



The *Exchange at the Cross*[™] Debriefing Model

What is Debriefing and Why Should We Debrief?

There are several different types of debriefing. Organizational debriefs are perhaps the most recognized debriefing. Typically held after an event, and organizational debrief, run by management, seeks to evaluate and learn from the event with the idea of implementing lessons to improve organizationally. These types of debriefing usually take a few hours.

Le Rucher Ministries *Exchange at the Cross*[™] Debriefing Model, tailored for either a personal (routine) debrief or Critical Incident Stress Debrief (CISD), follows the example of Jesus' encounter with the two disciples on the road to Emmaus (Luke 24:13-35). Using Jesus' interaction with the disciples as a biblical basis, we can identify five essential steps that, followed in an unrushed manner, can create the time and space for a person to reflect on their life experiences and the impact of these experiences.

The main goal of personal and CISD debrief is for the individual's personal mental, physical and spiritual health, growth and to increase their resilience so that they flourish in the environment in which they serve.

In Debriefing We Seek to

- Normalize feelings (joy, isolation, disorientation, mourning, guilt, etc.) by talking with trained debriefer who has had experience in a similar situation.
- Help people evaluate and process their experiences.
- Assist in conflict resolution and processing unfulfilled expectations.
- Gain a new perspective of what the Lord was and is doing.
- Bring closure.
- Help people to look at the future.
- Provide support for re-entry and practical help for settling back into the home culture.
- Help people stay strong and resilient in their calling and ministry.

Debriefing is considered as the "least we can do for our people" by the UK government, People in Aid, YWAM, OM, and other organizations.