

## Debriefing is:

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- A safe (\*\*confidential!\*\*) space for someone to practice telling his/her story and reflect on their experiences.
- An opportunity to help normalize feelings.
- A way to help identify issues of concern, loss, even sin.

Debriefing is a time and space for someone to see what he has collected in his “bucket”.

What kinds of things might have been “collected”?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



## Debriefing is NOT:

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- Counseling
- Bible study
- Spiritual Direction, Guided Prayer...

## Active listening:

The Rabbit Listened by Cori Doerrfeld

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- Good eye contact
- Track with someone by nodding and saying “Yes, I understand.”
- Use appropriate facial expressions and body language (smile, look of surprise...)
- Repeat a portion of what the debriefee has just said, “You have lived in Nigeria for 12 years?”
- Ask for clarification, for more information or for something to be repeated: “Who was with you at that time?” “How old did you say you were then?”