



# SHOCK Therapy

**It's time for treatment!**

## FOREWORD

**Shock Therapy** is a series that enters into a new way of inspiring and motivating those around you. Too often we lack the understanding of how powerful we are in changing the life of an individual. In this series, we will look at ways that you can use "shock therapy" to re-invigorate the heart. We will create an opportunity to resuscitate areas through civic engagement and social change. Are you ready to give the initial shock, are you ready for Shock Therapy?

### INITIAL SHOCK - OH THE CONTROVERSY!

**PRINCIPLE 1:** Hmm, I know when you heard Shock Therapy, there were a couple [pause]...wait, a large number of people who could benefit. Let's see, you may have thought of some family members, teachers, friends (just for fun), and yes!, even those who seem to favor you less (yeah - enemies)! Now come on! You know you're guilty of such thoughts.

Shock Therapy, also known as Electroconvulsive Therapy (ECT) was most often a treatment for severe major depression. ECT is very controversial, and still has it's debates on it's effectiveness. Whatever the controversy surrounding it's topic, I though it necessary to introduce this Series using ECT and AED (Automated External Defibrillator) as a teaching point, but in a different meaning to the effectiveness of life. Consider this!

#### WHERE'S YOUR ELECTRICITY?

Is your Shock Therapy Voluntary or Involuntary?

Are you an individual that always receives without ever thinking of others and how you could help others benefit from your talents?

#### DISCHARGE VS. RECHARGE

If you give out of voluntary compulsion, you have an intuition - someone who is always in prep to "shock " areas that matter to others:

**Time for treatment! You are a \_\_\_\_\_.**

If you are waiting for someone to "Bail you out" or you only wait for that opportune moment - only when it is a matter of life or death:

**Is treatment really necessary? You are a \_\_\_\_\_.**

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### MATTERS OF THE HEART

**PRINCIPLE 2:** Was your Initial Shock a shock to you? If you are an individual who is a Discharge, be proud, but at the same rate, be cautious! To the Recharge, ahh, we have some work to do! Both the Discharger and the Recharger have matters of the heart to consider. The Defibrillator can be another example of Shock Therapy. A defibrillator is a machine used in cases of life threatening cardiac arrhythmias which lead to cardiac arrest. When I think about a defibrillator the first thing that comes to mind is someone who's heart has stopped beating, or is in a life threatening situation. In this section, we will review how we can help those who's heart may have stopped beating or in distress, and discuss what areas you can impact to get their hearts going again.

**Discharger: Be careful of burn out. I'm not saying \_\_\_\_\_ your output (giving), but consider that you have to \_\_\_\_\_.**

**Recharger: At some point your battery (receiving) will be your \_\_\_\_\_/\_\_\_\_\_.**

Think about what areas in life are important to you. How can you use your time to inspire? How can you give "treatment" to what matters most to others? As we discuss matters of the heart, we will take inventory on where our heart actually is. Let's hook up to the heart monitor and see if our pulse increases in selfish or selfless acts. Take the time now to do your own heart check-up. No one knows you better than yourself. You know what areas your heart beats (enjoys), and you know what areas are about to flatline.

Take this moment and use your academic notes sheet to list what's important to you. How can you create an impact in your family, school, community. Again - take inventory - be honest with yourself. Let's take out the AED and get ready for Shock Therapy.

#### Electroshock Therapy differ 3 ways:

##### 1. ELECTRODE PLACEMENT (AREAS OF IMPACT)

After you have done a self-assessment, we all can see some areas where we can increase in service. When we talk about electrode placement, consider,

**Where will your \_\_\_\_\_ take place?**

The areas of impact you choose to help others is just the beginning of "Shock Therapy". Consider what you may have missed out on in life. We all mess up, but in this moment, I want you to remember this:

**The past is a \_\_\_\_\_, and the future is \_\_\_\_\_ to create it!**

Your effectiveness begins TODAY!

  
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**MATTERS OF THE HEART**

Electroschock Therapy differ 3 ways: (continued)

**2. LENGTH OF TIME STIMULUS GIVEN (HOW LONG IS THE SHOCK?)**

Set your \_\_\_\_\_, dedicate your \_\_\_\_\_!

What is your goal/ vision? When we consider giving in any area, you have to consider how long the impact is going to be. Days, weeks, months, a year... you decide. Whatever you decide, it will make a difference in the life you live, and others who may need it, but did not expect that it would ever take place.

No matter how \_\_\_\_\_ the shock, it's effort can be \_\_\_\_\_ and \_\_\_\_\_.

**3. PROPERTY/ PLACE OF STIMULUS (WHAT AREA WILL YOU INFLUENCE?)**

When we talk about giving, it is important to understand that many people are moved by voluntary compulsion, and that it differs from one initiative, to some impacting several initiatives. Hurricane Katrina, although somber, is an inspiring view of how people around the world galvanized to help in many ways. Lives have been restored, even though still today, the memories are etched in the minds of victims. Whether it be a moment to help after a Hurricane, or an ongoing feeding program - What area will you influence?

No matter what area you choose, our world is greater because someone, somewhere, decided to give. Whether it be Hurricanes, Earthquakes, Tsunami's... your "stimulus" matters. As we conclude "Matters of the Heart", look at your past and potential areas of impact, and always remember:

**"Insist upon \_\_\_\_\_. Be \_\_\_\_\_."**  
**- Ralph Waldo Emerson**

However you make a difference - just make it! Be who you are. Be original. Be the uniquely talented you. In the words of President Bill Clinton,

**" We all have the \_\_\_\_\_ to do  
\_\_\_\_\_."** - President Bill Clinton

  
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### FLAT LINE OR PULSE?

**PRINCIPLE 3:** In Part I of this series, we discovered some things about ourselves. We went into initial shock and found out that there was a need, and that "Shock Therapy" needed to take place. We then looked at "Matters of the Heart" and charged the defibrillator in preparation to shock our heart in areas that may have stopped beating or were in distress. Now it's time for treatment. "CLEAR" is usually what's called out when the defibrillator is about to shock. At the announcement of that word, everyone steps back, or clears the area for shock to take place. Now it's our opportunity to "step back" and receive treatment. Whether you are flat lined (The recharger we talked about in Part I) or at a pulse (The discharger), CLEAR! It's time for treatment. As you step back, think about the following areas. As your heart goes through it's arrhythmias, complete the areas below that you will revitalize and get your heart beating again!

#### ELECTRODE PLACEMENT: Where will your effectiveness take place?

(Local: Home, School)? \_\_\_\_\_

(Community-Youth Service)? \_\_\_\_\_

(National)? \_\_\_\_\_

#### SERVICE /ORGANIZATIONS

- KIWANIS - Builders Club
- Volunteer Broward
- Youth Mentoring Programs

These are just a few examples, but numerous programs and organizations exist! Research how you can get involved, and if it doesn't exist, then create it - make it happen!

#### LENGTH OF STIMULUS: Length of time? A Week, Month, Year..?

(Local: Home, School)? \_\_\_\_\_

(Community-Youth Service)? \_\_\_\_\_

(National)? \_\_\_\_\_

  
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#### LENGTH OF STIMULUS: What area will you influence?

(Individual Goal/ Vision)? \_\_\_\_\_

(Shared Group Vision)? \_\_\_\_\_

(Stakeholder Groups Involved)? \_\_\_\_\_



# ACADEMIC NOTES

TOPIC

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WEB RESOURCES

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