



Reasons to Consider a Virtual Critical Incident Stress Debriefing (CISD) Over an In-person Session:

1. Virtual debriefing sessions allow participants to join from anywhere, making it easier for employees in different locations to attend. This convenience can lead to quicker interventions, reducing the time between the critical incident and the debriefing session.
2. Some individuals may feel more comfortable opening up about their emotions in a virtual setting from the privacy of their own home or office, compared to sitting face-to-face with others in a group. A virtual setting allows employees the opportunity to turn off their cameras if they need to visibly express their emotions.
3. Virtual debriefing can be arranged more rapidly since it removes the need for travel or securing physical meeting spaces, allowing for faster response after a critical incident.
4. Conducting virtual CISD sessions can reduce travel, venue, and logistics costs while maintaining the quality of support.
5. More participants can be included in a virtual setting, especially for organizations with employees spread across different geographic areas. This allows for a more inclusive approach without limiting the debriefing to local teams.
6. In times of heightened stress, being in an area that is familiar acts as a grounding tool and does not disturb the individual's daily routine.
7. Virtual sessions allow for more flexibility in scheduling, accommodating diverse shift patterns, which is particularly important in workplaces that operate 24/7.
8. In virtual debriefings, especially those conducted with options to mute or turn off video, employees may feel less self-conscious, leading to more genuine and open conversations about their feelings.
9. In a situation where there is a natural disaster and employees need to vacate the office and their homes, the virtual option allows for support from local providers (who are aware of the impacts of the event) to deliver support to all impacted employees knowing that everyone is safe.

Virtual CISD sessions provide a flexible, efficient, and sometimes more comfortable option for individuals to process critical incidents.