

The Mitchell Model for Critical Incident Debriefing



INTRODUCTIONS

GUIDELINES

- Who's who, goals, rules

FACT PHASE

EVERYONE TOGETHER RECREATES THE FACTS

- Details and varying perspectives related
- Dispel myths and rumors

THOUGHT PHASE

A TRANSITION TO A MORE EMOTIONAL LEVEL

- Initial thoughts at the time of the incident

REACTION PHASE

SHARE FEELINGS

- Share what was the worst part of the incident
- Emotions and emotional response

SYMPTOM PHASE

TRANSITION BACK TO A MORE COGNITIVE LEVEL

- Describe the physical, cognitive, behavioral, and emotional reactions
- How is the after math of the event affecting you now?

TEACHING PHASE

REMIND PARTICIPANTS THESE ARE "NORMAL REACTIONS OF NORMAL PEOPLE TO ABNORMAL EVENTS"

- Describe common stress symptoms and stress-reduction techniques

RE-ENTRY

REVIEW SUPPORT SYSTEMS

- Someone to talk with about the incident
- Closing comments

Jeffery Mitchell developed a model for debriefing emergency service personnel after a crisis. The model moves systematically from a cognitive level, down to emotions and back up to the cognitive level. Some adapting for schools has been done in this paper.