



## Defusing Script

### INTRODUCTION

- Thank you for taking time to participate...
- The aim of this session is to lessen the effect of detrimental stress stemming from this event. Our desire is to have all of you return to pre-incident functionality.
- We would encourage all of those people involved in the event to contribute to the discussion, though it is not mandatory. You may provide a “piece” of the puzzle that someone has and that may help them. In turn, you may have a question about the event that someone may provide clarity about.
- Studies show that when a person has been through a critical incident, they tend to have a better post-incident return to normalcy when allowed to talk and discuss the event in this structured format. Many times these sessions prevent a person from having to seek further mental health support.
- Please keep these few *GROUND RULES* in mind: Anything shared should be considered confidential—we don’t share what was said outside this circle of participants (CISM Team or victims); let all have the freedom to share their view, even if it is different from your own; this is not an analysis/critique/PIA of this event; please silence any electronics.
- Our team will remain on site to answer questions, provide assistance to further meetings or care, and to lend support.

### EXPLORATION

- Now we would like to hear from you...please give us your name, and if you would tell us your assignment/job/task while at the scene of the event.
- Describe, if you would, your thoughts and memories that are prominent about the event. Include your senses—what you saw, heard, smelled and felt—as you recollect those moments when you realized the gravity of the event.
- It is not mandatory that you share...if you’d rather not, please just say so.

### INFORMATION

- When a person runs into this type of event, it’s not unusual for them to experience intrusive thoughts and dreams, different moods, uncharacteristic emotions, loss of energy, and minor or delayed shock.
- What you’ve shared are normal thoughts that normal people experience when exposed to an abnormal event.
- We’ve shared some of our initial thoughts and reactions to this event—that is a good first step. Some other things that help is keeping to your daily routine, avoiding excessive alcohol and caffeine, eat healthy foods, get plenty of good rest, pass up situations that are stressful, if possible, spend time around familiar and comforting people and things, and try to do a bit of light exercise even if you initially don’t feel like it.
- We’ve brought some more information for you to have and to share with your loved ones at home. We will stay and answer questions after we dismiss...