

Debriefing for Senders

Workshop Facilitator ?

Dr Debbie Hawker is a consultant clinical psychologist who works fulltime with missionaries and their children and is considered to be a leading expert in caring effectively for, and the debriefing of, those engaged in mission service overseas.

Debbie is also a member of the staff team at **Inter-Health**, a Christian travel clinic in London.

Who should attend ?

Congregational Leaders and **Mission Agency staff** who have responsibility 'at the home base' for ensuring that the teams (or individuals) they are sending overseas on short-term mission are well prepared and cared for pastorally before, during and after their return home.

This training is also appropriate for **Team Leaders**, who should know how to debrief their teams at the end of their time together.

Debriefing for Senders

Timing ?

Registration : 9.00 am – 9.30 am.

Workshop : 9.30 am – 5.30 pm

Cost ?

All participants will be required to pay a fee of **£5.00**, to help meet the costs of running the Workshop.

Refreshments ?

Tea & Coffee will be provided *free* and served on arrival, mid-morning, at lunch time and mid-afternoon. Participants need to bring their **own packed lunch**.

Booking ?

Please book by *phone* or *email*, giving name(s) of attendee(s) and church or organisation, to:

Mission Overseas Office
Church House
Belfast, BT1 6DW

T: (028) 9032 2284

E: overseas@presbyterianireland.org

Closing date : Friday, 12 June 2009

Fees can be paid on the day.

Directions ?

To obtain personalised directions, go to:
<http://maps.google.co.uk/maps> and enter **BT41 4QJ** for destination Post Code . SatNav Coordinates = N 54° 41.737', W 006° 09.254' Irish Grid Ref = J190846



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Debriefing for Senders

A vitally important
Training Workshop for
**Congregational
Leaders**
and
**Mission Agency
Staff**

**Saturday,
20 June 2009**

**Muckamore Presbyterian
Church Halls**
(near Antrim)

Debriefing for Senders

Going overseas, even for a short period, can have a significant impact on an individual, not just physically but also emotionally and spiritually.

On returning home, most will bring back memories they will not easily forget and, for some, long-held attitudes and opinions may have been significantly challenged, even changed!

Debriefing is an important tool that aims to help such people work through the impact of their feelings and emotions, helping them to benefit from their overseas experiences as they settle back into the routines of 'normal life' at home.

Workshop Aims ?

'Debriefing for Senders' is a one-day, practical, interactive workshop with time for questions and discussion, which aims to teach participants how to offer **effective debriefing** to those returning from short-term mission assignments overseas.

Topics Covered ?

- What is debriefing?
- Different types of debriefing.
- Why offer debriefing and does it help?
- Structured v. unstructured debriefing.
- Individual and group debriefing.
- Signs of stress and trauma.
- Stress management strategies.
- When and how to refer people for further help.
- Creative ways to debrief short-term teams.
- How to transform short-term mission from 'a good holiday' into long-term change (including spiritual growth and on-going involvement with God's work around the world).

Learning Outcomes ?

By the end of the day it is hoped that participants will:

- Have developed their skills in debriefing.
- Be able to differentiate between different types of debriefing.
- Be aware of the effectiveness of debriefing and what to avoid.
- Be able to recognize signs of stress, trauma and other problems, and know when, how and where to refer people for further help.
- Be aware of stress management strategies, and how to help people identify ones which will work for them.
- Have ideas about how to help a short-term experience lead to long-term benefits.