

Summary: Individual Debrief

- Individual debriefing after direct trauma
- Attend to both administrative needs (incident reports) and to service provider's needs
- Telling the story to the end and integrating the story into their life while regulating emotions/body
- Try movement with debrief – walking together – not direct eye contact. Can be outside of building. Helps to flush out stress hormones. Hydrate
- Ensure there is a beginning, middle and end of their experience – they've gotten through it and can integrate it into their personal history.
- Ask what happened first. They may be scattered – redirect to chronological events. And then what happened? And then what happened? Until the point of being there with you, telling their story.
- Emotional regulation while telling story. Strategies from Module 5. Use your own awareness of physiological arousal and ask person to breath with you.
- Then file incident reports - buddy with them and progressively getting them into exercising choice (opposite of being helpless). Ask them if they want to type or dictate incident report. The incident report is another narrative report.
- Then ask what they need. Remember it's very draining. They may want/need food. They may need to go walk or go talk with team or go home. Give them choice to determine what will be most helpful for them.
- If someone experiences trauma, you help debrief, but say they go on to more difficulty, it's important to give list of good trauma therapists - don't just refer to EAP or community. Need to get them connected to trauma trained therapists with awareness of type of work. Develop your own lists. Look for therapists trained in Eye Movement Desensitization Therapy (EMDR).