

DEFUSING

Definition

For the purposes of FRST Midwest, a DEFUSING shall mean any small group intervention conducted generally within eight to twelve hours of the conclusion of a critical incident. A DEFUSING should be led by at least one trained peer team member, and should generally attempt to maintain a ration of 1:8 (one peer member to eight emergency service personnel). A DEFUSING should never be conducted at the scene of the critical incident, but rather at a facility away from the scene. The defusing should be 20 - 45 minutes in length.

The team member conducting a DEFUSING is to follow a three-step process consisting of 1) an introduction, 2) exploration, and 3) information.

Introduction

- Introduce team members
- State purpose/describe process
- Motivate participants
- Set ground rules
- Stress confidentiality
- Not investigative
- No one forced to speak
- All viewpoints are important

Exploration

- Ask for a brief description of event
- Ask clarifying questions
- Look for themes/concerns
- Assess need for more help
- Reassure as necessary

Information /Teaching

- Acknowledge / summarize the exploration
- Normalize experiences and/or reactions
- Emphasize taking care of self
- Seek support and help of others
- Rest / family life / stress management
- Maintain routine
- Offer resources and additional help such as one-on-ones
- Tie-up & answer questions
- Confidentiality