

TEAM DEFUSING

Not every Disruptive Event is traumatic or critical

How is your organization labeling disruptive events currently?

Could or should that labeling be updated?

Reactions to stress:

Physical | Emotional | Cognitive | Behavioral

What REACTIONS do you notice in yourself & team members:

Two types of offerings (yes, you can offer both):

Team DEFUSING	Team DEBRIEFING

TEAM Defusing =

a debriefing format that focuses on the human responses to a disruptive event

Important details:

TEAM Defusing Steps

Pre-work:

- Set-up
- Invitation

With the Team:

1. Introduction
 - a. State purpose
 - b. Create a buy-in statement
 - c. State ground rules
2. Exploration
 - a. Event timeline
 - b. Individual reactions
3. Information
 - a. Summarize & Normalize
 - b. Verbalize recovery skills
 - c. Mention resources