



Emotional CPR -Training people to assist others through emotional crisis

A two-day experiential workshop for community sector staff and volunteers exploring skills to support others and maintain our own emotional wellbeing. The skills of Emotional CPR (eCPR) can be used by anyone, in any setting.

Presented by Jenny Speed & Helena Roennfeldt

What is eCPR?

- Emotional CPR (eCPR) is a public health education program that teaches people to assist others through an emotional crisis by three simple steps:
C = Connecting P = emPowering R = Revitalizing
- eCPR is based on principles of: trauma-informed care, counseling after disasters, peer support, emotional intelligence, suicide prevention and cultural attunement
- eCPR is based on the values of a healthy community, where each person is recognized as a whole human being and experiencing emotional crisis or trauma does not make one “broken.”

Brisbane South PHN have commissioned the workshops in response to and in recognition of the valuable role of community and neighbourhood centres in our region and building the capacity of staff and volunteers in responding to community members experiencing mental ill health and emotional distress. Training is at no cost for participants.

To register for the workshops visit:

Redlands Workshop: 19th & 26th May – <https://emotionalcprtraining1.eventbrite.com.au>

Beaudesert Workshop: 2nd & 16th June – <https://emotionalcprtraining2.eventbrite.com.au>

Logan Workshop: 9th & 23th June - <https://emotionalcprtraining3.eventbrite.com.au>

For more information on eCPR visit: <https://www.emotional-cpr.org/> and for all workshop enquiries contact Helena Roennfeldt on 0403772040 or email: h.roennfeldt@griffith.edu.au