Debriefing Triangle

Introduction -

Brief intro of the Team
Stress that this is not
an investigation
Stress Confidentiality
(within limits)
You don't have to speak
No breaks
No notes or recordings
We will remain afterwards.

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?

THOUGHTS

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

Gut Check — Ask

What were you feeling (symptoms) when you found out?

EMOTION

Reactions - Ask

What was the worst part of the event from your perspective?
What thoughts have been sticking with you?

Taken from the CISM Model International Critical Incident Stress Foundation.

Originally presented in Baltimore by Dr. Kristin Witte