CRITICAL INCIDENT STRESS
DEFUSING

INTRODUCTION PHASE:

*Introduction of facilitators
*Explanation of what to expect: The purpose of this defusing is to acknowledge that you all have been going through a significant event that may be affecting all of you in different ways. The defusing is a brief guided discussion with your peers to allow you a safe space to process what has happened, how it is impacting you and ways to take care of ourselves during this stressful/uncertain time.
*Stress Confidentiality, no notes taken
*Participation is Voluntary, You do not have to speak and can choose to listen only
*If you would like to speak please use the "raise your hand" option in Zoom so that the facilitators are aware you have something to share
* There will be no breaks during the defusing due to the short time span
*Please turn off cell phones & limit distractions
*To help with background noise it may be helpful if everyone has their microphone muted until they are speaking
*Provide brief timeline of events that have happened since the start of the Coronavirus

EXPLORATION PHASE– Ask…

*What do you remember most about the first 2 weeks?
*What sticks out to you the most?
*What has been the most difficult for you?

(Facilitators will briefly validate and name emotions as participants respond to the above guided questions)

INFORMATION PHASE:

*Teach possible reactions
*Normalize their responses/reactions
*Offer suggestions on stress survival/recovery
*Warn to limit or avoid alcohol, drugs, fatty foods, junk food, caffeine ad nicotine
*Encourage reasonable activities, Offer suggestions on stress survival/recovery
*Acknowledge that social distancing/quarantine may be limiting people's access to their normal self-care/coping skills
*If time permits go around the group and ask people to share what kinds of things they have been doing for self-care as it may give others some ideas they can use for themselves
*Provide handouts/resources/contact numbers via email at end of defusing