

TRAUMA DEBRIEFING



Psychology Today defines ‘trauma’ as a wound, shock, or injury. Psychological trauma occurs when an individual experiences emotional distress resulting from an incident that overwhelms the capacity to digest it emotionally and mentally. It is important to note that people experience events differently, what may be traumatic for one may not cause any distress to the other. Ultimately, when one faces trauma it shifts their sense of safety in the world – one may feel insecure and vulnerable.

Trauma impacts internal and external psychological functioning, and therefore requires treatment which addresses internal processes, as well as structured and problem-oriented intervention. This is when trauma debriefing plays a role. Trauma debriefing involves unpacking the occurrence of a traumatic incident – the aim is to assist the individual digest the traumatic incident psychologically and mentally. This involves assisting individuals/groups process their emotions, share information, access psychological support and attempts to prevent post-traumatic stress disorder.

Book

Psychological/Psycho-educational Assessments

Psychological assessments are screenings carried out to measure and observe a patient’s behavior to arrive at a diagnosis and guide treatment when necessary. It is to further understand why a person acts/behaves the way that they act/behavior. These assessments can determine why a child is not performing as well as their peers which are the same age as them or can determine whether an adult would be a good manager or not. These assessments are conducted for a wide range of psychological and educational concerns for children and adults but overall, they are conducted to better the individual.

Psychological assessments can be done through standardized tests, evaluations, and observations. The assessments offer important information that contributes largely to the understanding of the patient’s characteristics and capabilities. Such information is obtained through different methods and measures, with relevant methods/measures determined by the specific purposes of the evaluation (National Library of Medicine). Sources of information may include:

- Records (e.g., medical, educational, occupational, legal) obtained from the referral source;
- Records obtained from other organizations and agencies that have been identified as potentially relevant;
- Interviews conducted with the person being examined;
- Behavioral observations;
- Interviews with corroborative sources such as family members, friends, teachers, and others; and
- Formal psychological or neuropsychological testing.

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