



MANITOBA EMERGENCY SERVICES CISM TEAM
PARTICIPANT HANDOUT:
CRITICAL INCIDENT STRESS DEBRIEFING MEETING

You have been asked to take part in a Critical Incident Stress Debriefing meeting. This type of meeting has been developed to assist people to manage and to prepare for possible reactions following critical incidents traumatic experiences.

People have different reactions to critical or traumatic events. You do not have to be having any particular difficulty to benefit from this meeting. It has been shown that Debriefings, like the one you will be attending, often help prevent uncomfortable effects of stress such as painful feelings or memories. Some people may feel more like talking than others. You will not have to say anything more than who you are and possibly what your job was at the incident. We welcome you to be yourself.

This meeting is confidential. No notes are kept. Confidentiality is important, not only for the Team Members who are here to help you, but also to everyone who is at the meeting. To break that confidentiality is to break the trust of all who are present. Please do not discuss the personal reactions of the participants of the meeting. Only people affected by the incident and the Debriefing Team Members will be present. One Team Member is a professional counselor who has been trained in Critical Incident Stress Debriefing. The others are emergency response personnel who have received special training as Peer Critical Incident Counselors.

The main part of the debriefing meeting consists of talking about the critical incident that has taken place and how it has affected you. The purpose of the meeting is to give you an opportunity for support, understanding, and learning. The Team's objective is to help you validate what you went through and to ventilate some of the intense reactions you may still be experiencing.

You will also learn about normal stress reactions people often experience after and traumatic event to help prepare you for possible future reactions you may experience. You, personally, may experience some, several, or none of the reactions described for varying periods of time.

At the end of the Debriefing meeting, you may have additional questions or comments. If there are any questions or information beyond what the Debriefing Team can offer, you will be referred to other resources which will be helpful for you. In addition, you may wish to participate in additional Stress Debriefing Programs which may be made available to you.

If you have additional questions after the Debriefing, please contact the Team Leader.

Thank you for your participation.