



Critical Incident Stress Debriefing

Critical Incident Stress Debriefing (CISD) is a structured conversation or discussion of a traumatic event. It is a supportive group crisis intervention process that focuses on building up a group's resistance to traumatic stressors. CISD is conducted with groups that have experienced the same traumatic event.

Goals:

- o Facilitation of normal recovery processes among a group of people who are having normal reactions to an abnormal event.
- o Mitigate the impact of a traumatic event.
- o Identification of people within a group who might be in need of additional individual support.

Frequently Asked Questions:

- o ***How long does a CISD last?*** A CISD may last between one to two hours depending on the number of people in the group and the intensity of the traumatic event.
- o ***Who should participate?*** A CISD is ordinarily provided one to ten days following a traumatic event. Participation is voluntary. Timing has more to do with psychological readiness more than passage of time. No help, no matter how skilled is really useful if it is provided at the wrong time.
- o ***Who provides the CISD?*** Only mental health professionals who are properly trained in Critical Incident Stress Management and specifically in the small group process of the CISD should provide the service to traumatized groups.
- o ***Is the CISD confidential?*** Everything that is said during the CISD is confidential. No notes or recordings are allowed. It is important to note that providers are mental health professionals who are bound by mandated reporting.

CISD is NOT:

- o Psychotherapy
- o A substitute for psychotherapy
- o Professional counseling
- o Treatment for PTSD or any mental or physical disease or disorder
- o A cure for PTSD or any mental or physical disease or disorder