Debriefing Triangle

**THOUGHTS**

- **Facts—Ask**
  - Who are you?
  - What was your connection to what happened?
  - What happened from your viewpoint?
  - How did you know ____?

- **Thoughts—Ask**
  - What were your first and most prominent thoughts?

- **Reactions—Ask**
  - What was the worst part of the event from your perspective?
  - What thoughts have been sticking with you?

**EMOTION**

- **Gut Check—Ask**
  - What were you feeling (symptoms) when you found out?

**Re—Entry**

- **Q & A**
- Summarize
- Help establish a plan of action
- Remind about confidentiality
- Team expresses Gratitude

**Teaching—Ask**

- Normal People
  - Normal Responses
  - Need for exercise, food, rest, self-care
  - Stay away from alcohol or other drugs, caffeine, nicotine, fatty foods
  - Reestablish routines
  - What to report
  - Address concerns

**Take from the CISM Model**

International Critical Incident Stress Foundation.

Originally presented in Baltimore by Dr. Kristin Witte