



Debriefing

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You may be asking, "What is debriefing? And "Why should I take the time to participate in one?"

"Debriefing" is a structured, reflective dialogue about experiences, stressors, losses, adjustments, and recovery of hopes for fresh vision and energy.

Debriefing will help you to

- Bring closure to difficult circumstances and celebrate accomplishments.
- Make sense of changes, concerns, criticisms, conflict, and crises.
- Validate thoughts, feelings, and personal experiences.
- Experience God's touch. Find healing for losses, disappointments, and pain.
- Reaffirm identity and refocus purpose for future growth and development.¹

To schedule a debriefing consultation with ServingLeaders' Missionary Care & Counseling Associates, [Carl and Caroline Kishbaugh](#), [please fill out our confidential inquiry form](#).

¹ Hoffman, Harry published in an email on September 12, 2023. He published this to introduce his 20 devotions on debriefing based on the questions Jesus asked His disciples in the Gospels.