Debriefing following an incident of restraint or seclusion

There is significant trauma associated with restraint and seclusion for both the person being restrained or secluded and the staff implementing it. There are activities and strategies that can be undertaken to reduce the associated trauma.

Following any incident everyone involved should be provided with an opportunity to debrief and discuss what occurred. Using the following model is a way to help reduce the likelihood of ongoing trauma to those involved and assist in preventing further incidents.

The model is appropriate to use for the consumer involved, staff and other witnesses.

The process can be conducted by a staff member or other appropriate person, including Peer Specialists and Traditional Healers.

The Crisis Prevention Institute (CPI)* COPING Model

	Consumers	Staff
COPING	Ensure the consumer is back under emotional and physical control before incident is discussed.	Ensure staff are back in control before discussing the incident.
ORIENT	Orient yourself to the basic facts. What happened? Be non-judgemental; listen to the perspective of the consumer	Establish basic facts of the incident. Team members may have arrived at different points in the intervention and observed and heard events differently
PATTERNS	Look for a pattern of past behaviour. What triggers the behaviour?	Review the staff response to crisis situations. Patterns in the way the team responds? How was the team summoned to the scene? Did everyone know who the team leader was? Did staff members do anything that may have escalated the consumer's behaviour? Was a physical restraint necessary? Was the best possible care, welfare, safety and security provided to all involved?
INVESTIGATE	Investigate alternatives to the inappropriate behaviour and resources that could be helpful in	Look for ways to strengthen individual and team responses. Explore ways to prevent similar situations in the future.

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	making behavioural changes	Identify resources that may be helpful for staff members. Is there a need to review and or practice portions of their Non-violent Crisis Intervention training? If the crisis was traumatic, are staff members in need of further debriefing with a trained counsellor?
NEGOTIATE	Negotiate a contract with the consumer. Make sure that they understand what they can do instead of displaying inappropriate behaviour. Include consequences for positive and negative behaviour.	Agree to changed that will improve future interventions.
GIVE	Return control to the consumer to take responsibility for their own behaviour along with support and encouragement. This can be a time to build rapport and strengthen relationships.	Provide one another with support and encouragement. Express trust and confidence in fellow team members.

Further information:

*The Crisis Prevention Institute (CPI)

CPI was established in 1980 for human service professionals to address the need for training in safe, respectful, non-invasive methods for managing disruptive and assaultive behaviour in a way that is compatible with staff's duty to provide the best possible care.

http://www.crisisprevention.com/en-au/Home

For more information

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