



CHECKLIST

- Private onsite location (put closed sign on door for duration of debriefing to avoid interruption)
- Water
- Kleenex
- Circle seating (if possible)
- FORM: Debriefing Intake & Tracking
- FORM: Sample script
- HANDOUT: Resilience Rx: Debriefing Support
- HANDOUT: Anonymous Post-Debriefing Survey

PROTOCOL

INTRODUCTION

Introduce yourself and co-facilitator (if you have one) and verbalize the ground rules.

- How debriefing lessens the impact
- Eat/sleep/work better
- Not a critique/investigation
- No rank
- No pagers/radios
- Confidential: no notes or recordings
- Speak only for yourself
- Not required to speak

PROCESS

Going around the circle in a clockwise fashion, ask the following questions [in blue] one at a time. Allow each participant to answer before moving on to the next.

FACTS:

- State your name, the role you played in the event, and a brief description of what happened from your viewpoint.***

THOUGHTS:

- What were your first or most prominent thought as this unfolded?***

REACTIONS:

- What was the worst or hardest part for you?***
- What reactions were most painful?***

SYMPTOMS & STRESS EDUCATION:

- Distribute Resilience Rx: Debriefing Support
- What aftershock symptoms have you experienced? Have they improved?***
 - Physical
 - Cognitive
 - Behavioral
 - Emotional
 - Spiritual
- What has life been like since this happened? What emotions are hardest to deal with?***
- Review triggers and self-care tips:
 - Normal reactions to an abnormal event
 - Give it time
 - Importance of self-care
 - Talk with others
 - Support one another
 - Maintain routine
 - Seek help if needed

RE-ENTRY

- Are there any final questions?***
- Reiterate confidentiality
- Distribute anonymous debriefing survey

POST-DEBRIEFING

- Complete organization paperwork if needed.