

# Heartbeats of Hope: An Empowerment Way to Recover your Life Part 1

By Daniel Fisher, MD, PhD

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**[www.power2u.org](http://www.power2u.org)**



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heartbeats  
of hope

# heartbeats of hope

The Empowerment Way to Recover Your Life

## heartbeats of hope

### I hope for a day when:

Every person who experiences extreme emotional states is engaged in respectful, hopeful, humanistic, and empowering relationships that enable them to heal and recover full, meaningful lives in the community.

Instead of being seen as threats to society, we will be seen as a source of wisdom that we have obtained through our recovery.

Practices like Open Dialogue will eliminate the long-term iatrogenic effects of a prophesy of doom and lifelong illness.

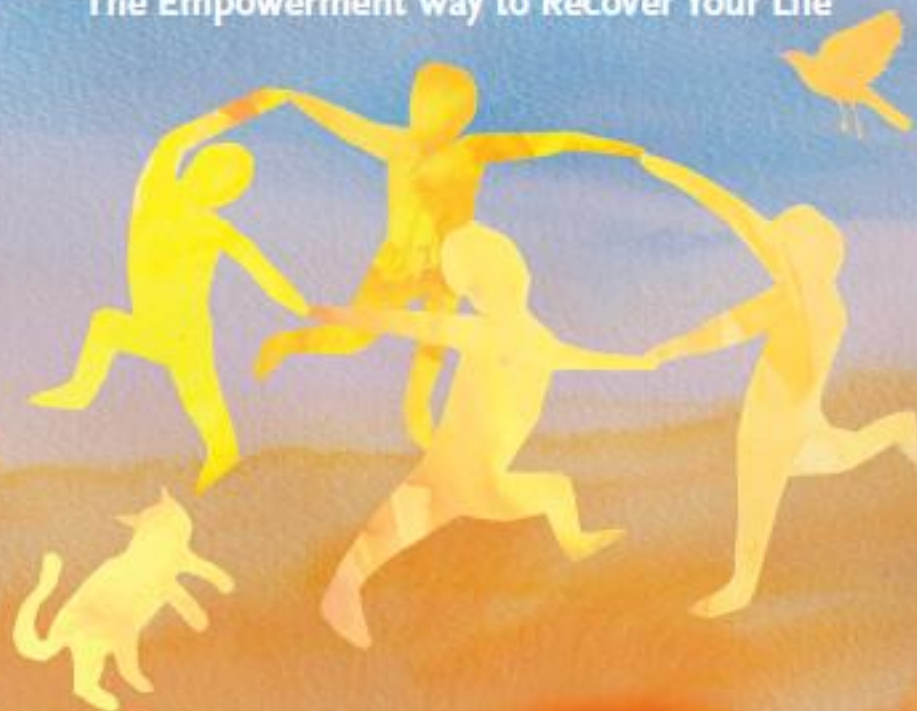
Suffering will be seen as an understandable human response to trauma rather than a chemical imbalance or a defective fear circuit.

Voluntary, community-based, recovery-oriented, culturally attuned trauma-informed services and housing will replace psychiatric hospitals.

The mental health system will be run by persons with lived experience of recovery from extreme emotional states.

Everyone will learn how to assist each other through extreme emotional states by learning communication skills such as emotional CPR.

Daniel Fisher



Daniel Fisher, MD, PhD

























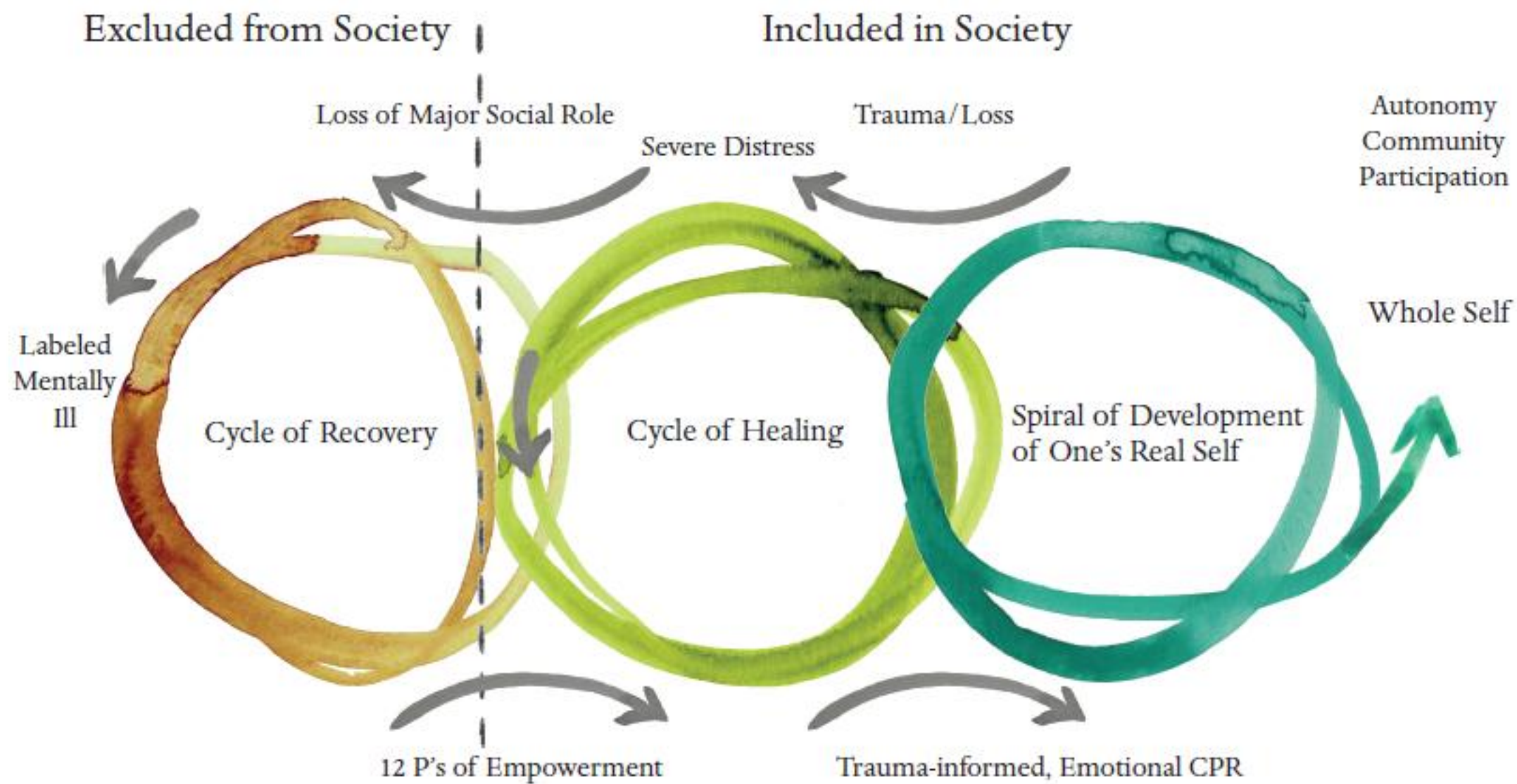


# Heartbeats of Hope: An Empowerment Way to Recover your Life Part 2

By Daniel Fisher, MD, PhD  
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Empowerment Paradigm of Recovery, Healing, and Development

## How the 12 **P**'s of Empowerment Lead to Recovery and Transformation

**P**ersonal  
**P**eer  
**S**upport



**P**riniples  
of Recovery  
**P**ositive future



**P**assion  
from  
Anger



**P**urpose  
**M**eaning



**P**lanning  
Goals  
Objectives



**P**olitics  
**P**resence  
**P**resenting  
**P**ersistence  
**P**ersuasion  
**P**artnership



- We more sensitive souls are emotional canaries expressing trauma such as war, death, economic inequality ...that affects the whole community and our “symptoms” are attempts to restore our wholeness and humanity:

## INDICATORS THAT COULD CAUSE EMOTIONAL CRISIS



Emotional CPR addresses the universal heartbreak that everyone in our society is experiencing. eCPR can heal the heartbreak:

- We all have a natural drive to become whole, vitally human beings connected heart-to-heart (seen in the figures on the right). When this natural drive to become whole is thwarted by trauma, our distress manifests itself in unusual behavior

*Trapped in Monologue*

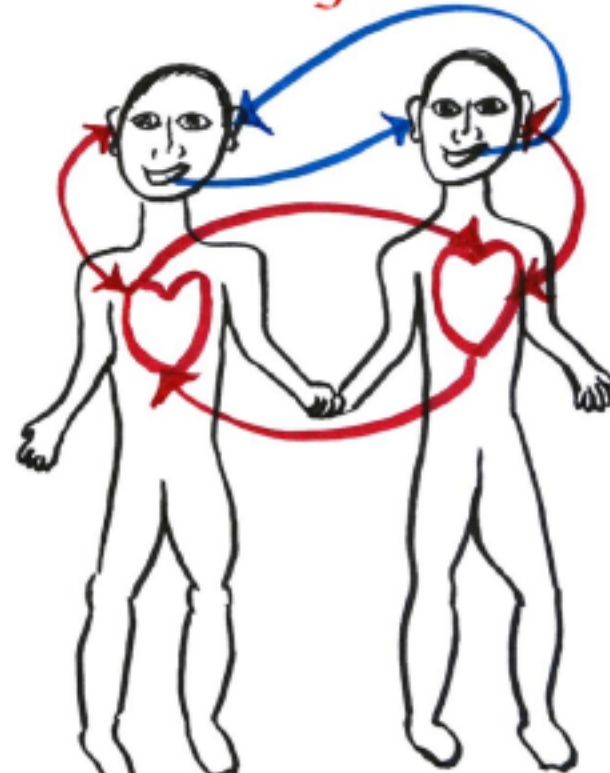


*Trauma / Loss*



*Connection  
empowerment  
Revitalization*

*Heart to Heart  
Dialogue*





## Part 3: Emotional CPR (eCPR)

**Goal: to uncover potential of people to assist others through an emotional crisis and improve relationships for people around the world**



[www.emotional-cpr.org](http://www.emotional-cpr.org)

[info@emotional-cpr.org](mailto:info@emotional-cpr.org)



## The three elements of the practice of eCPR

**C** = **Connect** with Compassion and Concern to open up Communication, especially heart-to-heart

**P** = **emPower** to experience Passion and Purpose

**R** = **Revitalize** increased energy, new life, creativity, hope, interest in people



# Mission of eCPR

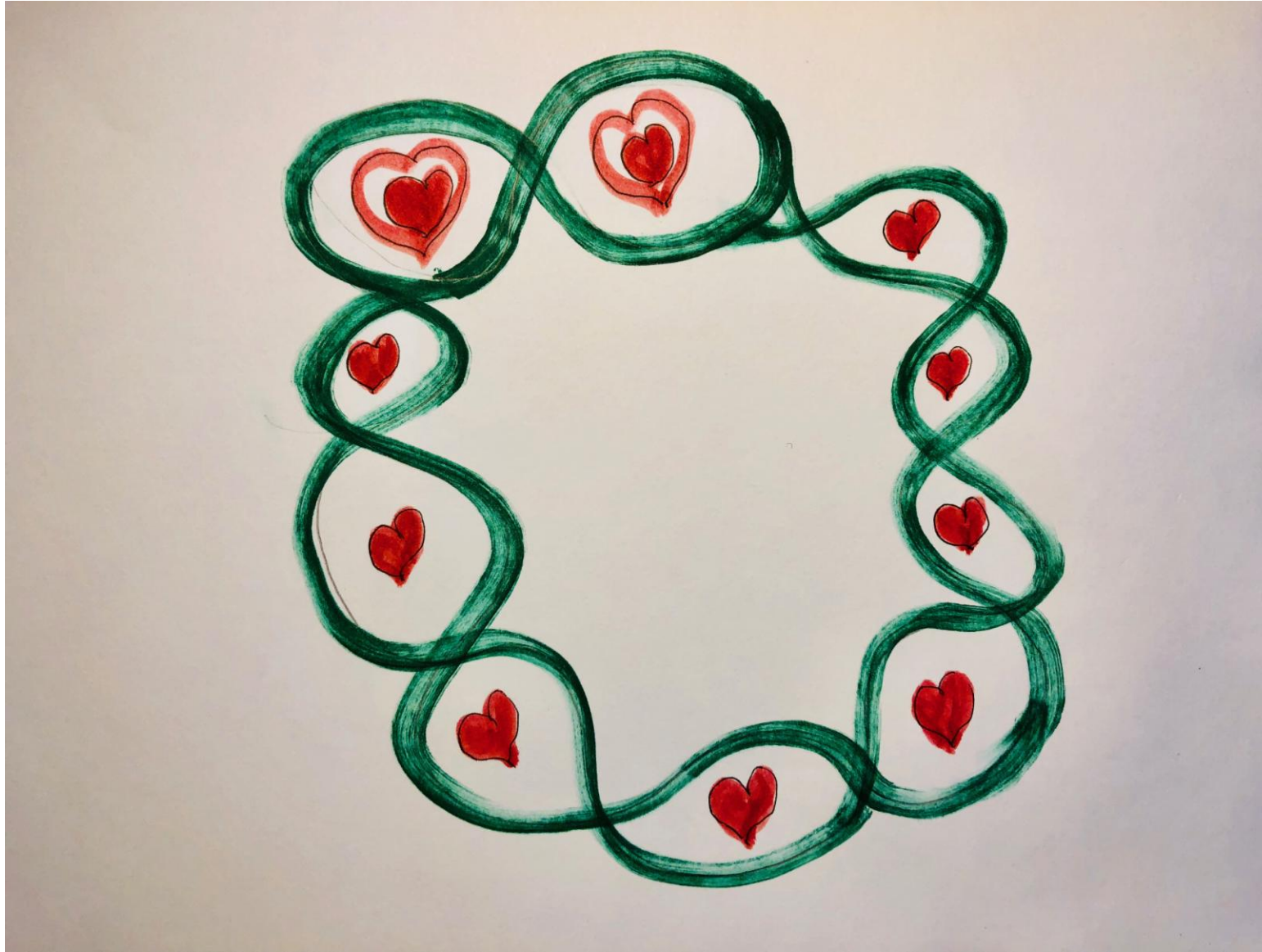
We will **connect through feelings first**,  
respecting each other as **equally human**,  
enabling us to **share our feelings** with each  
other, **being together** without fixing, judging or  
imposing our beliefs, allowing us to **explore the  
unknown** together, **unleashing our power** to  
create **new Voice, new purpose, and new  
hope.**

# Ways Emotional CPR Heals Trauma

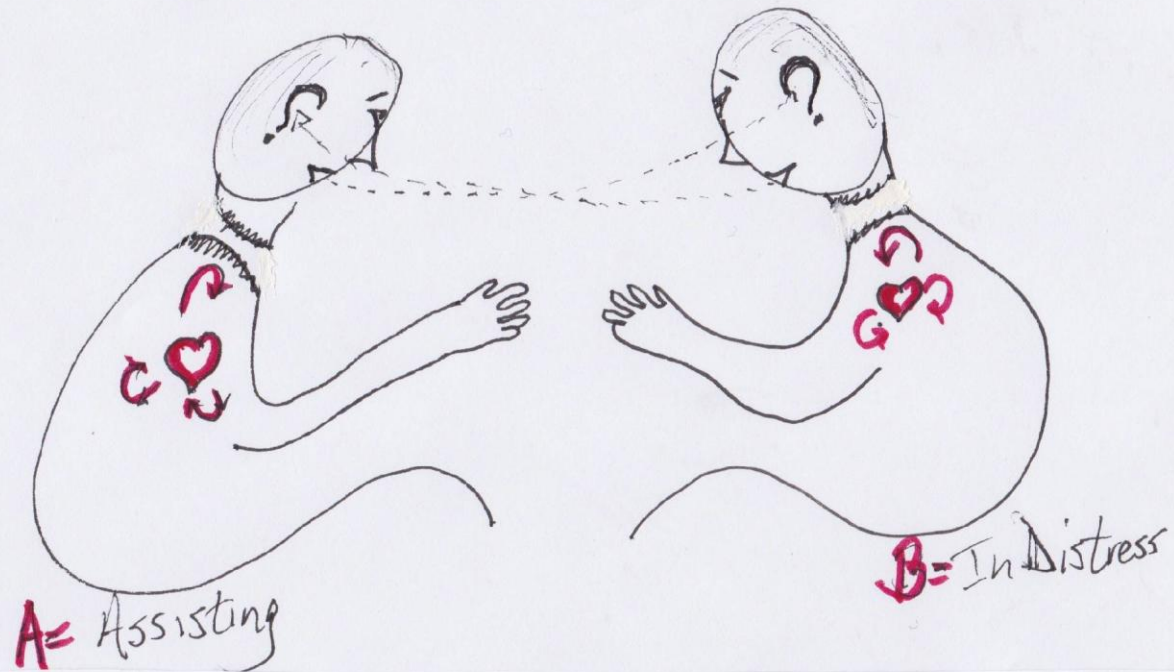
Dimensions	Impact of Trauma	Outcomes of Emotional <b>CPR</b>
<b>Relatedness</b>	Alienated	Emotionally <b>C</b> onnected
<b>Power</b>	Voiceless	Emotionally <b>P</b> owerful
<b>Emotional State</b>	Numb and dissociated	Emotionally <b>R</b> evitalized



# Flow of New Life in the Community



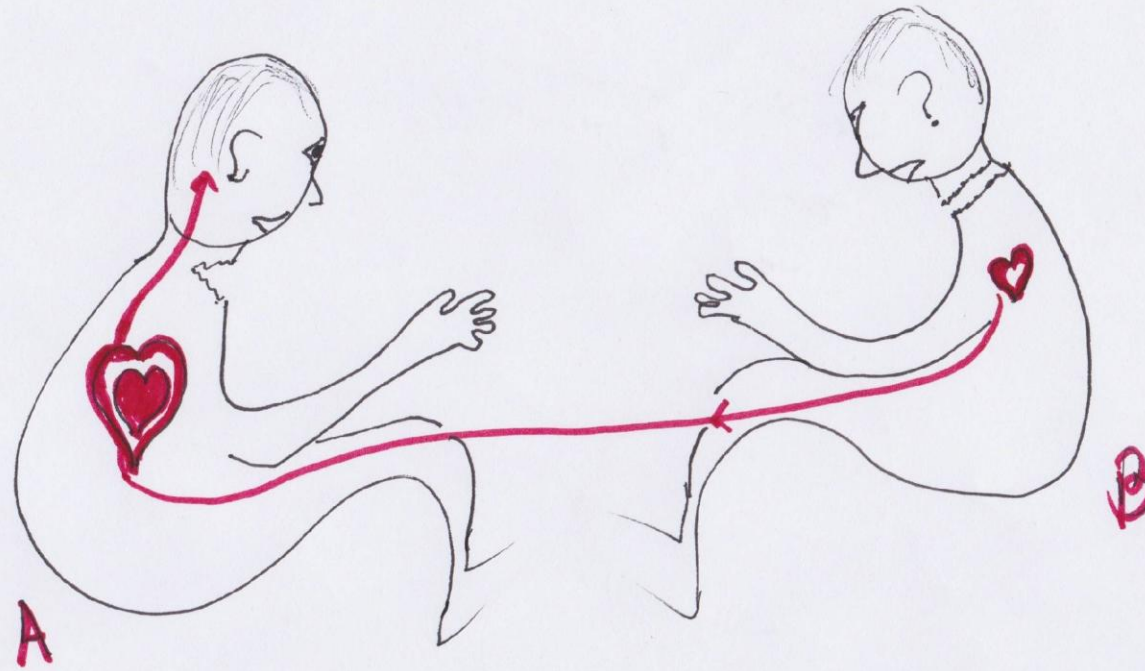
# Stages in Resonating I



**Both A and B suffer from dissociation of their hearts from their minds due to trauma**

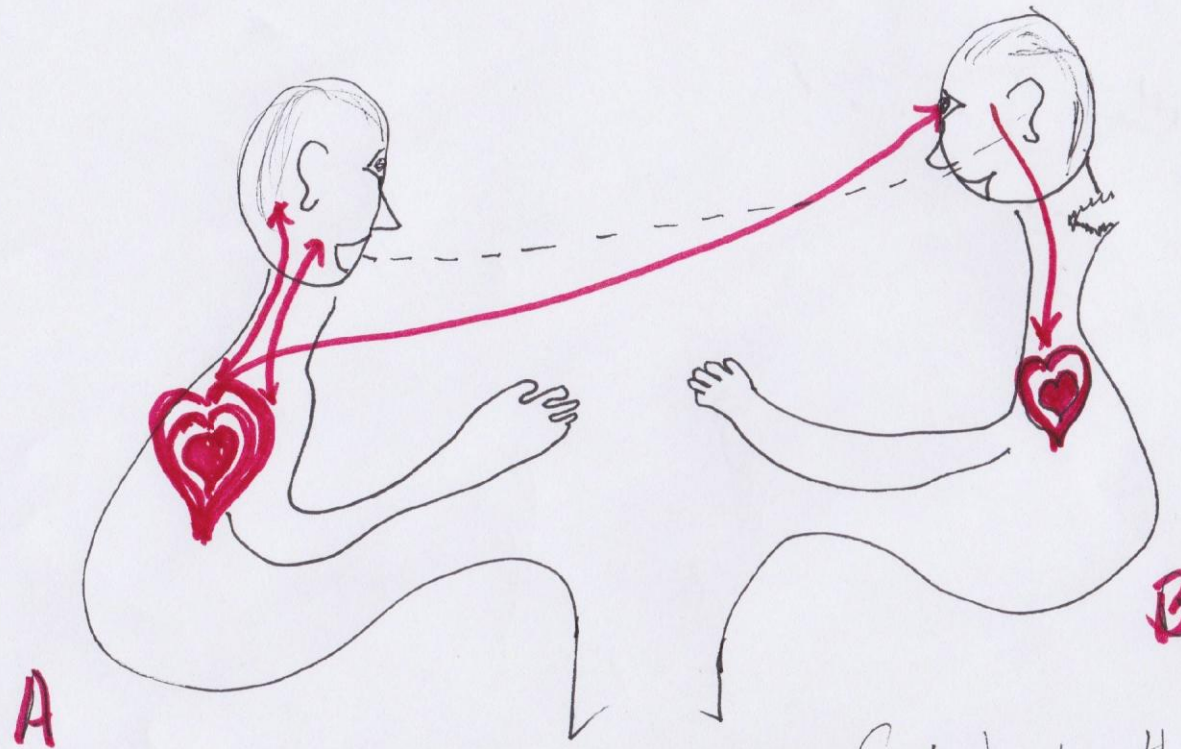


## Resonating Stage II



**A practices Ting listening with eyes, ears and heart and begins to feel some movement in their body and imagination, in response to B**

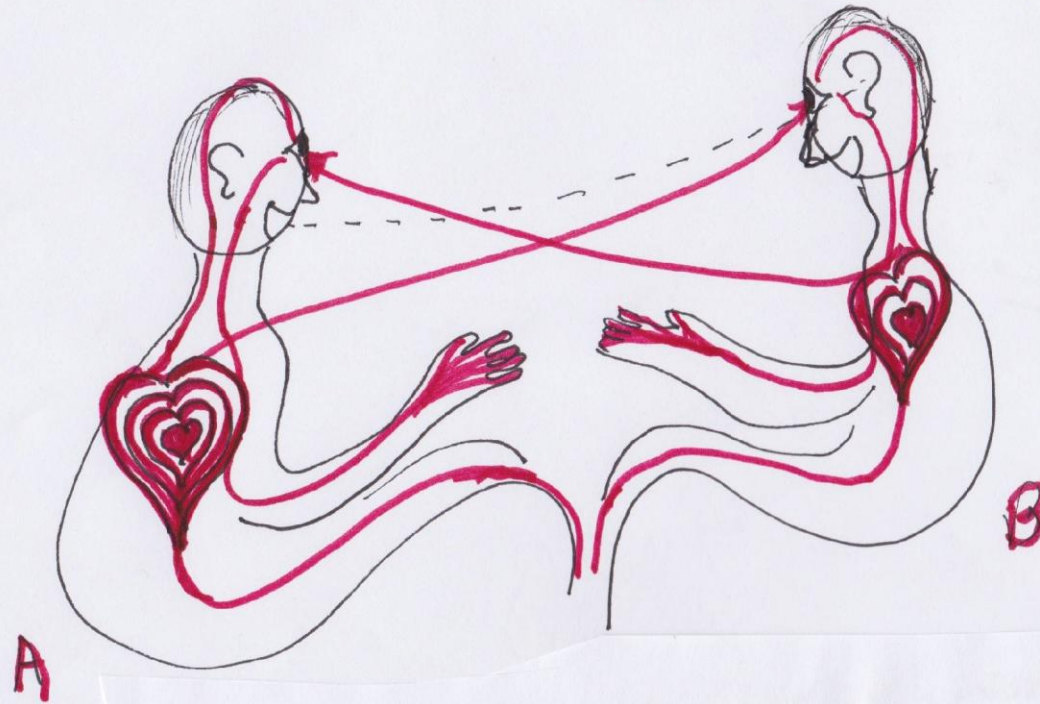
## Resonating Stage III



**A expresses their feelings, healing their own split and B feels A's concern and starts to feel their own heart**

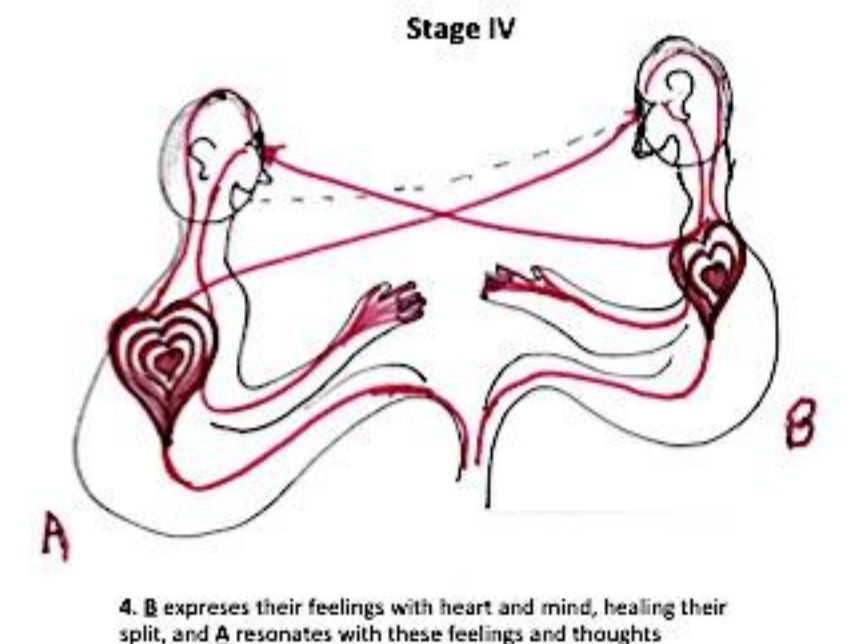
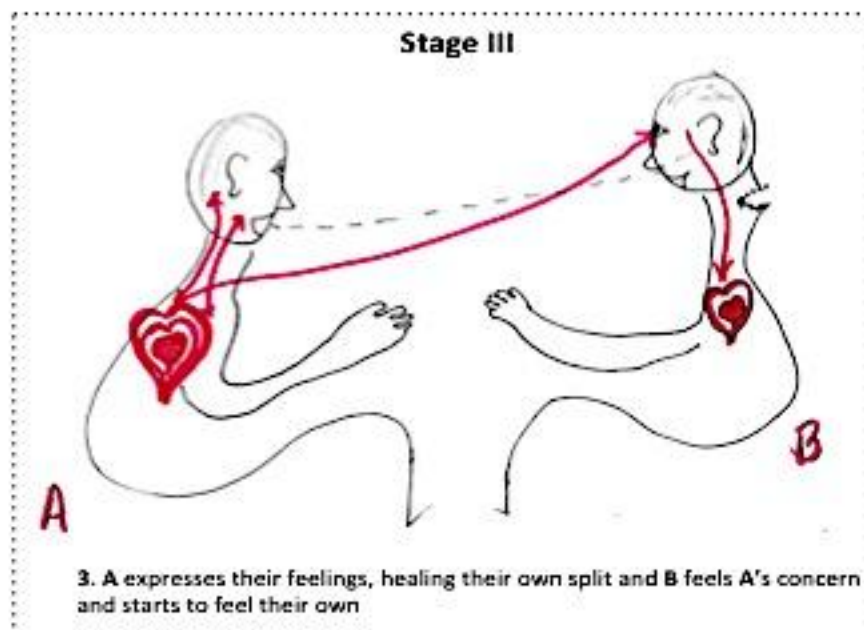
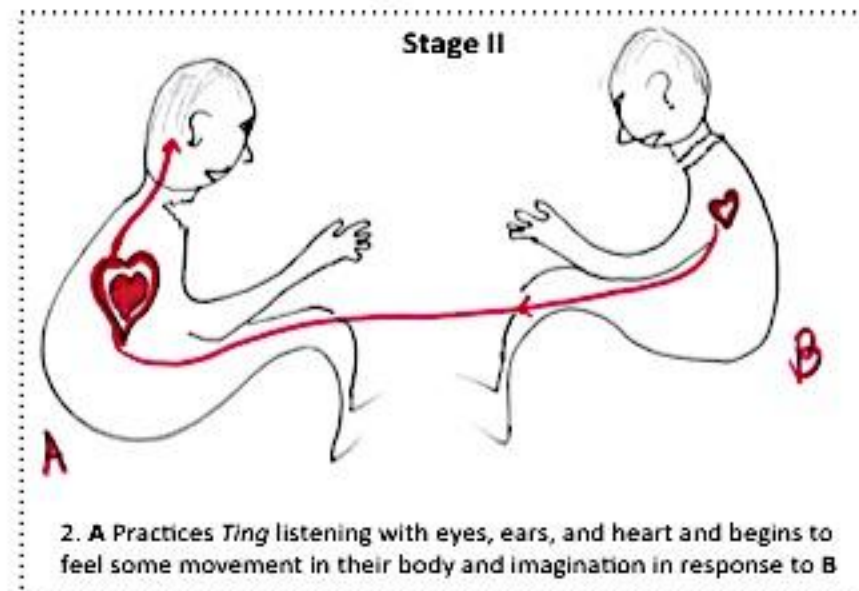
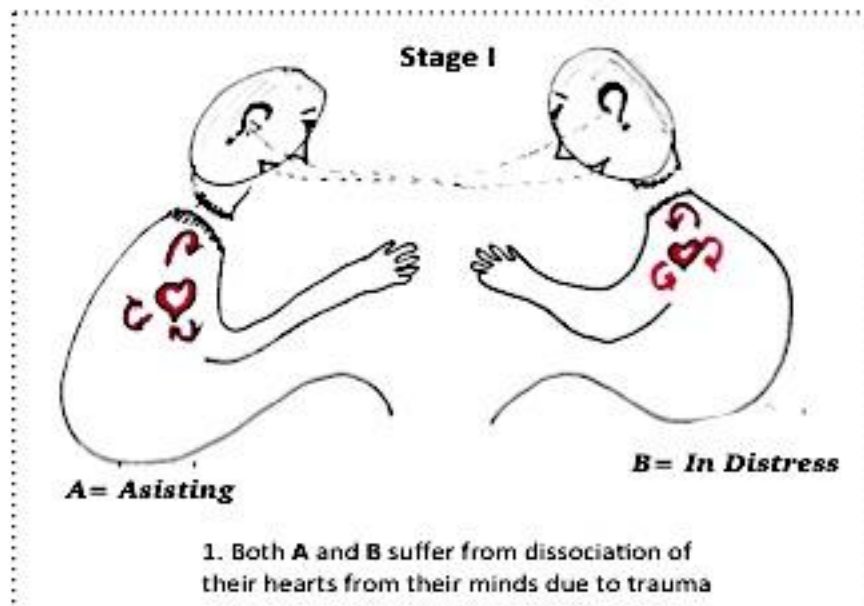


## Resonating Stage IV



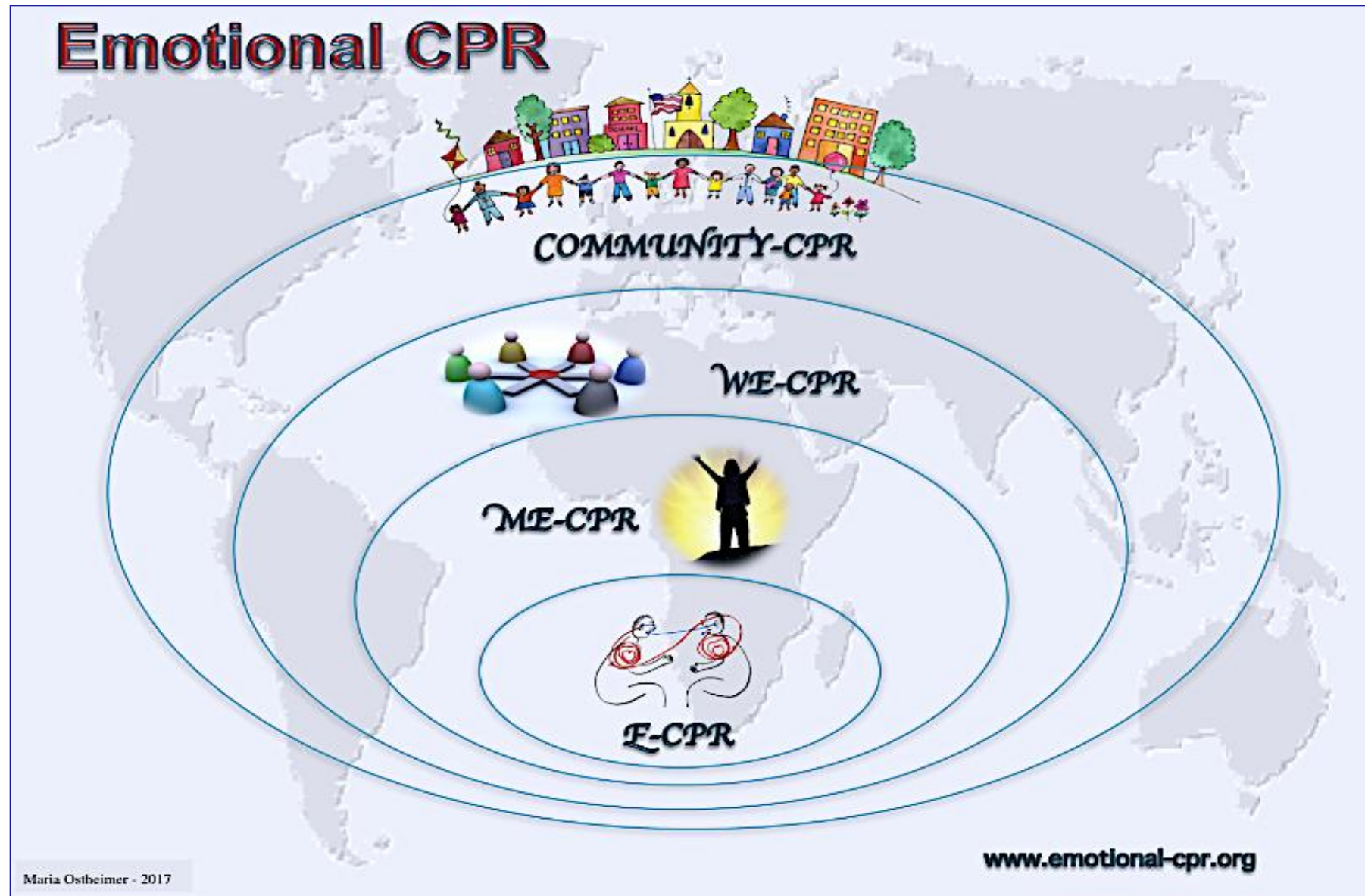
**B expresses their feelings with heart and mind, healing their split, and A resonates with these feelings and thoughts**

# Stages In Resonating



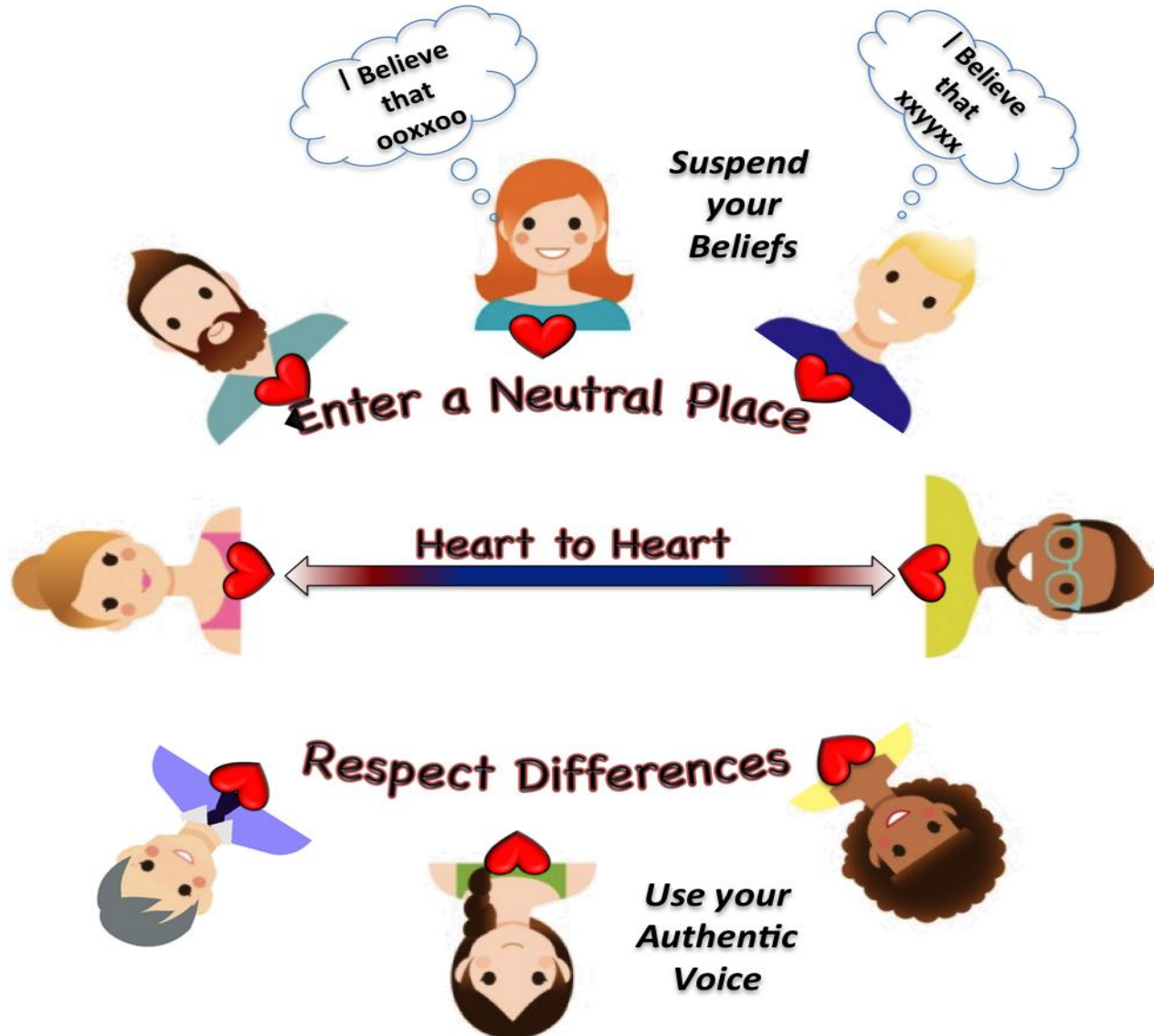


# Levels of eCPR





# Recovery Dialogue



## *Equality*



*Leave your Hat at the Door*

## Comparison of Conventional Help and Emotional CPR (eCPR) Assistance

	Conventional	eCPR
<b>Connect</b>	Engage verbally using questions to assess and/or determine a diagnosis	Feel presence of the other person with your whole heart. Use curious inquiry, not direct questions
	Refrain from emotional expression to maintain boundaries	Express feelings in a manner that enhances connection, while being mindful of personal channels of communication
<b>emPower</b>	Label, judge, and fix	Be open-minded and judgment free. No need to label, fix, or advise person about what she or he should do.
	Expert knows what is wrong, and knows how to fix the problem	The person discovers his/her own strength and inner wisdom through the process of heart connection
	Experts say they have the power to maintain the broken person	Power to heal is within all of us. We are not broken people needing to be fixed. We are whole people navigating our life challenges
<b>Revitalize</b>	Goal: relief of symptoms, acceptance of limited life	Goal: experiencing new life and new hope