

Emotional CPR: An Evidence-Based Support for Individuals with Serious Mental Illness and Serious Emotional Disorder and Their Families

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Learning Objectives

Attendees will be able to

- Understand the skills an Emotional CPR training delivers to support individuals with serious mental illness (SMI) and serious emotional disturbance (SED) and their families
- Identify what an emotional crisis looks like
- Connect to an Emotional CPR training to support individuals with SMI/SED and their families

Presenter



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Emotional CPR

Goal: to train people to assist others through an emotional crisis and to make this practice accessible to people around the world



Universal Empathy



Start where the person is...



Respectfully experience the other person's world...



Be sensitive to unique characteristics...



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

It's crucial to avoid making assumptions about people with Serious Mental Illness (SMI) and Serious Emotional Disturbance (SED) for several significant reasons.

- **Stigma:** Assumptions fuel negative stereotypes, leading to unfair treatment in many life areas ([Corrigan, 2004](#)).
- **Hinders Help-Seeking:** Fear of judgment prevents people from getting needed support and treatment ([Clement et. al, 2014](#)).
- **Ignores Individual Differences:** SMI/SED affects everyone uniquely; assumptions erase these unique experiences ([National Academies of Sciences, Engineering, and Medicine, 2016](#)).
- **Damages Relationships:** Assumptions lead to isolation and a lack of crucial social support ([National Academies of Sciences, Engineering, and Medicine, 2016](#)).

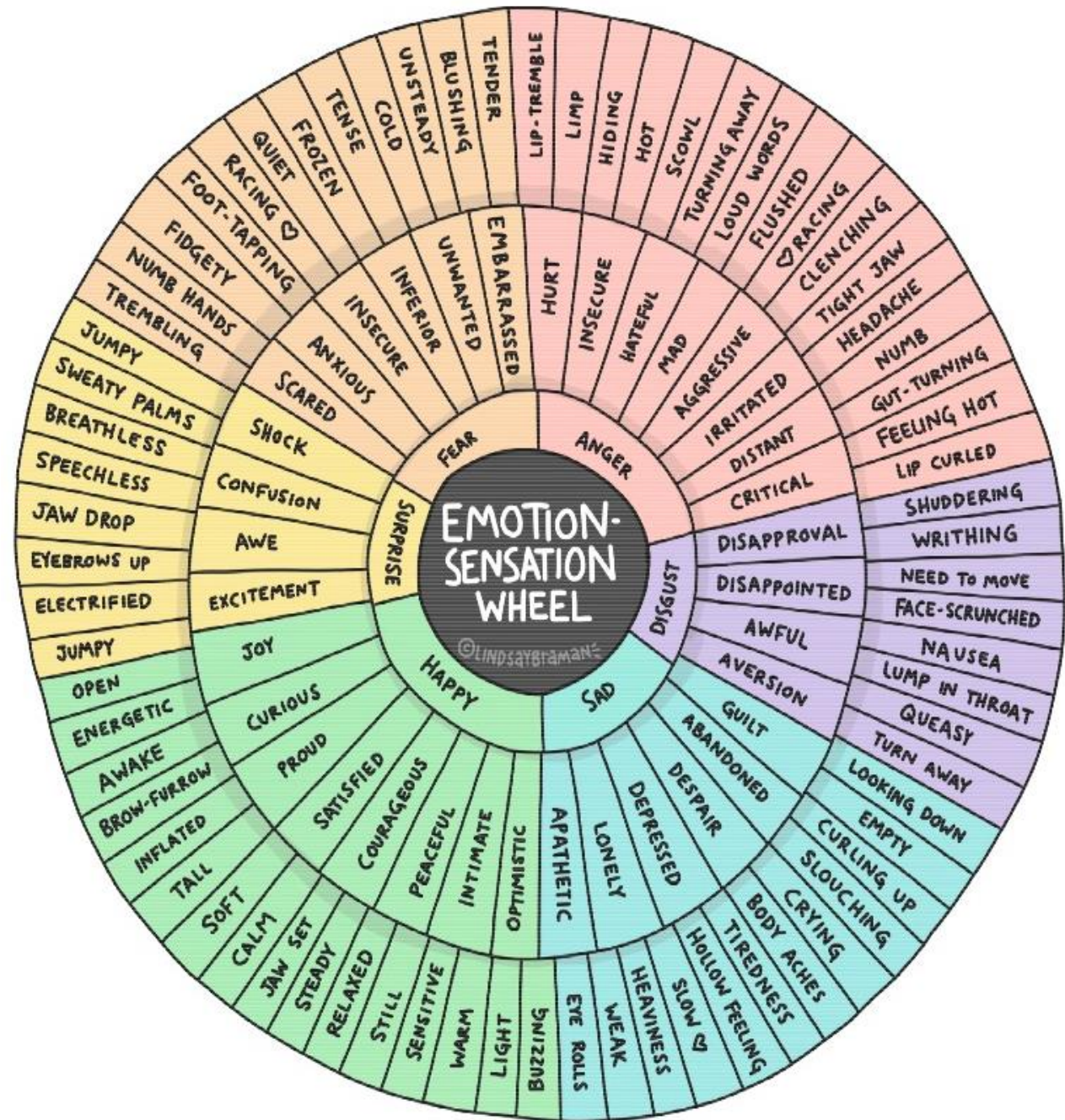
- **Barriers to Recovery:** Negative assumptions can undermine hope and belief in improvement ([Goffman, 1963](#)).
- **Ineffective Interactions:** Preconceived notions prevent genuine understanding and support ([National Academies of Sciences, Engineering, and Medicine, 2016](#)).
- **Reinforces Negative Self-Perception:** Internalized stigma harms self-esteem and well-being ([National Academies of Sciences, Engineering, and Medicine, 2016](#)).

Emotion – Sensation Wheel

Emotional crises can be a significant and recurring challenge for people with SMI/SED ([SAMHSA, n.d.](#)).

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WeCPR



Sameness

Leave your hats at
the door

Suspend your
beliefs

Use your authentic
voice



9 Statements From Our 7 Intentions

“I connect through feelings first”

“You and I are equally human”

“I am listening with my heart”

“I am sharing how I feel now”

“I am in the present moment with you”

9 Statements From Our 7 Intentions (Cont.)

“I am with you, not doing for you”

“We are exploring the unknown together”

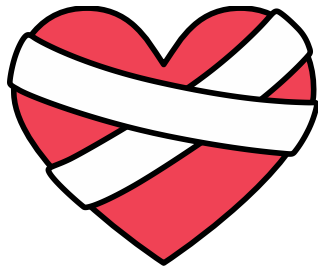
“We have the power to heal within us”

“We are creating new life now”

Emotional CPR: What, Why

What

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



Why

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

People with SMI/SED may encounter more situations in which they need additional supports ([SAMHSA, n.d.](#)).



Purpose of eCPR

To assist another person—including a person with SMI/SED—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

- Physical Abuse
- Sexual Abuse
- Emotional Abuse
- Witnessing Violence
- Serious Accidents or Injuries
- Childhood Adversities
- Neglect
- Loss of a Loved One
- Medical Trauma
- War or Combat Exposure
- Bullying
- Poverty/Houseless;

([Myers et. al, 2021](#), [2022](#); [National Empowerment Center, n.d.](#))

Emotions That Could Result from Trauma

- Fear
- Anger
- Sadness
- Humiliation
- Shame
- Inadequateness
- Loneliness
- Remorse
- Hurt
- Resentment
- Confusion
- Anxiety
- Depression
- Hopelessness

Ways eCPR Supports Trauma Healing

Dimensions	Impact of Trauma	Outcomes of Emotional CPR
Relatedness	Alienated	Emotionally C onnected
Power	Voiceless	Emotionally P owerful
Emotional State	Numb and Dissociated	Emotionally R evitalized

Healing from Trauma

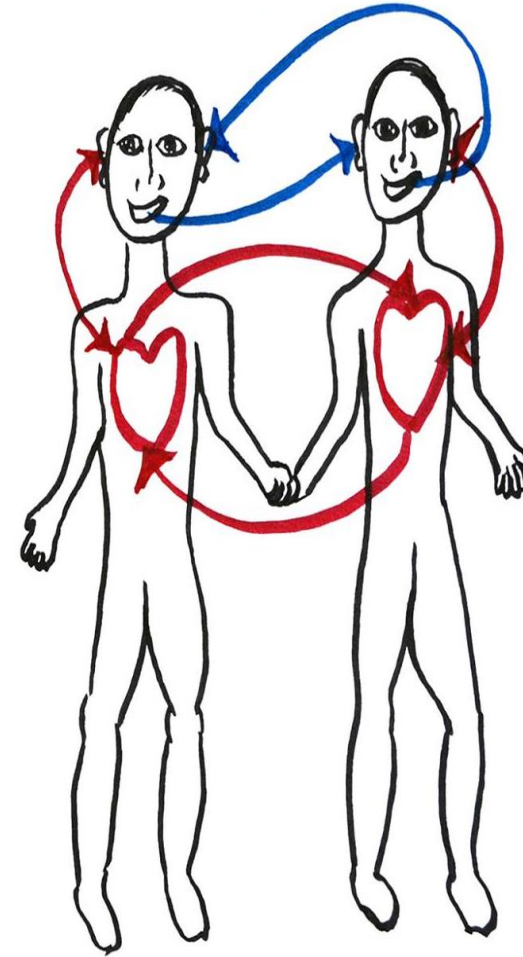


Trapped in monologue

Trauma / loss

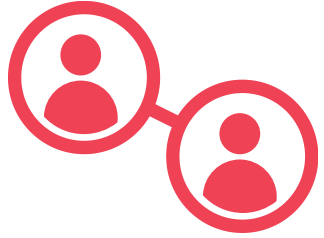


Connection
emPowerment
Revitalization



Heart to heart dialogue

The Three Phases of eCPR Practice



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

“TING”



Chinese Character for the verb “To Listen”

Connecting



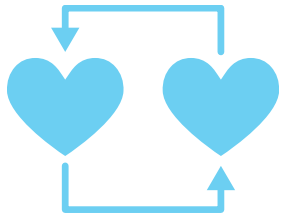
Connecting, I connect through feelings first.



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.

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 that this is a strength for you...	Have you ever tried before
I've noticed that this is a strength for you...	Have to, must, never, always

Suicide Prevention and eCPR



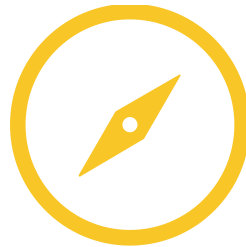
Restoring hope and regaining a sense of possibility.



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...

“Persons with SMI are over-represented in suicide deaths” ([Schumutte et al., 2021](#)).

Revitalizing

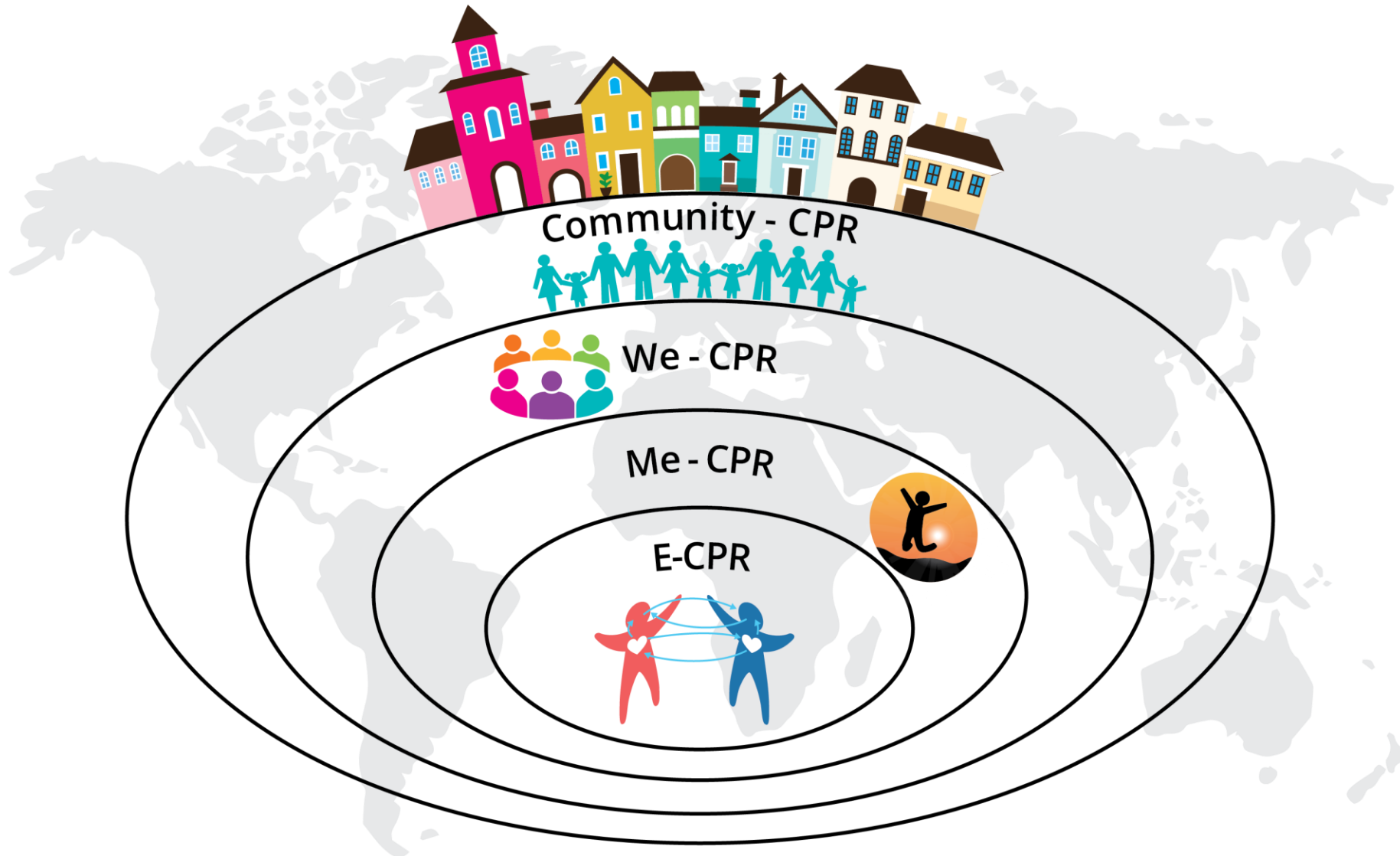


Revitalizing, I realize that being mutually together is bringing new life. If I can let go of my need to fix or explain, we can be together in a way that we both experience new life and new hope for a brighter future starting now.



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.

Levels of eCPR



How Emotional CPR Makes a Difference For Individuals with SMI/SED

- **Mitigates Isolation and Despair:** Emotional CPR builds real connections, alleviating loneliness.
- **Enhances Coping and Self-Soothing:** It provides practical tools for managing emotions and crises.
- **Fosters Safety and Trust:** Empathy and non-judgment create a secure environment for healing.
- **Encourages Recovery and Resilience:** Focusing on strengths instills hope and promotes well-being.
- **Reduces Need for Crisis Interventions:** Early emotional regulation can prevent escalation and intensive support needs.

For Families and Caregivers

- **Boosts Understanding and Compassion:** Provides insight into loved ones' feelings.
- **Enhances Communication:** Promotes open and supportive dialogues.
- **Lowers Caregiver Stress:** Offers strategies that improve family well-being.
- **Builds Family Connections:** Strengthens resilient relationships through better understanding.
- **Gives Hope:** Suggests practical ways to support loved ones in recovery.

Key Take Aways

Emotional CPR offers a powerful, person-centered approach that fosters connection, builds resilience, and promotes well-being for individuals with SMI/SED and their families, creating a more supportive and understanding environment for all.

Thank You!



www.emotional-cpr.org



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www.power2u.org



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Family-Driven Support for People with Serious Mental Illness (SMI) and Serious Emotional Disturbance (SED)

JUNE
17

Collective Impact: Working Together to Support Individuals with SMI and SED and Their Families

Presenter: Paul Schmitz

1:30 - 3:00 pm ET

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JUNE
23

Emotional CPR: An Evidence-Based Support for Individuals with SMI and SED and Their Families

Presenter: Kimberly Ewing

2:30 - 4:00 pm ET

**RECORDING
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JUNE
30

Family-Led Crisis Planning for Individuals with SMI and SED

Presenters: Susan Terry-Ball, Sheamekah Williams, and Melinda Brummet

1:30 - 3:00 pm ET

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AUGUST
6

Crisis Intervention Teams: Partnering with Families of Loved Ones with SMI and SED

Presenters: Muriel Jones Banks, Lieutenant Steven Thomas, and Madonna Greer

2:00 - 3:30 pm ET

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Thank you!



www.ffcmh.org

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