



## Stages of a Critical Incident Stress Debriefing (CISD)

### Objectives

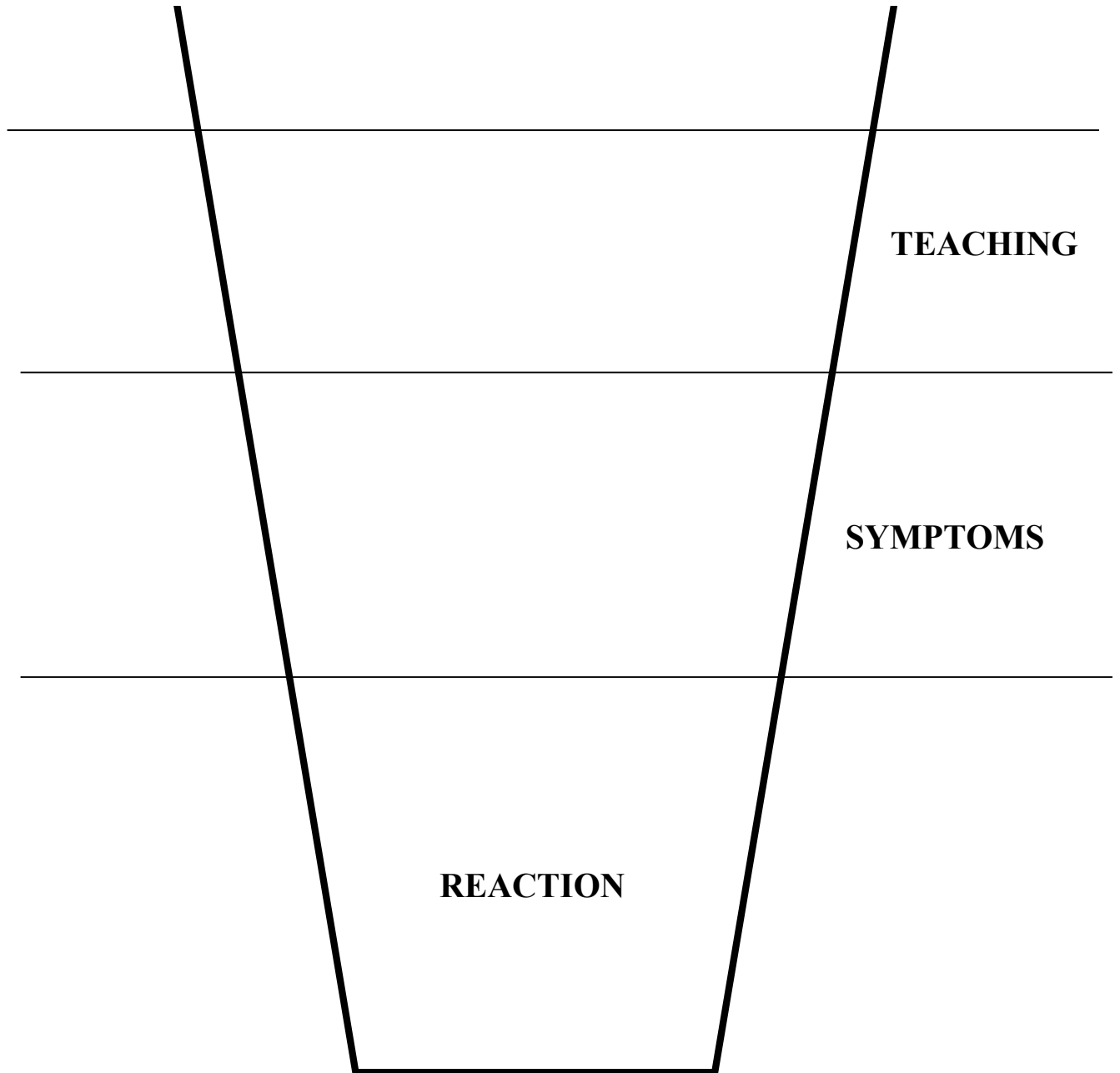
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|---------|----------------|---|--|
| Stage 1 | → Introduction | → | To introduce intervention team members, explain process, set expectations.   |
| Stage 2 | → Fact         | → | To describe traumatic event from each participant's perspective on a cognitive level.                                |
| Stage 3 | → Thought      | → | To allow participants to describe cognitive reactions and to transition to emotional reactions.                      |
| Stage 4 | → Reaction     | → | To identify the most traumatic aspect of the event for the participants and identify emotional reactions.            |
| Stage 5 | → Symptom      | → | To identify personal symptoms of distress and transition back to cognitive level.                                    |
| Stage 6 | → Teaching     | → | To educate as to normal reactions and adaptive coping mechanisms, i.e., stress management. Provide cognitive anchor. |
| Stage 7 | → Re-Entry     | → | To clarify ambiguities, prepare for termination, facilitate "psychological closure," i.e., reconstruction.           |

# CISD PROCESS

## COGNITIVE

INTRODUCTION

RE-ENTRY



TEACHING

SYMPTOMS

REACTION

## EMOTIONAL

Remember: Go around the room to each person for the first two steps. Meaning, only go around the room twice.