

Debriefing

1. Team introduces self
2. Reason here
3. Kudos for self-care
4. Group process, not a critique or part of an investigation
5. Sessions help enhance healing; positive to do together
6. Individuals who go through debriefing report feeling supported and sleep, eat and are healthier
7. Speaking/questions (don't have to but encouraged to/only on behalf of self)
8. Confidentiality
9. No note taking is allowed
10. Cell phones
11. Self-care

Exercise steps:

- Intros (us and title, etc)
- “ We are here”- Facts of why here (me) – just what we know.
- Name and how know person/role
- Experience of incident
- Feeling/handling – then, now, past – self-care
- What need this week – going into tonight or weekend