

PRE-INCIDENT EDUCATION An analogy for receiving this type of education is like receiving an immunization against disease. "Pre-Incident Preparation" may well be thought of as a form of psychological immunization. The goal is to strengthen potential vulnerabilities and enhance psychological readiness in individuals who may be at risk for traumatization. One important aspect of pre-incident preparation is the provision of knowledge. Information about CISM is power. Many traumas result from a violation of expectancy, thus setting realistic expectations serves to protect against violated assumptions.

A DEFUSING is conducted within a few hours of a critical incident and is primarily informational. They allow for initial ventilation regarding the incident. It is shorter, less formal. If only one or two people have been affected by an event, a defusing is more appropriate.

DEBRIEFINGS are most effective when conducted 24-72 hours after the incident has occurred. Debriefing sessions are confidential, non-evaluative discussions of involvement, thoughts and feelings resulting from the incident. They usually last two to three hours and everyone who was involved with the incident is invited to attend. When a whole work group is affected, a debriefing, involving the CISM Team would be utilized.