

# PETR

## POST-EVENT TEAM REFLECTION

### Supporting Staff/Teams following Serious Incidents



#### BESPOKE SUPPORT

The support provided is evidence-informed, and it will be bespoke to your service, based upon the details of the incident, the staff involved and likely impact. Please contact us to discuss further, and we will create a proposal for you.

**PETR@changingmindsuk.com**

#### WHY IS IT IMPORTANT?

- A safe space to feel heard and validated.
- Recognition of the serious incident and potential impact
- Space to share stories and make sense of what happened
- Social support to build resilience
- Normalisation and validation of emotional reactions / responses
- Psychoeducation and skills
- Signposting for additional support.

#### WHAT DOES IT INVOLVE?

- Consultation with the manager re. supporting your team through the difficult incident
- Meeting with manager to plan the PETR meeting and gather information about the incident
- PETR meeting/s with staff groups as identified
- Post meeting information sheet with information about sources of support.
- Follow up meeting with the manager re. any additional needs

#### Here is the reason why **WHY CHOOSE US**



Our Post Event Team Reflection support is facilitated by Clinical Psychologists, with specialist training in PETR and experiences of working with teams in health, social care and education.