

EMOTIONAL CPR (eCPR)

2-DAY WORKSHOP,
28TH AND 29TH APRIL, 2016.



PLUS Perth are pleased to announce that Daniel B. Fisher, M.D., Ph.D., will lead a 2-day workshop on eCPR in Bowerswell House, Perth on the 28th and 29th of April. Places cost £150 per person.



Pictured, Dr. Dan Fisher at previous eCPR workshop in Perth.

EMOTIONAL CPR (ECPR) IS AN EDUCATIONAL PROGRAM DESIGNED TO TEACH PEOPLE TO ASSIST OTHERS THROUGH AN EMOTIONAL CRISIS BY THREE SIMPLE STEPS: **CONNECTING, EMPOWERING AND REVITALISING**

For more info on eCPR see www.emotional-cpr.org

"It was one of the most profound experiences I have ever had. This is the kind of work I want to be doing to build community. It is a transformative process"

"Has given me more confidence in being able to 'go with the flow', be more mindful and less 'responsible' (i.e. the rescuer)"