

# Critical Incident Stress Debriefing Checklist

## 01 Introduction

**Team introductions.** Name and background.

Purpose

- Not therapy
- Not a critique or tactical debrief
- Express thoughts, feelings, and experiences with a homogenous group
- Connect with people who may not otherwise reach out for support
- Stabilize and reduce distress
- Begin the process of healing
- Normalize reactions and experiences

## 02 Facts

Identify each team member's role in the incident.

Purpose

- Recreate events of the incident in as much or as little detail as is comfortable to you
- Provide details that may not be known to others who responded

## 03 Reactions

What were your reactions to the incident?

Purpose

- Explore your feelings and thoughts about the incident
- How is the incident showing up in your life now?

## 04 Teaching

Provide education about stress responses.

Purpose

- Normalize physiological responses after a critical incident
- Explain how the body responds after a critical incident
- Stress management techniques

## 05 Re-entry

What is next for you?

Purpose

- Resources available to you
- Peer support
- Therapy

## Ground Rules

- Confidentiality
- Not a tactical critique
- Speak only for yourself
- You are not required to speak
- No breaks
- No notes or recording devices
- Please silence your phones
- If you have to leave, someone will follow you

## California SB 459

SB 459 strengthens confidentiality protections for law enforcement personnel participating in peer support, CISM, and group critical incident support. Command should not ask attendees what was discussed in a defusing or debriefing.