

EMOTIONAL CPR (eCPR) CERTIFICATION TRAINING

Registration Now Open to the Public for 2014

Through a combination of presentation, interactive discussions, and dynamic role-plays, 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.

EMOTIONAL CPR (ECPR) IS AN EDUCATIONAL PROGRAM DESIGNED TO TEACH PEOPLE TO ASSIST OTHERS THROUGH AN EMOTIONAL CRISIS BY THREE SIMPLE STEPS: **C**ONNECTING, **E**MPOWERING AND **R**EVITALISING

eCPR is based on the principles found to be shared by a number of support approaches: trauma-informed care, counseling 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.

VENUE: The Parish Centre,
Anglican Parish of St. Thomas,
67 High St, Toowong

DATES: Day 1 – May 24, 2014
Day 2 – May 31, 2014

TIMES: 10am – 5pm

COST: Waged \$60.00
Unwaged \$20.00

Morning Tea, Lunch and Afternoon Tea provided.

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

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

In the **R**evitalizing 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.

“ 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. ”



TRAINING WILL INFORM PARTICIPANTS IN:

- Co-creating a learning environment for all during our training time together
- Inspiring motivation and change
- Assisting others tap into their courage and power
- Reframing crisis as opportunity
- Learning the importance of taking care of themselves so that they can support others
- Facilitating the other person's access to inner wisdom
- Supporting people to take steps in the direction of their dreams

On fulfilling the requirements participants will receive a certificate of attainment.

CONTACT TRAINERS

Jenny Speed: 0404 788 821

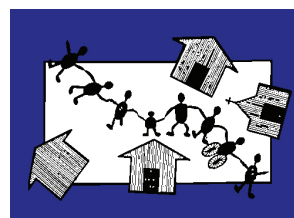
Vinay Nair: 0402 370 422

Sharon Stocker: 0415 612 319

Email: ecpr.australia@gmail.com

Facebook: [Facebook.com/emotionalCPRAustralasia](https://www.facebook.com/emotionalCPRAustralasia)

This event is coordinated by
A Place to Belong.



Phone: 3217 2522 | Fax: 3217 2274
Email: neil@aplacetobelong.org.au
A Place to Belong is part of
Anglicare Southern Queensland.



The Parish Centre

Anglican Parish of St. Thomas,
67 High Street, Toowong

Bus approx. 300m. **Train** approx 400m.

Up the stairs between the church and 'Data 3' building. Parking available under the 'Data 3' building and on some surrounding streets.

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This project has been funded by the
Brisbane City Council, Community
Development & Capacity Building Grant.

PLEASE COMPLETE AND RETURN THE REGISTRATION FORM BELOW

YOUR DETAILS

Title: _____ Name: _____

Street: _____ Suburb: _____ Postcode: _____

Phone: _____ Email: _____

Dietary Preferences: _____

PAYMENT

Cash

Cheque / Money Order (Payable to A Place to Belong)

Visa

Mastercard

Card Holder Name: _____ Account Number: _____

Expiry: ____/____ Card Holder Signature: _____

THIS FORM IS YOUR OFFICIAL TAX INVOICE, GST INCLUDED. ANGLICARE SOUTHERN QUEENSLAND ABN: 39 906 010 979.

Please complete the Registration Form above and return to Carlos Tamayo – A Place to Belong

PO Box 5873 West End, QLD 4101 | Ph: 3217 2522 | Fax: 3217 2274 | Email: Carlos@aplacetobelong.org.au