

DEBRIEFING WITHIN CARE SETTINGS

Course Number

S1

Validity

3 Years

Duration

3 Hours

Assessment

This course provides a practical introduction to the process of debriefing following incidents, critical events, or emotionally challenging situations in care settings. Delegates will explore the purpose and structure of debriefs, understand when and why they are needed, and learn how to facilitate or contribute to effective reflective sessions. The session is interactive and promotes psychological safety and staff wellbeing. Suitable for all health and social care staff.

Introduction

- Welcome, introductions, and ground rules

Course Programme

- What is a debrief? Definitions and types
- Why debriefing matters: benefits and impact
- Situations that require debriefing
- Training and clinical reflection models
- Identifying debriefs for learning vs. emotional support
- Debriefing steps and effective communication
- CISD (Critical Incident Stress Debriefing) explained
- Skills and techniques for facilitating debriefs
- Summary, Q&A, and course evaluation

Suitable for:

Care



"Debriefing allows interprofessional teams to reflect on their experience, support each other, share perspectives, identify learning opportunities and agree on improvement needs." Science Direct