



IGI Debriefing Certification Overview

Debriefing is an organized, confidential discussion technique that provides a secure environment for individuals to process emotions, ask questions, express fears and concerns, and share interpretations about an upsetting event.

Based on the principles of Critical Incident Stress Management, the cutting-edge certification offers practical knowledge and a solid foundation for understanding trauma-related grief, and best practices for mitigating the effects of emotional trauma including group debriefing and one-on-one debriefing.

An annual online refresher class will be required to maintain certification.

Prerequisite: Completion of the Certified Bereavement Buddy curriculum is required prior to this certification.

What is debriefing?

Originally designed for first responders who experienced a particularly traumatic call out in the field, debriefing is a postventive technique commonly used by Critical Incident Stress Management teams to assist people who are coping with psychological and emotional trauma. Its application outside the field of emergency management is gaining recognition due to its usefulness in helping to restore normalcy and enhance recovery for anyone facing loss.

What is the reason for debriefing?

Debriefing allows individuals to process the trauma, express emotions and thoughts associated with the loss, and reflect on its impact. Individuals who undergo debriefing within a 72-hour period after trauma experience less short- and long-term psychological trauma (Mitchell, 1988; Young, 1994).

What are debriefing goals?

- Mitigate emotional stress
- Facilitate normalization of activities of daily living including work
- Serve as a forum for stress management education
- Identify external coping resources

What is the purpose of certification?

Those who complete certification will have a comprehensive understanding of psychological crisis and stress-related trauma, be able to work from a trauma-informed perspective, and facilitate a debriefing using evidenced-based best practice process.

For more information:

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