

## De- Brief Following a Trauma

The most important aspect of this de-briefing method is to make sure that when you talk about the trauma or are listening to the person telling you that you remain calm and that your body is relaxed.

- Find somewhere peaceful where you cannot be interrupted and turn off phones
- Before you start take some deep breaths into your diaphragm to ensure that you are calm, ask the person who you are telling the trauma to do the same
- Slowly and gently describe the incident as if you were providing a voiceover for a film. The key is to stay relaxed and just re tell the event without attaching the emotion to it.
- Let the person you are helping complete their story without interruptions.
- If you or the person you are helping becomes upset, stop, take some deep breaths and start again

The idea behind this is that the next time you remember the incident you remember the de brief and it helps to take the 'sting' out of it. It disrupts the memory.

If after 3 weeks you or your staff are getting flash backs or intrusive thoughts seek further support from a trained counsellor [www.bacp.co.uk](http://www.bacp.co.uk) or from occupational health and human resources