

Protocol: Care / Defusing / Debriefing Intervention

Care/Defusing Place: _____ Date: _____

Debriefing Place: _____ Date: _____

Event: _____ Place: _____ Date: _____

Duration: _____ Catastrophy: _____ Debriefing: _____

Present in the process: _____ Number of victims: _____ Number of debriefers: _____

Names

Leader _____

Assistants _____

Care-/Defusing Intervention

Short summary (title) of the event: _____

Decision: Defusing, Care, Debriefing _____

Addresses (incl. telephone number) _____

Debriefing

Summary of phase 2, cognition: _____

Thoughts then: _____

Thoughts now: _____

Why (value): _____

Emotions during process: _____

Normalizing sentence: This feeling x is completely normal and natural because y (value) is so important for you: _____

Reactions

Specific post-traumatic reaction / hyperarousel: _____

Intrusive memories / avoidance: _____

Teaching

What was your emphasis? _____

Final ritual agreed: _____

Process closure: _____

Description of participants at the beginning of session: _____

Description of participant at the end of session: _____

Self evaluation: _____

Process of Debriefing:

1	2	3	4	5	6	7	8	9	10
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Scale: 1 = not successful – 10 = very successful

Personal reactions leader: _____

Personal reactions assistant: _____

Conclusions: _____

Leader: Name and e-mail _____

Assistant: Name and e-mail _____
