

Adult Debrief Interview

Name: _____

Date: _____

1. Describe in your own words, what happened?

2. Setting event: What happened before to this event that may have contributed to it?

3. Has anything like this ever happened before? If so, when do things like this tend to happen? And how often?

4. Are there times when things like this do not occur? (i.e. Student feels angry or afraid, but is able to manage emotions successfully)

5. How do others respond?

Helpful responses (help student to feel better):

Unhelpful responses (make it worse for student):

6. What did I do that made it better?

7. What did I do that made the problem worse / escalated the situation?

8. What feelings or thoughts did this trigger in you?

9. What could I have noticed sooner?

10. Strategies I have tried to fix the problem:

avoiding situation ignoring/pretending problem doesn't exist
 self talk in my head a coping strategy
 something else _____

11. What I think would help/ what can I do differently?

12. What do I need to do now to make this better? (Fix problem or repair relationships)

13. My fears or concerns about trying to make it better are: (my attempts might be rejected, I might be yelled at or lectured, problem will occur again or get worse)

14. How can I create a space that welcomes the student or eases transition back to the classroom if applicable?

15. List any self-reflection tools completed:

My Emotional Regulation Plan

Sensory Checklist

Other Tools/ Resources: _____

16. Additional Information

Planning Document

Action Steps:

Repair: What can the team do to repair any damage (to property, relationships, etc.) that has occurred as a result of this event?

What will happen?	Who will do it?	What support is needed?	By when?

Prevention: What actions can we take to prevent or reduce intensity of events like this in the future?

What will happen?	Who will do it?	What support is needed?	By when?