



Webinar Series:
*Self Care, Resiliency and Compassion Fatigue
in Student Support and Educational Services*

**Webinar Five:
Debriefing and Peer Support**



Debriefing and Supervision

Critical events?

Day to day?

What is the difference between a
debrief and venting?

When is venting useful and helpful?

When is venting not useful?

**Why we can't always
shut it off after a stressful event**

Stress hormones



Source: Diana Tikasz, MSW, Tend Academy

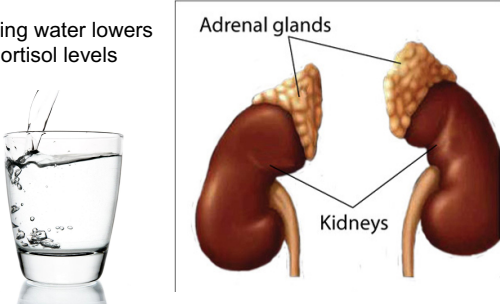







Water and Stress Reduction

Drinking water lowers Cortisol levels



The diagram shows two brown, bean-shaped kidneys. On top of each kidney is a yellow, bumpy adrenal gland. Lines connect the labels 'Adrenal glands' and 'Kidneys' to their respective parts in the diagram.

Talk about it, but don't slime each other



A cartoon illustration of four people in business attire. They are all covered in bright green slime, which is dripping from their heads and bodies. They appear to be in a state of panic or confusion.

Low Impact Debriefing

Step One: Self Awareness



A black and brown dog is looking into a small, round mirror on a stand. The dog's reflection is visible in the mirror.

Low Impact Debriefing

Step Two: Fair Warning



Low Impact Debriefing

Step Three: Consent



Low Impact Debriefing

Step Four: Low Impact Disclosure



**Protocol for
Communities of Practice**

BUILDING RESILIENT TEAMS

**Protocol for Peer Supervision and Debriefing Sessions
(Community of Professional Practice Meetings)**

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Practical Lessons and Approaches
Patricia Fisher, Ph.D.
Facilitating Resilience Within & Organizational
Health in Trauma Exposed Environments

**BUILDING
RESILIENT TEAMS**

Email us for a free copy of "protocol for communities of practice" : info@tendacademy.ca

**Building a
Communities of Practice**

1. How many people?
2. Who will you invite?
3. Formal/informal setup
4. How to structure the meetings/quick meets

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**Structuring the peer support
meetings/debriefs**

1. **Processing your secondary trauma & emotional reactions (short 3-5 minutes)** – "How I felt" "why it upset/bothered me" etc.

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Structuring the peer support meetings/debriefs

2. Case Review and Peer Consultation –
“What would you have done?”
“What has helped in past similar situations?”

Structuring the peer support meetings/debriefs

3. Professional Practice Supports –
“what extra expertise/resource/training do we need?”

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Reflection Activity:

What formal/informal debriefing could you set up for yourself?

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