

Give the following guidelines to someone you trust to be a debriefer for you.
Use these guidelines yourself to assist others to debrief

You need to debrief because:

- Adrenalin flow can make you shake, sweat, blush
- You feel things personally long after the event – this is about letting them go
- You need to stay in (or return to) the I'm OK, You're OK position

Debriefing is telling someone else your story

- It helps you make sense of what happened in an upsetting incident
- It is an opportunity to know and acknowledge how you feel
- Talk about who, what, when, where, why and your feelings, then and now

A Guide for the Facilitator of Emotional Debriefing

Before you start	Personal skills needed
1. Give yourself the time (and place if possible) so that this is the only thing you are going to do.	Generosity
2. Be prepared, as a listener, to show empathy, i.e. 'feel with' the person, remembering the feelings are theirs, not yours.	Clarity
3. Be willing to enter the other person's world without making any judgement or criticism of them.	Restraint
4. Do not try to rescue. Believe that this person has the ability to 'fix' themselves by talking it through, by acknowledging and owning their feelings, and by coming to some understanding of what happened to them.	Optimism
Facilitating the debriefing	Personal skills needed
5. Ask your friend to tell you as many details about the incident, as they wish to tell you. Not every little detail, but what matters to them.	Genuine concern and interest
6. Leave your story out of it for now. Mirror their feelings, e.g. 'You found that really frustrating,' or 'You felt really sad' etc.	Careful listening
7. When they get stuck, gently ask them, 'And then what happened?' Help them move through the whole story, including their survival. Reassure them they are not crazy and recognise they are upset.	Facilitation
8. Congratulate them for having done the best they could under difficult circumstances, and for surviving.	Enthusiasm

Be careful not to:

- Tell a similar story – this is their time not yours
- Ask questions – they will tell you what you need to know
- Give advice – they just need you to listen and 'get' their feelings