

3D Model

Defusing, Discovering, Deepening

Developed by: Zigmont, Kappus, & Sudikoff, 2011



PURPOSE:

Integrates emotional processing and cognitive analysis to deepen understanding

PHASES:

1. **Defusing:** Allow emotional expression and decompression.
2. **Discovering:** Analyze performance decisions and rationale.
3. **Deepening:** Connect learning to clinical reasoning and professional practice.

3D Model

Best Used For:

- ❖ Emotional or high-fidelity simulations.
- ❖ Pediatric, obstetric, or end-of-life scenarios.



Move deliberately from emotion → analysis → insight. Use empathy statements like: “It was intense when the child declined. What did that feel like?”