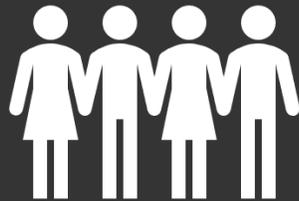


Crisis Debriefing

Not all injuries are visible



What?

Following trauma/crisis exposure, an individual experiences both physical and psychological symptoms. Crisis Debriefing is a practice that allows individuals to both process and reflect on the traumatic events they've experienced.

Who?

- All the students during their first period of advisory when the school starts operating in Hybrid mode.
- The advisor will be the facilitator.
- Crisis Debriefing can take several advisory periods and will cover several topics depending on the need.

Why?

- Helps lessen the unpleasant symptoms of trauma: an opportunity for ventilation of emotions.
- Alleviate/understand/pinpoint Post Traumatic Stress Disorder (PTSD) symptoms and trauma reactions.
- Mitigate the impact and assess whether follow-up is needed.
- Inform and empower in order to help build resilience and return to normal, healthy life (Develop coping skills strategies).

Post-Traumatic Stress Disorder (PTSD)



Avoid Thinking of the Trauma



Avoid Talking of the Trauma



Easily Frightened



Negative Mood



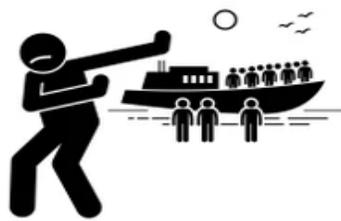
Negative Thinking



Always on Guard



Avoiding Places



Avoiding Activities



Flashbacks



Cannot Concentrate



Aggressive Behavior



Loss of Interest



Feeling Guilt or Shame



Substance Abuse



Sleeping Difficulty



Bad Dreams

How?

Questions

Facts

Each one of you will describe what happened and facts are gathered

Thoughts

You will examine your thoughts, and responses to the event experienced

Emotions

You will examine your sensations and feelings then and now, and also discuss anything that has been particularly troubling



Venting &
Validation

Evaluate

Learn

• _____



The Lessons

- Your advisor will teach you about your stress response (reactions).
- Your advisor will offer guidance on how to cope with stress related to the incidents.
- You will be able to better understand how an experience has affected you.
- You will be able to learn if you need further support or referral.



Let's
MOVE
forward



- You've been at home for many months!
- During these months you have faced way too many stressors: pandemic, a huge explosion, economic crisis...
- Support the transition back to being in school.
- You are listened to and acknowledged: a lot of people care about you!
- Your experiences are often shared by others: **YOU ARE NOT ALONE.**