

Debriefing

PHASE I - INTRODUCTION

- * Introduce self, point out team
- * Tell the group why they have gathered
- * Describe debriefing
- * It is not psychotherapy
- * Encourage mutual support and participation
- * Discuss need for confidentiality
- * Alleviate anxiety about the debriefing process
- * See *guidelines in Defusing*

PHASE II - FACT

- * Who are you, what was your job or role? (go around circle)
- * What happened from your point of view?
- * Who arrived first on scene?
- * Which units came in after them?
- * What happened as additional units arrived?

PHASE III - THOUGHT

- * What was your first thought after the auto pilot went off?
- * *Transition from cognitive to affective domain*

PHASE IV - REACTION - Most powerful phase of all

- * What part of this event bothers you most?
- * If you could erase one part, ***without changing the outcome***, what would it be?
- * What aspect of this causes you the most pain?
- * *Most of talking done by participants*

PHASE V - SYMPTOMS

- * Any psychological, physical, emotional, behavioral changes?
- * What was it like immediately after the incident? Few days after?
- * Any leftover symptoms of distress from the incident?
- * Normalize reactions
- * *Transition back from affective to cognitive domain*

PHASE VI - TEACHING - Modify to fit event

- * Preview symptoms that may arise
- * Present practical stress survival strategies
 - * Diet, exercise, sleep, talk about event, 1 hour for self
- * Anything positive from this event?

PHASE VII - RE-ENTRY

- * Review material already discussed
- * Introduce new material the group wishes to discuss
- * Answer any questions they may have
- * Discuss anything that would help them bring closure to debriefing
- * Reassure and inform as needed
- * Provide appropriate handouts

SUMMARY

- * Closing comments by all team members
 - * Emphasize respect, encouragement, appreciation, support, validation, gratefulness
- * Make closing comments - follow-up, handouts

Defusing

PHASE I - INTRODUCTION

- * Introduce self, point out team
- * Tell the group why they have gathered
- * Describe defusing
- * It is not psychotherapy
- * Encourage mutual support and participation
- * Discuss need for confidentiality
- * Accept any questions before beginning
- * Alleviate anxiety about the defusing process
- * Give a chance for them to introduce themselves

PHASE II - EXPLORATION

Combines Fact, Thought, Reaction, and Symptom phases

- * Ask them to discuss the experience
- * How they heard about it, where they were, witness, etc.
- * What was your job at the scene?
- * Their reactions and concerns
- * Signs of stress in themselves
- * How have you been affected up to this time?
- * What was the worst part for you/bothers you the most?
- * Ask about any future problems that may be avoided

PHASE III - INFORMATION

Combines Teaching and Re-Entry phases

- * Summarize the information provided by the group
- * Answer questions raised by the group
- * Normalize the experiences and reactions of the group
- * Reassure and inform as needed
- * Present practical stress survival skills to the group
 - * Sleep, food, exercise, 1 hour for self
- * Provide any relevant written handouts
- * Summary to send the group on their way
- * Be available to the group once the defusing is complete

Debriefing/defusing Guidelines

- * Confidentiality
- * You don't have to speak
- * Speak only for yourself
- * Please stay for the entire debriefing
- * No breaks scheduled
- * Put aside rank during debriefing
- * No notes, recordings, or cameras
- * Turn off pagers, cell phones, radios
- * Ask any questions you wish
- * Only those present at the scene belong here
- * **Confidentiality again**

Debrief the Debriefers

Introduction - (if necessary)

Team - who, function, how long debriefing
Facts of the incident
Notification/Deployment of team
Pre-CISD activities

Review - Fact/Thought

==> *compare facts/ventilation*
How did it go? Were participants active?
Any surprises?
What themes emerged?
How do you think you did?

Response - Reaction/Symptom

==> *validation/mutual support/supervision*
Anything you wish you'd handled better?
Things you did/didn't say you wish you d/hadn't?
How have you been feeling about this one?
What was the hardest part of the debriefings?
How did this intervention(s) affect **you**?

Remind - Teaching/Re-Entry

==> *education/consolidation/stress management*
What will it take for you to let go of this one?
One thing you learned from this one?
Taking care of yourself in next 24 hours
Any follow-up to be done?

Crisis Management Briefing

Phase I – Assembly/Introduction

Re-establish a sense of community

Phase II – Facts

Led by appropriate/credible source
Rumor control
Reduce anticipatory anxiety

Phase III – Reaction

Led by healthcare professional
Preview symptoms that may arise
Address relevant signs, symptoms, &
psychological themes

Phase IV - Teaching

Address personal coping & self-care
e.g. - diet, exercise, sleep, talk about
event, 1 hour for self
Discuss available resources
Peer support, MHP, Chaplain, MD,
family, friends
Hand out reference sheets