PAUSE: Peer-Supported Grief Debriefing for Teams

1. Purpose



Explaining the reason for the sharing circle: providing time, space and opportunity to discuss grief.



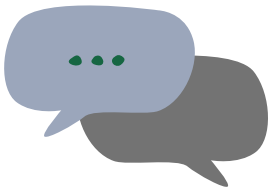
2. Acknowledge

Setting the expectations for the group and recognizing the importance and uniqueness of grief experiences.

3. Understand



Supporting the group in recognizing what's happening with their bodies, emotions and/or thoughts. This is the "heart" of the debriefing.



4. Share

Guiding the group as they share their experiences, memories, and/or questions relating to the death.

5. Explore



Encouraging the group to reflect on their grief-related needs in the short and long-term, both individually and as a group. These needs might include strategies for day-to-day wellness.

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1. Purpose

- Share the reason for today's meeting.
- Explain the importance of debriefing.

2. Acknowledge

- Explaining that this is an ethical space: team members are validated in their different grief experiences.
- Confidentiality: What is shared stays within the group
- Normalizing grief
- Grief is a natural response to death.
- Grief doesn't have a fixed timeline.

3. Understand

- Supporting the group in noticing what's happening with their bodies, emotions, and/or thoughts.
- Naming the individual's experiences and honouring them.

4. Share

- Guiding the group as they share memories of the person who died what they will miss about them, and how they might chose to remember them.

5. Explore

- Encouraging the group to reflect on their grief-related needs in the short and long-term, both individually and as a group.
- What is needed to help support you as you're grieving?
- Are there any other practices/rituals we can add to our team/organization to help with grieving?



Ending: Moving into your transition practice



