

CISD Model

Critical ♦ Incident ♦ Stress ♦ Debriefing

Developed by: Mitchell, 1983; adapted for healthcare and simulation



PURPOSE:

A structured psychological debriefing designed to help individuals process emotional impact after stressful or traumatic events.

PHASES:

1. **Introduction:** Establish ground rules and confidentiality.
2. **Facts:** Review what happened.
3. **Thoughts:** Discuss initial reactions.
4. **Emotions:** Allow sharing of emotional responses.
5. **Symptoms:** Identify stress reactions.
6. **Teaching:** Provide coping strategies and resources.
7. **Re-entry:** Summarize and close with support.

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Best Used For:

- ❖ Simulations with distressing or trauma-based content (e.g., pediatric codes, end-of-life).
- ❖ Psychological support after emotionally charged sessions.



Debriefing is not evaluative. Focus on emotional safety and resource referral. Best facilitated by trained personnel for emotional support.