

eCPR Training Application

APPLICATION DEADLINE IS July 15th 2019

Trainings in Maine will be July 22-23rd in Portland (location TBD) August 8-9th in Augusta(location TBD)

What is eCPR? This is a two-day training being offered in Maine sponsored by the Consumer Council System of Maine (CCSM)

Emotional CPR (eCPR) is an educational program designed to teach people to assist others through an emotional crisis by three simple steps:

C = Connecting

P = emPowering, and

R = Revitalizing.

The Connecting process of eCPR involves deepening listening skills, practicing presence, and creating a sense of safety for the person experiencing a crisis. The emPowering process helps people better understand how to feel empowered themselves as well as to assist others to feel more hopeful and engaged in life. In the Revitalizing process, people re-engage in relationships with their loved ones or their support system, and they resume or begin routines that support health and wellness which reinforces the person's sense of mastery and accomplishment, further energizing the healing process.

eCPR is based on the principles found to be shared by a number of support approaches: trauma-informed care, counseling after disasters, peer support to avoid continuing emotional despair, emotional intelligence, suicide prevention, and cultural attunement. It was developed with input from a diverse cadre of recognized leaders from across the U.S., who themselves have learned how to recover and grow from emotional crises. They have wisdom by the grace of first-hand experience.

This training was developed by people who have learned from their own experience how to get through an emotional crisis and integrate the experience into a broader understanding of themselves and others. Our approach is based on time-tested, basic common-sense principles of deep listening and interacting in a respectful manner. The developers of eCPR have been users of the American mental health and/or substance use service system and have also provided services themselves. Based on lived experience, they have learned what kind of help can be most useful in the short and long-term. For more information on eCPR, visit the National Empowerment Center's website: <https://www.emotional-cpr.org/#> (from the eCPR webiste)

Your Name:

Phone:

Address:

City:

Zip:

Email:

Which training date do you want to be considered for? ____Portland ____Augusta

Please respond to each question below.

1. Tell us something about your background, including personal lived experience, groups you belong to, and mental health advocacy activities in which you participate.
2. Have you heard about eCPR before? What interests you in participating in this training?
3. How do you see yourself using the learning from this training?
4. Can you make a commitment to the two days of training?

Please return your completed application form to:

Email: **Simonne Maline** smaline@maineccsm.org

Mail: **Consumer Council System of Maine**

219 Capitol Street; Suite 7

Augusta, Me 04330

FAX: 207.430.8301

If you have any questions, please contact the CCSM office at (207) 430-8300.

You will be notified by July 17th if you are accepted. Thank you.