

# Impact Debriefing Training For THN Members March 17&18 2020

## What is Impact Debriefing?

Impact debriefing is a process when a person is supported to reflect on what has happened to them in a traumatic event, It serves to create a safe space where a person can experience their own feelings and reactions, without judgment, in order to make sense of their response to a crisis or a challenging/disturbing event including on-going multiple-loss.

It helps build resilience at a personal level as well at a team level. Impact debriefing helps frontline workers increase their own awareness of how 'the work' impacts them and enables them to effect resiliency and wellness practices into their work.

## Training Goals:

The goal of this training is to introduce participants to materials and tools so they are able to support themselves and their teams to process the impact of on-going loss.

## Training Objectives:

- ◆ Explore the range of current grief/loss supports available
- ◆ Review theoretical frameworks for understanding ongoing multiple loss impact/ resilience
- ◆ Discuss multi-level supportive responses within workplace context - in practice/gaps
- ◆ Experience of one community-based closure tool:  
*Saying a Good Goodbye*
- ◆ Practical Steps for Moving Forward, making a plan

The two-day Impact Debriefing Training uses a mix of modalities and experiential learning including self-reflection, one on one, and group discussion. This training is focused on workers of agencies that are experiencing multiple loss.

**AIDS Bereavement and Resiliency  
Program of Ontario**

*Presence. Compassion. Change.*

## Where?

At Ramada Plaza by Windham Downtown. 300 Jarvis Street, Toronto, ON, CA, M5B2C5

The training will start at 9:30 Am and end at 4:30 Pm every day. Breakfast and Lunch will be provided

## How can I participate in this training?

If your agency is a member of the Toronto HIV Network, Please register for the training [here](#)

Contact Thomas Egdorf at

[tegdorf@abrpo.org](mailto:tegdorf@abrpo.org) or

Muhaari at

[muhaari@abrpo.org](mailto:muhaari@abrpo.org)

[www.abrpo.org](http://www.abrpo.org)

***Please note, ABRPO is funded to provide training and support to AIDS Bureau funded agencies in Ontario.***