and hopeful when we try to be here now with each other at an emotional level, and not feeling the need to fix you or tell you what to do.

Wrap Up

- ★ What did you learn today?
- ★ What will you do to take care of yourself tonight/ this week?



THANK YOU!!

