

Debriefing & Mutual Support Program - Agenda

Online Intensive | Spring 2026

The TEND Debriefing & Mutual Support Program helps participants create and implement tailored, evidence-informed, and sustainable debriefing practices that address both the immediate aftermath of critical events and the ongoing accumulation of stress in trauma-exposed work. In this program, you will learn which debriefing approaches are most effective and safe for your unique workplace; how to develop clear guidelines for primary, secondary, and tertiary support; practical tools to overcome common barriers; and strategies to facilitate, evaluate, and adapt debriefing sessions over time - empowering your team to embed regular check-ins and mutual support into daily workflows while minimizing the risk of harm.

About the Instructor



Françoise Mathieu, MEd, RP, is an educator, speaker, and trauma-trained therapist. She is the author of *The Compassion Fatigue Workbook*, founding member of the Secondary Traumatic Stress Consortium, and the Executive Director of TEND.

Day 1 | Tuesday, May 12, 2026, 9:00 AM – 4:30 PM ET

9:00 AM	What is debriefing, why is it important, and what does the research show?
10:30 AM	Break
10:45 AM	Addressing the immediate and cumulative impact of trauma exposure.
12:00 PM	Break
1:00 PM	Reimagining CISM - Understanding Psychological First Aid (PFA)
2:30 PM	Break
2:45 PM	Exploring the continuum of debriefing & mutual support practices.
4:30 PM	End of Day 1

Day 2 | Wednesday, May 13, 2026 | 9:00am – 4:30pm ET

9:00 AM	Building the scaffolding to support your people.
10:30 AM	Break
10:45 AM	Exploring values and qualities + facilitation skills.
12:00 PM	Break
1:00 PM	Creating a culture of mutual support within your workplace.
2:30 PM	Break
2:45 PM	Creating a culture of mutual support within your workplace (con't)
4:30 PM	End of Day 2


Day 3 | Thursday, May 14, 2026 | 9:00am – 12:00pm ET

9:00 AM	Animating your debriefing and mutual support practices.
10:30 AM	Break
10:45 AM	Bringing your D/MS practices home: a quick start guide + making an action plan.
12:00 PM	End of Day 3

Follow-up Q&A Sessions

Tuesday, June 16, 2026 | 12:00pm - 1:15pm ET (Eastern Time)

Tuesday, July 14, 2026 | 12:00pm - 1:15pm ET (Eastern Time)

 **Note that this course runs in Eastern Time (ET).** Please adjust your schedule accordingly.