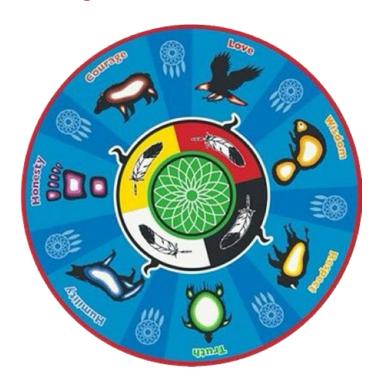# 7 Grandfather Teachings   7 CISD Phases   7 Core CISM Services

7 Phases of Critical Incident Stress Debriefing-CISD (Done as a group with common exposure to the event)

1. **Introduction: Respect** - Safe Rules of Engagement, Confidentiality, Boundaries, Speak for yourself.
2. **Fact Phase: Courage** – Speak up/Describe the event, what you saw, heard, smelled and/or did.
3. **Thought Phase: Honesty** - First thoughts/reactions about event, what did you think about it?
4. **Reaction Phase: Humility** – What was most traumatic for you, your emotional reactions, self-revelation.
5. **Symptom Phase: Truth** - Identify your symptoms of distress. Physical, emotional, psychological, spiritual.
6. **Teaching Phase: Wisdom** – Learn adaptive coping strategies, stress management tools, self-help actions.
7. **Re-Entry Phase: Love** – Get closure/ability to carry on, gift/positive aspect to take you, follow-up needed for self, others, community.

7 Core Critical Incident Stress Management Services

1. **Pre-Crisis Preparation:** Education, team training, crisis resilience skills for1st responders, individuals, and organizations, resources for food, water, comfort animals.
2. **Incident Preparation**: School & community support programs, plans for demobilization, informational briefings, town meetings, staff advisement.
3. **Defusing**: 3 phase structured small group provided within hours of event for assessment, triaging, acute symptom mitigation/de-escalation.
4. **CISD: Mitchel Model**: As previously outlined. Usually done 1-10 days after incident.
5. **1:1 Crisis Intervention**: Counseling or psychological support throughout the full range of the crisis spectrum, short-term and referral for longer term.
6. **Family Crisis Intervention**: Support, referral, organizational consultation as needed.
7. **Follow-up and Referral:** for ongoing assistance and support as needed.

777 Spiritual number sequence linked to self-discovery and personal growth.

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