

**One-Day Introductory
Emotional CPR (eCPR) Training
Fri 29 June, 10-4,
Blackness Rd Fire Station, Dundee**



Wonder what to do when someone is suffering acute emotional distress and there is no time to call a mental health professional, or you can not get one? Just as CPR can help someone having a cardiac crisis, emotional CPR is a way to assist anyone experiencing an emotional crisis.

We are offering a **one-day introductory eCPR** training. eCPR training is appropriate for anyone helping another person through emotional distress. No previous training is necessary.

"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"

In an interactive setting, participants will practice some of the essential processes of eCPR, such as listening with our eyes, ears and heart to feel the person's presence (**Connecting**), exploring the uncertainty of not knowing what is best, but being open to collaborative discovery (**emPowering**), and experiencing new life and new hope emanating from our vital centre (**Revitalizing**).

Trainers



**Dr Dan Fisher of the
National Empowerment
Center, U.S.A.**



Susan Scott, PLUS Perth

£75 per place includes lunch and tea/coffee throughout the day
Concessions for people with lived experience and carers - £20
Contact PLUS 01738 626242 or plusperth@msn.com to book
www.plusperth.co.uk