

Center for Trauma Psychology

STABILIZATION

(Defusing)

(Adapted from Jeff Mitchell, Ph.D.)

Phase 1 Introduction

- Leader & Co-leaders introduce selves
 - "I'm here for you"
 - State Purpose of Group
 - Present Ground Rules
 - Confidentiality is emphasized
 - Respect each other
 - Finish the Group
 - Encourage Involvement
- Introduce notion of resource identification – that they may have effective ways of coping that they have utilized in the past
- Participants are asked to introduce themselves and briefly describe their relationship to decedent or event

Phase 2 Incident Narrative

- Ask participants to describe how they heard about what happened, or their involvement in the incident (whatever is appropriate)
- Ask questions to broaden narrative (e.g. who were you with when you heard about what happened, what do you think happened, or what did you do after you heard)
- VALIDATE AND LEGITIMIZE REACTIONS

Phase 3 Information

- Accept/summarize their exploration
- Review Shattered Assumptions and Normalize experiences
- Review briefly critical incident stress reactions
- Offer information on "normal reactions to abnormal situations", coping strategies, and stress reduction methods.

Phase 4 Resource Identification

- What are some coping strategies that can be helpful to you?
- OR Who has helped you before? Who have you helped before? What was helpful?
- Who can you identify that can help you meet your most important needs right now?

Phase 5 Immediate Future Planning

- Participants are asked to try and describe a concrete plan they have for making some safe choices that will allow them to protect their health
- Make summary comments which will send the group on their way
- Organize a PTSM Coping Group if one seems appropriate
- Defusing team can make themselves available once the defusing is complete
- Make contact with those who need more immediate help or referral