

A response to any emotional experience

Matt Ball

HUMANE CLINIC
ADELAIDE

Hope

Understanding

Meaning

Acceptance

Noos (human spirit)

Empowerment

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A serene sunset scene over a calm ocean. The sun is a bright, glowing orb on the horizon, casting a shimmering reflection down the center of the water. The sky is a soft gradient of light blue and pale orange, with wispy clouds. The text 'What of the other moments?' is centered in a large, bold, black font with a blue outline.

**What of the
other
moments?**

The background of the slide is a photograph of a sunset over a calm body of water. The sun is a bright white-yellow circle on the horizon, with its light reflecting as a shimmering path on the water's surface. The sky transitions from a pale blue at the top to a warm orange and yellow near the horizon. The text is centered and reads:

Emotional
crisis is a
universal
experience

A serene sunset scene over a calm body of water. The sun is a bright, glowing orb on the horizon, casting a shimmering reflection down the center of the water. The sky transitions from a pale blue at the top to a warm orange and yellow near the horizon. The text 'How do we respond?' is centered in the upper half of the image in a large, bold, black font with a blue outline.

**How do we
respond?**

ReAwaken:

Connection - Compassion - Meaningful Action

Manifesto for compassionate change

Every human is a whole person with the potential to heal and contribute to their communities in meaningful ways

ReAwaken:

Connection - Compassion - Meaningful Action

Manifesto for compassionate change

There is no sick and no well, only a continuum of human experience

ReAwaken:

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Manifesto for compassionate change

Our communities are safer, more sustainable, and more enjoyable places to live when every person is valued, supported, and listened to.

ReAwaken:

Connection - Compassion - Meaningful Action

Manifesto for compassionate change

Healing happens through connected relationships and in community

ReAwaken:

Connection - Compassion - Meaningful Action

Manifesto for compassionate change

The creation of a vast array of programs, services, and communities where we stop putting people in to silos, but instead where authentic connection and compassion for others and the environment is central

Just Listening

'It is important to remember that story-telling and meaning-making are universal human capacities....'

Johnstone et al, 2018, Power Threat meaning Framework



www.justlistening.com.au

www.humaneclinic.com.au

Just Listening

Active Listening

Listening without giving advice or having an answer

Listening to what's being said & what is being withheld

Listening without judgement

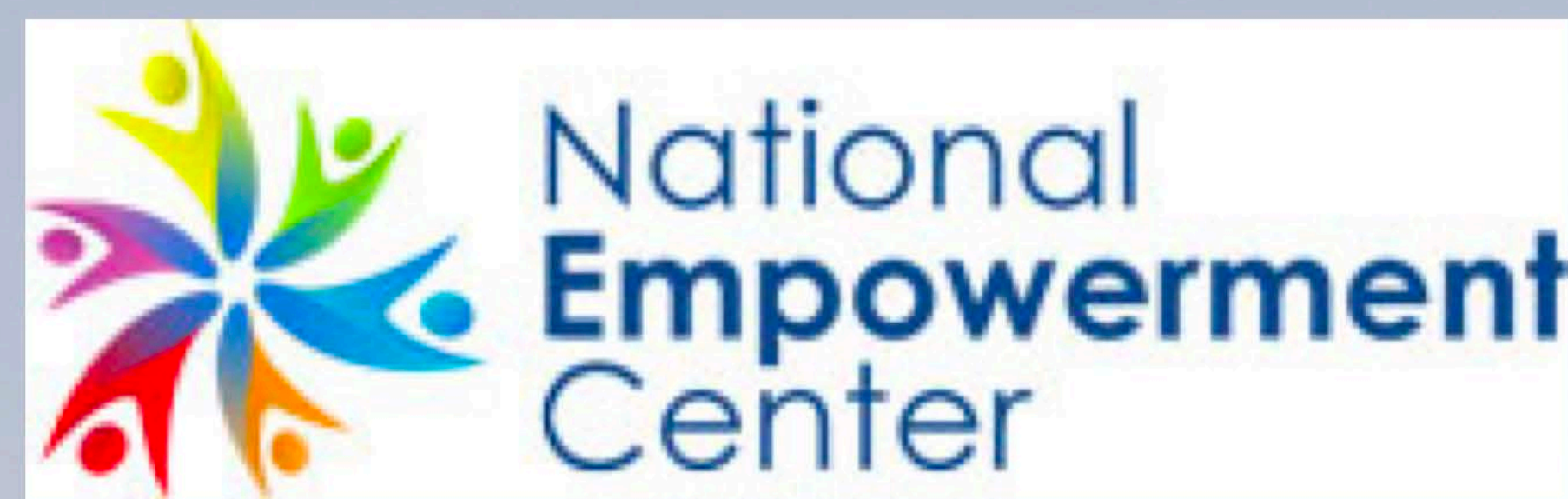
Listening with compassion & empathy

Listening with honour & respect

Listening whilst being fully present

Listening with curiousness

- Katherine Fairest



Emotional CPR (eCPR)

What is eCPR?

A public health education program which prepares members of the public to assist a person who is experiencing an emotional crisis

Why eCPR?

- There is a vast and compelling need for the general public to learn how to assist any person who is experiencing an emotional crisis.

eCPR is a form of *heart-to-heart connection* for emotional resuscitation.



Just as a person's physical heart needs attention in a cardiac crisis, a person's **emotional heart** needs attention in an emotional crisis.

eCPR is a form of *heart-to-heart connection* for emotional resuscitation.



Three phases of the practice of e**CPR**

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

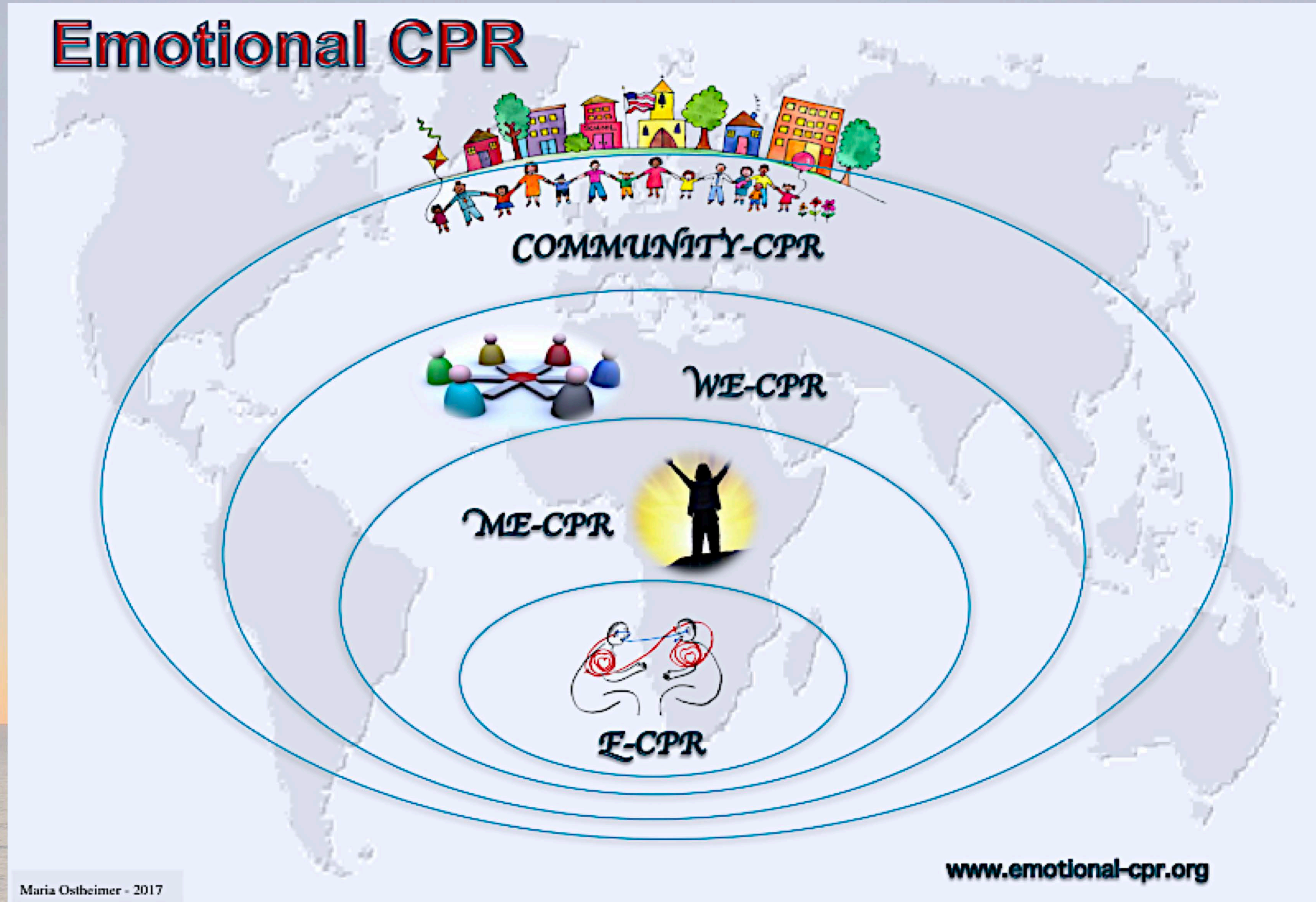
P = **emPower** to experience Passion and Purpose

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

Purpose of eCPR

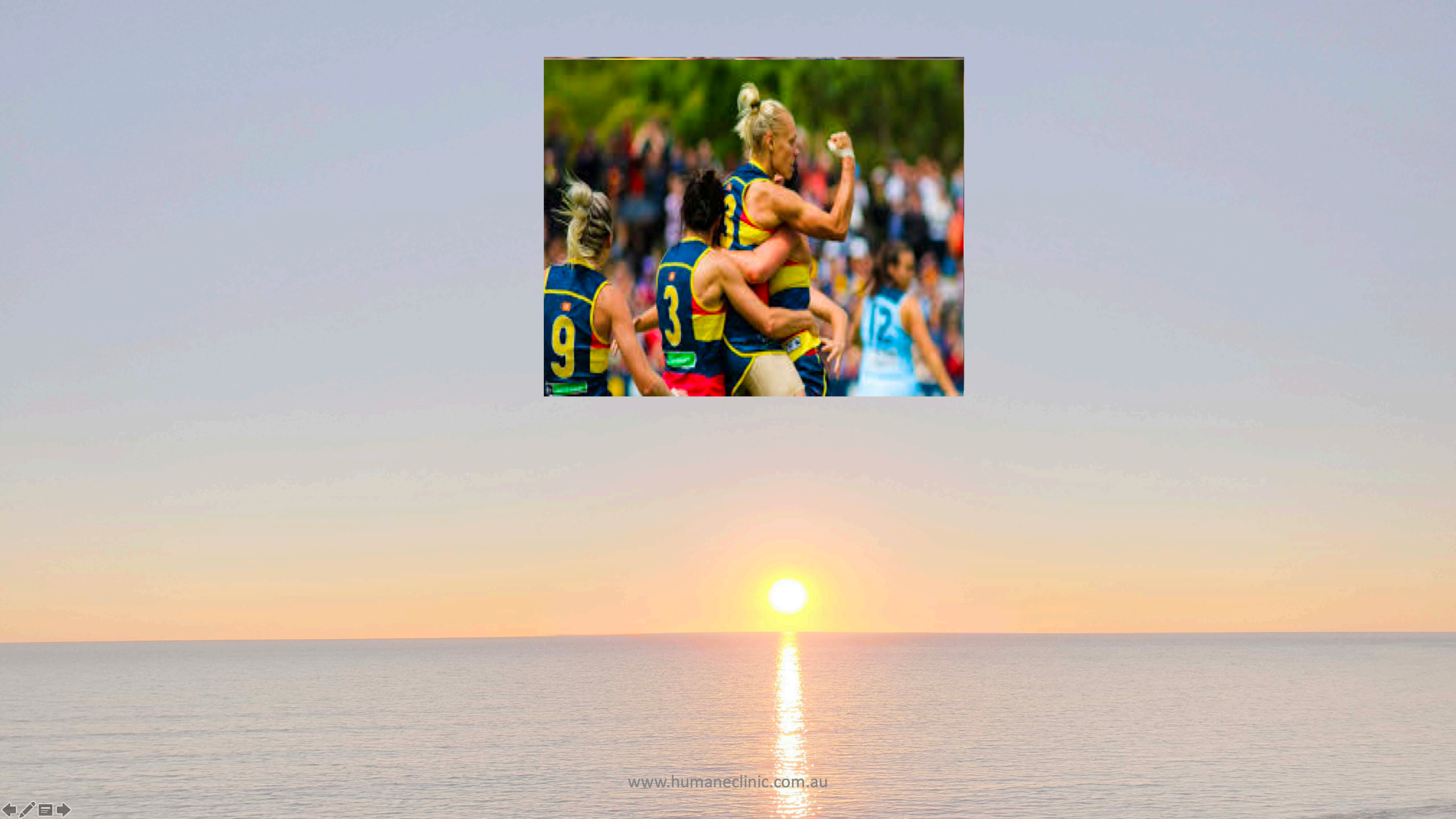
We aspire to **connect through feelings first**, respecting each other as **equally human**, enabling us to **be together** without fixing, judging or imposing our beliefs, allowing us to **explore the unknown** together, in the present moment, **releasing our power** to create **new Voice, new purpose, and new hope.**

Levels of eCPR






















Listening is such a simple act. It requires us to be present, and that takes practice, but we don't have to do anything else. We don't have to advise, or coach, or sound wise. We just have to be willing to sit there and listen – *Margaret J Wheatley*

A serene sunset scene with a bright sun low on the horizon, casting a long, shimmering reflection on the calm water. The sky is a mix of soft pinks, oranges, and blues.

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Contact for further information on Just Listening and E CPR

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