Overview

Critical Incident Stress Management (CISM), and its defining intervention Critical Incident Stress Debriefing (CISD), were introduced to EMS in 1983. Since then, it has become widely used in EMS, fire departments, police departments, and other agencies to supposedly mitigate the effects of traumatic stress.

However, there was never any quality scientific evidence to support the practice of CISM/CISD. In fact, most quality studies have found the practice ineffective while some have found that it actually harms some of those debriefed. This page will serve as a repository of scientific studies related to CISM/CISD.

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