

INTRODUCTION

- Thank you for taking the time to participate...
- The aim of this session is to lessen the effect of detrimental stress stemming from this event.
- Our desire is to have all of you return to pre-incident functionality.
- We would encourage all of those people involved in the event to contribute to the discussion, though it is not mandatory. You may provide a “piece” of the puzzle that someone has and that may help them. In turn, you may have a question about the event that someone may provide clarity about.
- Studies show that when a person has been through a critical incident tends to have a better post-incident return to normalcy when allowed to talk and discuss the event in this structured format. Many times these sessions prevent a person from having to seek further mental health support.

Ground Rules

- There is no rank (if applicable) in the discussion
- Only individuals involved in the incident are to be included...look around the circle—is there anybody that shouldn't be here?
- Please silence all phones, radios, electronic devices
- We will take no breaks...if you need to leave, a member of our team will follow you to make sure you are OK
- Participation is voluntary, you do not need to share if you do not wish
- One person at a time speaks
- This is not a critique/investigation/PIA (post-incident analysis). Please keep your comments to your reactions from the event.
- Everything shared should be considered confidential. Our team is not going to share what has been said, we would ask that you not disclose anything to others outside this group.

Explain the Debriefing process (that it provides an outlet for those involved to share their experiences and reactions to the event, express thoughts and concerns since the event, and what one can do to feel better and return to pre-incident functionality if troubled).

- If you do leave the group because the discussion is uncomfortable or it is affecting you deeply, or if you are just in need of a restroom break, a member of the team will follow you out to make sure you are okay. Anything shared should be considered confidential we don't share what was said outside this circle of participants (CISM Team or victims); let all have the freedom to share their view, even if it is different from your own; this is not an analysis/critique/PIA of this event; please silence any electronics.
- Our team will remain on-site to answer questions, provide assistance to further meetings or care, and lend support.



Defusing Script

EXPLORATION

- Now we would like to hear from you...please give us your name, and if you would tell us your assignment/job/task while at the scene of the event.
- Describe, if you would, your thoughts and memories that are prominent about the event. Include your senses—what you saw, heard, smelled, and felt—as you recollect those moments when you realized the gravity of the event.
- It is not mandatory that you share...if you'd rather not please just say so.

INFORMATION

- When a person is runs into this type of event it's not unusual for them to experience intrusive thoughts and dreams, different moods, uncharacteristic emotions, loss of energy, and minor or delayed shock.
- What you've shared are normal thoughts that normal people experience when exposed to an abnormal event.
- We've shared some of our initial thoughts and reactions to this event—that is a good first step. Some other things that help is keeping to your daily routine, avoiding excessive alcohol and caffeine, eat healthy foods, get plenty of good rest, pass up situations that are stressful if possible, spend time around familiar and comforting people and things, and try to do a bit of light exercise even if you initially don't feel like it.
- We've brought some more information for you to have and share with your loved ones at home. We will stay and answer questions after we dismiss...