



Abstract Nr: 87
Internet ID: 264

Type of Presentation: Workshop

Reducing Hospitalization by Using Emotional CPR in Communicating with People in Altered States

Oryx Cohen, Dan dr. Fisher

National Empowerment Center, GRAFTON, United States of America

Learning Goal:

Participants will learn:

1. The basics of Emotional CPR: Connect, Empower, Revitalize.
2. To communicate with their heart through responding with facial expression, eye contact, gestures, etc.
3. How Emotional CPR can be used to communicate with people experiencing “psychosis” or altered states and how that leads to fewer hospitalizations.

Abstract Text:

The presenters will share their personal experiences with being in altered states (which are labeled psychosis) and helping others in those states. Those experiences have helped us and others with lived experience to develop Emotional CPR.

In traditional therapy, students are taught that you cannot communicate with someone when they are in altered states. One of the presenters was told during his psychiatric residency that “you cannot talk to an illness” and he should look for the pathology. He was nearly kicked out because he was always looking for the person’s strength and finding ways to nonverbally engage.

Believing that people cannot be reached, professionals and families feel helpless and reflexively hospitalize and medicate the person in distress. We are learning verbal and nonverbal ways of communicating with persons in altered states that can reduce use of hospitalization and medication.

We urge the support person to refrain from questioning, labeling, advising, or getting caught up in the who, what, when of story, at least initially. We call this nonverbal conversation “emotional dialogue.” We have discovered at least five ways to facilitate emotional dialogue by “being with” and resonating with rather than doing to or for. These will be presented and discussed during the workshop.

This approach often involves unlearning traditional training, which emphasizes the verbal dimension while admonishing the sharing of one’s own feelings. However, the eCPR way comes naturally and the eCPR “training” is often a reinforcement of our instincts. We have found that eCPR can reduce the need for clinical intervention. By teaching the eCPR way of communicating, every community resident can become a support to one and other and thereby build a more caring and respectful community.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**