



TRANSCULTURAL CRITICAL INCIDENT DEBRIEFING - TCID

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There are many models of Critical Incident Debriefing (CID) and Critical Incident Stress Management (CISM). Nonetheless, I have found that many of them, while very effective with people from a middle-upper class Anglo-Saxon culture, they can also be ineffective, insulting or irrelevant in other cultures, especially if applied in a rigid, mechanical way.

Transcultural Critical Incident Debriefing - TCID is designed as an effective intervention at three levels of potential or manifest posttraumatic stress:

- 1) **Stabilization** of the symptoms/signs/evidence of distress, to answer the question: “What can I do now that will keep the person’s distress from escalating?”
- 2) **Mitigation** of the symptoms/signs/evidence of distress, to answer the question: “What can I do now that will assist in reducing the person’s distress?”
- 3) **Restoration** of functional capabilities, to answer the question: “What can I do now that will assist this person to return to home and work and function adequately?”

The following four general stages are those that I have been able to cull from the common denominators of most of the other models, that are culturally more sensitive in my opinion. More or less time may be given to each one according to a series of different variables, not just cultural, and the success of the process still depends upon the degree of rapport that is developed with the affected person(s).

1) DESCRIPTION OF THE EVENT:

- What happened?
- Where?
- When?
- How long?
- Who was/is involved?
- Sights?
- Sounds?
- Sensations?
- Smells?
- Tastes?

2) REACTION TO THE EVENT:

- What did you do?
- What did you think?

- What did you say?
 - What did you feel (fear, anger, guilt, sadness)?
 - How did you react physically?
- 3) **PAST LEARNING APPLIED:** What knowledge, interests, abilities, personal qualities, aptitudes, etc. did you put to work in this event that you had learned earlier in your life and that were useful in this event?
- 4) **NEW LEARNINGS:** What new learnings have resulted from this event that you can apply the next time you confront a similar situation?