

For debriefers:

Thanks for facilitating a debriefing session

Group debriefs are a chance to talk about positive experiences to people who understand and who might be able to relate to those experiences

But also a chance to talk through feelings of isolation, disorientation, guilt, mourning etc again with those who understand

Tips for debriefers:

- Listen. You should be talking for no more than 10 –20% of the time
- Allow silences
- Help participants to see the normality of their experience
- Encourage them to be honest
- If appropriate ask them to say more
- Acknowledge difficult and bad feelings
- Don't try to defend something that the person may not have liked about the organisation of the trip – listen and take it on board
- Ask quiet ones whether they agree with what others are saying or whether have anything else to add
- Make notes – gives a sense of importance to what people are saying
- Don't underestimate the significance of this discussion to the individuals involved in it

Overall structure for the session

What was it like arriving?

What was it like being there?

What was it like leaving?

What's it like being back?

Allow people to talk but you may like to add the following questions:

How was the country you went to different or similar to what you were expecting?

What were the high points of the trip?

What were the low points?

What was it like being part of a team?

What did you learn from the people you met?

What experiences brought you closer to God? How was your faith challenged while you were away?

What would be one part of the culture you would hang on to if you were able to?

How did you feel about being back in the UK?

How will the experience affect your Christian life here in the UK?

What obstacles might there be?