

Debriefing after Traumatic Event

Rules:

Confidentiality

No interrupting, correcting or adding to another's version of the story

Participation Voluntary

No advice giving (except during the "Suggestion Phase")

Process:

1. **Introductions**
2. **Fact gathering**
3. **Reaction phase**
4. **Symptom phase**
5. **Stress response**
6. **Suggestions**
7. **Incident phase**
8. **Referral phase**

Symptoms that indicate you need additional help:

change in sleeping patterns, change in appetite, hopelessness, worthlessness, crying, isolating, feeling S/I, increased irritability. If you have any more than 1 of these for more than a few weeks, seek help.

Coping Skills Suggestions:



Santa Maria Counseling

www.smcounseling.com

Greta Pankratz, LCSW