

Debriefing Dos!!!

Do

- ✓ Prepare yourself , the room, parents and the TCK
- ✓ Work within your organisation's child safety guidelines
- ✓ Establish boundaries re time, space , flow of information
- ✓ Plan how to open the together time
- ✓ Do not interrupt the TCK
- ✓ Use lots of encouragers
- ✓ Allow respectful silence
- ✓ Ask permission to see or touch a TCK's drawings
- ✓ Accept TCK
- ✓ Consider your seating position
- ✓ Ask " what", "who," "when", "where" questions but not too many!
- ✓ Avoid "why" questions which lead to thinking rather than feeling responses
- ✓ Go at TCK's pace and take your lead from them
- ✓ Allow TCK to work out for himself what his drawings mean. Avoid labelling, diagnosing, interpreting, praising and judging.
- ✓ Invite reflections on your together time and make yours.
- ✓ Reflect back words/feelings. It may feel strange at first but can be an encourager to say more.
- ✓ Feedback for TCK's benefit

- ✓ Give a summary
- ✓ Flag up when the time is ending, including a reminder of your limits of confidentiality.
- ✓ Describe the value of families listening to each other and children telling parents their feelings about things which have happened.
- ✓ Explore ways TCK could share with parents and or siblings. E.g. alone, with you or give you permission to share
- ✓ Give TCK control over what happens to his creation. [Some will only start because they know it can be destroyed]
- ✓ Access ways of honing your debriefing skills

Resources

Adele Faber and Elaine Mazlish, *How to talk so kids will listen and listen so kids will talk* , Avon books, New York, 1980

Adele Faber and Elaine Mazlish, *How to talk so teens will listen and listen so teens will talk*, Avon books, New York

These are very readable books written for parents and others working with children and teens. The books include case studies, cartoon illustrations and communication exercises to try.

Margot Sunderland and Philip Engleheart, *Draw on your emotions*, Speechmark, Publishing Limited, Oxon, 1993

This is a photocopiable book for use by therapists, teachers, social workers and those working directly with the emotions of others.

J W James and Russell Friedmand, *When children grieve*, Harper Perennial; 2002

Janet Chapman, Euro TCK, Germany, April 2013

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