

*The National Empowerment Center and The Living Museum are proud to be bringing this international training to The Netherlands:*

## ***EMOTIONAL CPR - FACILITATOR TRAINING***



***6- 7 September, 2019 - 9:00 am to 4:00 pm***

***Cost € 300 (€ 100 for Peers)***

***Location: The Living Museum  
Rijksstraatweg 113, 2121 AD Bennebroek, Netherlands***

***Presented by***

***Dr. Dan Fisher & Oryx Cohen –***

***National Empowerment Centre (USA)***

***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 Revitalizing***

***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 who have learned how to recover and grow from emotional crises. They have the wisdom to inform this process by the grace of first-hand experience.***

**Connecting:**

***The Connecting process of eCPR is heart to heart and involves deepening listening skills, practicing presence, and creating a sense of safety for the person experiencing a crisis.***

**Empowering:**

***With eCPR we do not strive to fix, judge, advise, or empower someone else, but rather by seeing others as strong and whole we create conditions that allow us to all be empowered.***

**Revitalizing:**

***In the Revitalizing process, people re-connect with their vital center, feeling a sense of renewed energy, vitality, and/or sense of groundedness.***

***Participants will learn how to:***

- ◆ ***Reframe crisis as opportunity***
- ◆ ***Learn the importance of taking care of themselves so that they can support others***
- ◆ ***Facilitate the other person's access to inner wisdom***
- ◆ ***Encourage the people they serve to take steps in the direction of their dreams***
- ◆ ***Inspire motivation and change***
- ◆ ***Help others tap into their courage and power***

**Registrations:**

***All registrations will be taken through Eventbrite:***

***<https://www.eventbrite.com/e/emotional-cpr-training-tickets-62856186546>***

***Cancellation Policy: Cancellations must be received in writing to Oryx within 10 days prior to the date of the training to receive full refund. Any registrant who did not attend the event and did not cancel according to the cancellation policy will be charged the full registration fee.***

***If you have any questions please email Oryx at [oryxcohen@gmail.com](mailto:oryxcohen@gmail.com)***

***For more information on eCPR, please visit the website: [www.emotional-cpr.org](http://www.emotional-cpr.org)***