

## Care Team - Debriefing and Sharing

Debriefing is a practice we are introducing for our care team members. It is a practice commonly used following a military operation. During a debriefing, usually as soon as possible after the completion of the mission, those involved share information with one another so that they may gain knowledge to learn and grow.

Following a pastoral visit, we are asking the caregiver to debrief with another care team member, ideally within 24 hours of the pastoral visit, but at least within 48 hours. This debriefing may be carried out in person or, if that is not possible, by telephone.

WHY? The intention of debriefing is to help you expand your spiritual consciousness, your self-knowledge, your relationship with God and your ability to reflect on relationships from a spiritual perspective. This practice also creates an opportunity to grow in spiritual friendship with another person, to give and receive encouragement and support, to become more skilled in your ministry, and to bring a sense of completion to your visiting experience. Debriefing is also an opportunity for the “debriefing” to practice active listening, an important skill in pastoral ministry.

These questions are a guide. Try picking one question to share. Sometimes the conversation may focus at some length around issues evoked by one question. Time may not permit continuing with the other questions and that is okay. The important role of the debriefer is to go with the flow of the caregiver and help him or her stay focused on the experience.

### *Questions Used in Debriefing*

#### Energy Acknowledgement

- When were you most alive and attentive during your visit?
- When were you most distracted and/or lacking energy?
- How do you account for these experiences?

#### Relationship Reflections

- How was the agenda or direction of the conversation established?
- How did you support that agenda?
- How would you describe each of your feelings about the conversation?
- How did you terminate this visit?

#### Spirituality Assessment

- In what ways did you sense the importance of this person’s faith or need for spiritual support during this time?
- How was your spirituality supported or threatened? Learning Experienced
- What have you learned about yourself in this visit?
- What did you learn about the presence of God during the visit?
- After some reflection, how might you have handled this visit differently?

#### Learning Experienced

- What have you learned about yourself in this visit?
- What did you learn about the presence of God during the visit?
- After some reflection, how might you have handled this visit differently?