

## Stages of CISD

### Objectives

- |         |   |              |   |  |
|---------|---|--------------|---|--|
| Stage 1 | → | Introduction | → | To introduce intervention team members, explain process, set expectations.   |
| Stage 2 | → | Fact         | → | To describe traumatic event from each participant's perspective on a cognitive level.                                |
| Stage 3 | → | Thought      | → | To allow participants to describe cognitive reactions and to transition to emotional reactions.                      |
| Stage 4 | → | Reaction     | → | To identify the most traumatic aspect of the event for the participants and identify emotional reactions.            |
| Stage 5 | → | Symptom      | → | To identify personal symptoms of distress and transition back to cognitive level.                                    |
| Stage 6 | → | Teaching     | → | To educate as to normal reactions and adaptive coping mechanisms, i.e., stress management. Provide cognitive anchor. |
| Stage 7 | → | Re-Entry     | → | To clarify ambiguities, prepare for termination, facilitate "psychological closure," i.e., reconstruction.           |