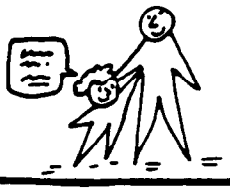
HOW??

By assisting them in expressing their experiences and feelings. This is called

DEFUSING



MORE

WHAT IS DEFUSING?

A supportive, personalized, safe, interactive process between individuals in small groups with facilitator(s) that provides/facilitates clarity and complete expression of the event/experiences. It can be emotional. It can help children to develop coping skills and heal.

YOU MAY HAVE ALSO HEARD OF "DEBRIEFING"...

- *Debriefing is a more formal, structured, planned process keyed to a group (not individuals). The focus is to identify and talk about problems, issues which are related to an event. Anyone may speak, and cross-talk is okay. Attempt is made to bring closure to the event and to understand the process the person is in.*