

Branching Out is a multi-faceted service which offers a variety of enhanced therapeutic services, such as group and individual therapy, to meet the needs of youth and their families.

TRAUMA DEBRIEFING

Putting the
incident in
perspective...



Trauma debriefing can occur 3 – 5 days after the experience. Just because a serious incident has occurred does not mean that it has been a traumatic experience for participants or onlookers. Each experience is unique.

A debriefing session usually occurs in a group format and is facilitated by a Certified Trauma Specialist. This session can last 1-2 hours. This intervention can assist parents/caregivers in determining what they can do to help their child heal after the traumatic experience in order to facilitate healing - if in fact the child is demonstrating trauma reactions.

Children benefit from the group format because they recognize that:

- They are not alone
- Everyone experiences trauma differently
- Their responses are normal given their personal experience
- They have adults around them who care and want to help if they need it
- They can do things to feel better

For more information
or to make a referral,
contact:

Branching Out
29 Crescent Hill Drive North
Brampton, Ontario
L6S 1C6
905-799-7589

info@branchingout1.com

www.branchingout1.com

