



Guidelines for Debriefing Effectively for Helping Professionals

01

Prep Work

Prepare some time, space and connections with people so that when you do want to debrief it will be easier to initiate. Where is an ideal space to debrief at work? When is a good time to debrief? Who can you debrief with?

02

Tune in

Reflecting on your own experiences and well-being can give you information about how you are responding to trauma exposure and whether you might need to debrief with someone. Tuning-in also helps you be more mindful and self-aware going into a debriefing conversation to help reduce the risk of further traumatization.

03

Give Warning. Get Consent.

If you know you want to debrief about trauma exposure make sure to give your listener a warning that some of this trauma information may be revealed in the debriefing conversation and ask them for their consent to talk about it. They may either decline, give parameters about what they feel comfortable with or consent to hold space for a conversation about trauma.

04

Low Impact Disclosure

Minimize the graphic details regarding trauma when debriefing, especially when talking to someone who may not have trauma training. Try to keep your focus on your own reactions, feelings and thought processes regarding the trauma exposure instead of re-playing the story with all the graphic details.