



EVALUATION REPORT OF ECPR WORKSHOP

28th AND 29th APRIL 2016

BOWERSWELL HOUSE, PERTH



“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.”

Emotional CPR (eCPR)

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

eCPR is based on the principles found to be shared by a number of support approaches: trauma-informed care, counselling after disasters, peer support, emotional intelligence, suicide prevention, and cultural attunement.

It was developed with input from individuals across the U.S., who have learned how to recover and grow from emotional crises. They have wisdom by the grace of first-hand experience.

The Connecting process of eCPR involves deepening listening skills, practising presence, and creating a sense of safety for the person experiencing a crisis.

The empowering process helps people better understand how to empower themselves as well as to assist others to feel hopeful and engaged in life.

In the Revitalizing process, people re-engage in relationships with their loved ones and their support systems. They resume or begin routines that support health and wellness, which reinforce the person's sense of accomplishment, further energizing the healing.

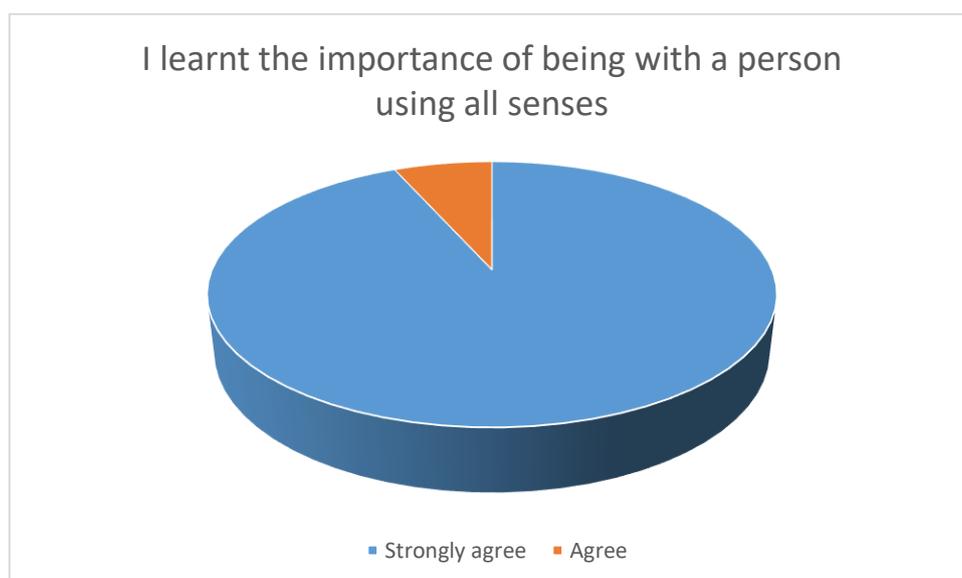
Certification Training

Through a combination of presentation, interactive discussions, and dynamic roleplays, trainees will learn about and practice the key concepts involved in effectively supporting a person through an emotional crisis and into healing. eCPR training is appropriate for the general public, peer and other service providers, family members, administrators, and others; no previous training is necessary.

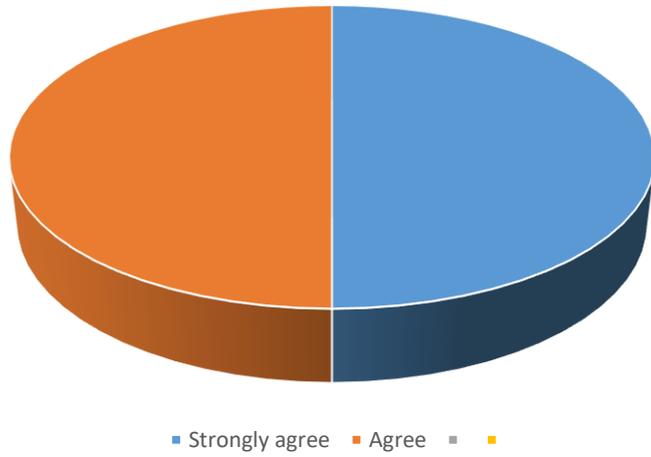
15 people joined in a two day **Emotional CPR** Workshop facilitated by **Dr. Daniel Fisher** of the National Empowerment Center, Massachusetts, U.S.A and **Susan Scott** of PLUS Perth, commissioned by the Scottish Recovery Network.

At the end of the workshop the participants were asked to complete an evaluation of their experience, a summary of which is shown in the following report. A number of feedback questions were asked and responses graded as shown:

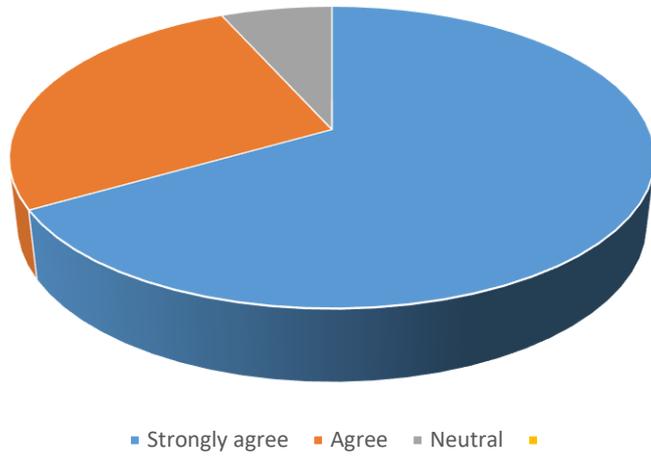
- ❖ Strongly Agree
- ❖ Agree
- ❖ Neutral
- ❖ Disagree
- ❖ Strongly Disagree



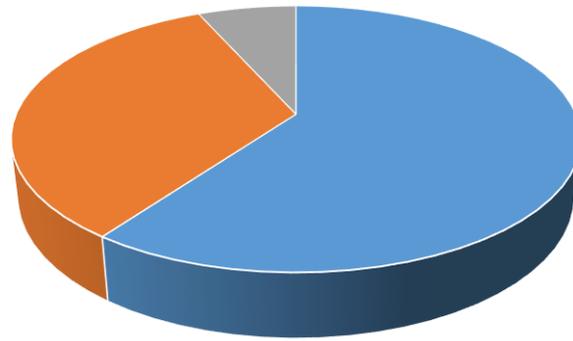
I know more about accepting uncertainty



I am more willing to step out of my comfort zone

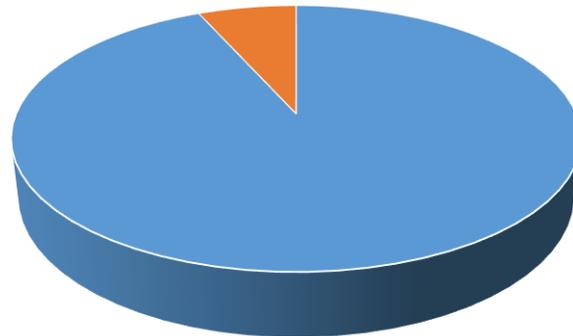


I am more willing to share my own emotions with those in distress



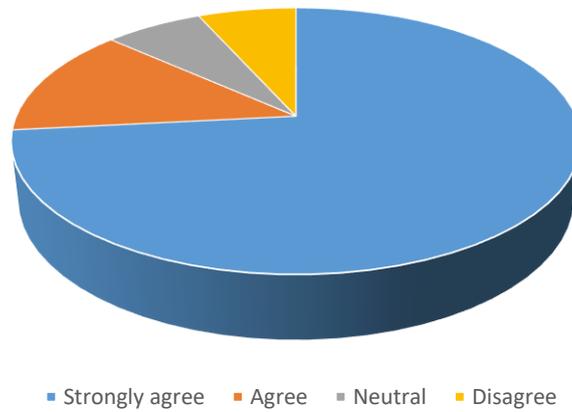
■ Strongly agree ■ Agree ■ Disagree ■

I learned that support is about 'being with' rather than 'fixing'

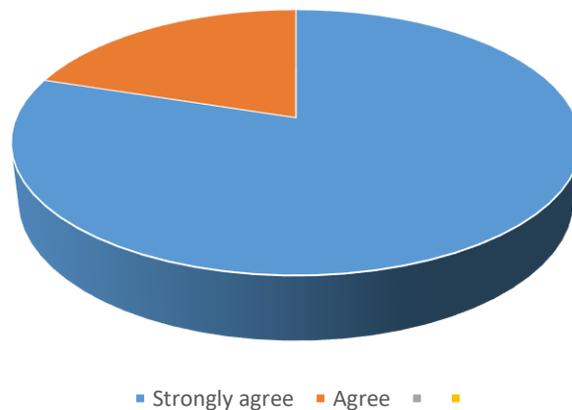


■ Strongly agree ■ Neutral ■ ■

I understand better the ways that ECPR addresses the impact of trauma



The trainers were responsive to the needs of the participants



All respondents agreed that they would use the skills that they had learned in their personal lives/work

What are the most important things you learned from this ECPR group?



“How powerful connecting from the heart really is”

“I need to change some of my work practices”

“It is important to connect with yourself in order to connect with others”

“The importance of silence”

“The importance of everyone feeling equal and valued”

“Self-acceptance”

“Using my heart more than my head”

“How to use my personal emotions for the benefit of others”

“Respectfulness of self and others”

“Personal learning about my own disconnect from my emotions”

“Understanding and accepting others’ emotions”

“The impact it has on me when others share their emotions”

“This is one of the most powerful training experiences I have ever had. Thank you for helping me to be more in touch with me and felt more comfortable with myself...”

“Really enjoyed to share learning experience- non hierarchical and all learning from each other.”

“Getting in touch with my own heart and feelings.....will naturally make a safe environment for others to connect with theirs.”

“I feel that the skills I will take away today will benefit my work and personal life to help me better support others, also that it’s okay to have silence in a conversation.”



If you are interested in piloting ECPR within your organisation, or would just like to find out more details about workshops or taster sessions, please contact Susan Scott at **PLUS Perth and Kinross - 01738 626242 – www.plusperth.co.uk**