



Debriefing

Vital to the Rhythm of Our Community



Debriefing is Hard!

- Uncomfortable
- Vulnerable/unsafe
- Difficult to trust others
- Easier to talk about the care receiver's feelings than our feelings
- Easy to forget the reasons why we debrief when we are so busy caring for others



Who Takes Care of You?

- Debriefing is a time to:
 - Practice “good stewardship”
 - Be open to God’s healing grace
 - Share in each other’s burdens
 - Grow in our understanding of God, ourselves, and others

How Do You Know?

- Is it burnout?
Or, is God calling you to a different ministry?
- Is it Compassion Fatigue?
 - Emotionally dry (can't feel what others are feeling)
 - Emotionally in tangles
 - Bottled up feelings
 - Worrying about the visit
- Is personal stress getting in my way?
- Debriefing helps you find answers by:
 - Checking your emotional blood pressure
 - Sorting out tangled emotions
 - Freeing bottled up feelings
 - Showing you it may be time to take a break and recharge
 - Showing that you are not alone – each of us experiences God's love through the love of community

Debriefing Video

Kathy Garrison

- Deaconess, Lutheran Church
- Retired Director, The Art of Pastoral Care, Northern Virginia
- COHI Guest Faculty

COH Lay Chaplains
Pohick Episcopal Church

- Judy Schmid
- Carol Heddleston
- Carolyn Cockroft



Learning from Each Other

- What works well?
- What challenges do you have?
- Questions



Q&A Panel

- Laura Masterson, Atlanta, Georgia
- Catherine Miller, Dallas, Texas
- Micki Rios, Baytown and Houston, Texas
- Jenny Smith, Little Rock, Arkansas
- Nancy Wilkes, Galveston, Texas



Tool for Discovery

- Validate our thoughts, feelings, and experiences
- Reaffirm and refocus our purpose for continued growth and development
- **We are vulnerable:** debriefing leads to a deeper relationship with God
- **Yes, it is uncomfortable...Let's do it anyway!**

Words from Helen...

“When we are trying to do it right on behalf of the person to whom we minister, we can't do it wrong!”



COH Debriefing Prayer

Before each debriefing session:

Lord, help us to listen with the ear of the heart.

After each person debriefs:

God, you are our refuge and strength.

If desired by the lay chaplain, add the following:

Help [Name of lay chaplain] with [acceptance of the situation, finding peace, wisdom, humility, patience, courage, understanding, thanksgiving, etc.]

Conclude with (at end of debriefing session):

Please bless us as we continue in your work. Amen.