



Defusing (Intervention guide)

Introduction

Self and team – Summarize event

Reason for CISM – decreases incident impact, realistic expectations-eat/sleep/work /

Explain debriefing process - Not operational critique or psychotherapy, NOT investigative

Confidentiality, team & participants - No notes / recordings / rank / breaks / don't leave

Participation is voluntary, 'pass' if you don't want to speak

Speak only for yourself. If you have lots to say, beware others are waiting their turn

Turn off electronics (pagers, radios, cell phones)

Is anyone missing? Is there anyone here that does not belong here?

Time estimate – as long as it takes for everyone to have a chance to speak

Team will stay afterwards / Are there any questions at this point?

Exploration

Each person

Name / what was your role / what happened?

Ask the group

What other things were going on?

Is there any other detail you would like to discuss?

What part are you having the most difficulty with right now?

Information

Healthy coping skills

Talk about how this has affected you

It's okay to laugh/cry or have other emotions

Maintain routine, work/rest/play

Exercise next 24 hours

Take care with diet/alcohol/drugs

Expect reactions (see hand-out)

Don't fight reaction - give yourself time

Seek further help if still experiencing reactions after 2 to 3 weeks

Any questions? Summarize.

Expectations over next few weeks.

Reminder of confidentiality

"When everyday heroes need to talk"