



“When helping professionals hear and see difficult things, a normal reaction is to want to debrief with someone, the problem is that we are often debriefing ourselves all over each other...”

Françoise Mathieu, M.Ed., CCC., RP, Co-Executive Director, TEND

LOW IMPACT DEBRIEFING:

Four steps to protect yourself from being slimed, and to help minimize the risk of traumatizing your colleagues, friends and family.



SELF AWARENESS

Be aware of the stories you tell and the level of detail you provide when telling a story. Are all the details really necessary? Can you give an abbreviated version?



FAIR WARNING

Allow your listener to prepare, and brace themselves by starting with "I would like to debrief a difficult situation with you and the story involves traumatic content."



CONSENT

Ask for permission by saying something like: "I would like to debrief something with you, is this a good time?" or "I heard something really hard today, could I talk to you about it?"



LIMITED DISCLOSURE

Decide how much to share, starting with the least traumatic information, and gradually progressing as needed. You may end up not needing to share the most graphic details.

For a downloadable overview of **Low Impact Debriefing** go to www.tendacademy.ca/resources