

Debriefing is a report of a mission, a project, or information that has been obtained. It is a structured process following an exercise, project or event that reviews the actions taken. The art of gaining experience through the strategic review and debrief of past events. Why Debrief? Debriefing can be one of the most powerful leadership practices as it is extremely useful for project management, performance management, and coaching. Debriefing in the workplaceDebriefing should be a significant part of any project within an organisation because we learn more from an event or project once its over, more so than when the project is in operation. We very often finish something and then move on to something else before discussing and reflecting on the way a sports coach draws up their plans. Only after watching the team play can the coach see what works and what doesnt and then plan accordingly for the next game. Debrieftostayontrackandpromote continuous improvementThere are necessary skills to a successful debrief. Mastering them sometimes is not as easy as you think. However, when done correctly it will become an important tool to understand and have. Any team leader or member should understand its basics steps, needs, and benefits. Why debriefing? successesCreate plans to make positive changeDeal with incidents more effectively next timePREVENT a next timeKey elements includeTimingThe ability to knowwhento engage into debriefing is usually a factor of experience. Schedule a meeting sooner and determine how frequently youll conduct your debrief meetings in advance. Determine how often and how long youre meeting for should be and discuss how often it will be necessary to go over what you and your team are working on. Prepare a meeting agenda reparing an agenda is essential, and should include the main theme, talking points, supporting documents, decisions, and action items. By creating agenda template you and your team can use this as an outline and guide for the debriefing meetings. Ensure that team members are comfortable a participating in a debrief. For a successful debrief have a safe environment, psychological safety is a shared belief amongst team members that it is safe to take interpersonal risks and speak up, even if the idea may be unpopular.CommunicationCommunication is key. Make sure that all team members have a chance to contribute to the discussion. With your agenda prepared it will ensure your team will be aware of all the talking points and actions Ask openended questions as this prompts more discussion and therefore provides an opportunity for the team to collaborate on the tasks at hand and the decisions that need to be made. By asking these types of questions, it demonstrates your interest and shows your employees that their opinions and advice truly matters. Open-ended question conversations are important because they generate an opportunity to learn from others.3 model for how to conduct a debrief that works well:Ask What questions refer to what happened during the exercise/project and are used to get the discussion off to a good start. Ask So What questions these questions refer to what happened during the exercise/project and are used to get the discussion off to a good start. Ask So What questions these questions refer to what happened during the exercise/project and are used to get the discussion off to a good start. Ask So What questions these questions these questions refer to what happened during the exercise/project and are used to get the discussion off to a good start. program and add meaning to it.Ask Now What questions these questions and agreements should be recorded for future behaviours and agreements should be recorded for future use. Results and adjustments and agreements agreements and agreements and agreements agreement agreements agreement agreements agreement agreement This will give everyone a last chance to confirm that they agree or see where they have a different understanding of the agree on set our expectations well? If so we should be happy about our progress. If not, how can we do better in the future? ConclusionA debrief will benefit workers of all experience levels. New hires will learn more quickly how the business operates and the role they can play to make it even better. It enables your organisation so successful. Debriefing is important as it creates a safe environment so that leaders will receive the honest feedback they need to keep their organisation grow and strive to the highest performance. If you would like to know more on how debriefing can be used to help your organisation analyse and understand project management, and coaching, please feel free to get in touch Derived from briefing before an event, debriefing means the follow-up and joint analysis of an event, an important situation or a project. It is a joint debriefing scan be found everywhere. There is a reason why a debrief is a crucial part of scientific research. But also after a soccer match when the coach and players review the game, a debriefing, all experiences. With the help of a debriefing, all experiences, whether positive or negative, can be classified and reflected. The project participants share their experiences, insights and lessons learned in the course of a project therefore, a debriefing is also ideally suited as a self-evaluation of a project team. While there is no perfect time to debrief, its recommended to do it while experienced are still fresh. Basically, in a debriefing, you ask yourself three questions that are just about facts without evaluating them: What happened? (both negative and positive) Why did it happen? What would you do differently next time? The first step should be to send out a debriefing. The advantage of this method: all project participants are encouraged to reflect on the course of the project. The debriefing process in detail: Since a debriefing takes place only after a project has been completed, the first priority is to create a positive working atmosphere so that those involved can find their way back into work mode. The next step is to take a look at the course of the entire project. In the case of more complex projects that have dragged on over a longer period of time, various moderation methods can be used to remind the project participants of the most important stages of the project. With the help of different moderation methods, the individual project experiences are collected, documented and evaluated. With the help of a root cause analysis, it should be determined why some things may not have gone so well. In this step, initial ideas for improvement can also be introduced. First measures should be derived from the preceding analysis so that the team can avoid errors in the future (see error culture) and complete processes successfully. In conclusion, project participants should be derived from their can also be introduced. completed project and their willingness to follow up.Project transparencyCollective learning from mistakes. Debriefing promotes communication in the teamDebriefing promotes team performance and quality. Awareness of more complex tasks is encouraged, as well as recognition of the project as a whole. A post-processing of the experience makes a team building event an effective measure of personnel development. Individual results of such an event are used with the help of debriefing. The events are discussed and evaluated, and what was learned is implemented Together, strategies are developed for productive, sustainable cooperation at the company level. Copyright - teamazing - Imprint - Terms of Service - Legal Notice - Privacy Policy - Change privacy settings Share copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The license terms. Attribution You must give appropriate credit, provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggests the license terms. use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Report back and review on a project or mission after completionThis article needs additional citations for verification. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed this article by adding citations to reliable sources. message)Debriefing is a report of a mission or project or the information so obtained. It is a structured process following an exercise or event that reviews the actions taken.[1] As a technical term, it implies a specific and active intervention process that has developed with more formal meanings such as operational debriefing. It is classified into different types, which include military, experiential, and psychological debriefing, among others.[1]The popular meaning of debriefing is that "of telling about what has happened" with a sense of reviewing or going over an experience or actions in order to achieve order and meaning concerning what was reported.[1] It is a structured process that also evaluates the contributions of various participants in the determination of success or failure of the operation.[1] The processes may involve receiving an explanation; receiving an explanation; receiving
information and situation-based reminders of context; and reporting of measures of performance, and/or opportunities to further investigate the results of a study, investigation, or assessment of performance after participation in an immersive activity is complete.[citation needed]Aside from the goal of inciting reflective debriefings typically include the following essential elements:[3]Active participation with more than just the passive receipt of feedbackDevelopmental intent focused on learning and improvementDiscussion of specific eventsInput from multiple sourcesFemale intelligence officer at the Royal Air Force Station receiving a report from members of the crew of G George, Avro Lancaster of 460 Squadron RAAF, after an attack on Berlin, 26 November 1943. Throughout the existence of combat and the history of war, engaging with the emotional and psychological impact on soldiers has been an ongoing and conflicting conversation. psychological impact of traumatic events, alleviate acute stress response, and reduce the frequency of post-traumatic stress disorder, also known as PTSD.[4] Though there are several types of debriefing, critical incident stress debriefing process debriefing Historical group debriefing refers to the process of collecting historical patterns of trauma through the use of group therapy.[4] This process happens with soldiers recounting combat events in chronological order and adding their own reactions of thoughts and feelings. The key objective of this strategy is to allow men to "talk it out" in a way that they are not commonly socialized to do so. Though this group therapy process does not aim to reduce stress, it has resulted in providing a feeling of relief and connection amongst the soldiers. Critical incident stress debriefing (CISD) is a form of psychological debriefing that features a specific structure and format, which were developed to address critical incident stress experienced by emergency services, and post-incident functions, on-scene support services, and post-incident functions, [4] Pre-incident functions refers to the education and coping mechanisms taught to those who are more vulnerable to traumatization before they enter combat. On-scene support services entails brief discussions and unstructured therapy sessions that occur within a few hours of an incident that may cause high stress responses in soldiers. Finally, post-incident interventions occur usually at least 24 hours after an incident to give the soldiers a bit more time to deescalate from a having high stress response to that incident. The process is peer-driven but backed-up by a group of professional counselors.[6]Process debriefing is similar to the other debriefing is similar to the other debriefing strategies in that it focuses on the group narrative; however, it differs because it prioritizes the leadership and effectiveness of the facilitators who lead the debriefing sessions. These facilitators are provided with false information, the process include a discussion with the participant how the deception might have temporarily altered or influenced his self-perceptions.[7]All of these debriefing strategies maximize on the collective experience of soldiers, rather than on the individual.[8] There is a growing belief that allowing soldiers to reflect and problem-solve as a growing belief that allowing soldiers to reflect and problem. time and ultimately, their effectiveness as a unit. It also provides them with an outlet rather than forcing them to become consumed by their thoughts.[9] Typically, the role of a soldier is seen as a job and a courageous duty, which does not give value to the psychological and emotional need of reflection. Conclusively, in order to make the role of a soldier more sustainable, captains and group leaders must prioritize debriefing strategies to focus more on the whole person. Ernesto Yturralde, experiential learning methodology, the debriefing is a semi-structured process by which the facilitator, once a certain activity is accomplished, makes a series of progressive questions in this session, with an adequate sequence that let the participants reflect what happened, giving important insights with the actions and the future. "[10] It is analogous to "providing feedback" as it constitutes a vital component of any simulation intervention or any educational intervention, involving a process of explanation, analysis, and synthesis, with an active facilitator-participant interface.[11]"Emotional Decompression" is one style of psychological debriefing is the basis for debriefing in Medical Simulation, used widely within healthcare. [13] See also: Psychological debriefing Trauma-exposed individuals often receive treatment called psychological debriefing in an effort to prevent PTSD, which consists of interviews that are meant to allow individuals to directly confront the event and share their feelings with the counselor and to help structure their memories of the event.[14] However, several meta-analyses find that psychological debriefing is unhelpful and is potentially harmful.[14][15][16] A 2019 Cochrane Systematic Review found low-quality evidence suggesting potential benefit for some people, however, the studies performed had a high degree of uncertainty due to bias and the evidence is not strong enough to recommend multiple sessions of early psychological interventions for all people who are exposed to trauma.[17] As of 2017 The American Psychological interventions for all people who are exposed to trauma.[17] As of 2017 The American Psychological interventions for all people who are exposed to trauma.[17] As of 2017 The American Psychological Association assessed psychological debriefing as No Research Support/Treatment is Potentially Harmful.[18]Critical Incident Stress Debriefing is a crisis intervention program that is used to provide initial psychosocial relief to rescue workers. It is generally conducted in a group session and held between 24 and 72 hours of the disaster. Each debriefing session follows seven phases: Introduction to set rulesfact phase to establish what happened cognition phase to discuss thoughts about what happenedreaction phase to discuss emotions associated with what happenedsymptoms phase to learn the signs and symptoms of distresseducational phase to learn about post traumatic stress disorder (PTSD) and coping strategiesre-entry phase to discuss any other issues and to provide any additional services. [19] The goal of this type o debriefing is to stop the individuals from developing PTSD. Although this debriefing is widely used, there is uncertainty how it affects an individual. Researchers Mayou, Ehlers and Hobbs in 2000 were interested in evaluating the 3-year results of a randomized controlled trial of debriefing for consecutive subjects admitted to the hospital following a traffic accident. The patients were assessed in the hospital using the Impact of Event Scale (IES), Brief Symptom Inventory (BSI) and a questionnaire, and were then reassessed at 3 years and 3 months. The intervention used was psychological debriefing. travel anxiety, physical problems, and financial problems. [20]In an earlier study conducted by Carlier et al. in 1998, they looked at the symptomatology in police officers that had been debriefed following a civilian plane crash. The results showed that the two groups did not differ in pre-event or post event distress. Furthermore, those who had undergone debriefing had significantly more disaster-related hyper arousal symptoms. [19] Overall, these results showed that caution should be used when using Critical Incident Stress Debriefing. Studies have shown that it is ineffective and has adverse long-term effects, and is not an appropriate treatment for trauma victims. In psychological research, a debriefing is a short interview that takes place between researchers and research participants immediately following their participants are fully informed about, and not psychologically or physically harmed in any way by, their experience in an experiment. Along with informed consent, the debriefing is considered to be a fundamental ethical precaution in research involving human beings. [21] It is especially important in social psychology experiments that use deception. Debriefing is typically not used in surveys, observational studies, or other forms of research that involve no deception and minimal risk to participants. Methodological advantages of a debriefing include "the ability of researchers to check the effectiveness of a manipulation, or to identify participants who were able to guess the hypothesis or spot a deception."[22] If the data have been compromised in this way, then those participants who were able to guess the hypothesis or spot a deception."[22] If the data have been compromised in this way, then those participants who were able to guess the hypothesis or spot a deception."[22] If the data have been compromised in this way, then those participants who were able to guess the hypothesis or spot a deception."[22] If the data have been compromised in this way, then those participants who were able to guess the hypothesis or spot a deception."[22] If the data have been compromised in this way, then those participants who were able to guess the hypothesis or spot a deception."[22] If the data have been compromised in this way, then those participants who were able to guess the hypothesis or spot a deception."[22] If the data have been compromised in this way, then those participants who were able to guess the hypothesis or spot a deception."[22] If the data have been compromised in this way, then those participants who were able to guess the hypothesis or spot a deception."[22] If the data have been compromised in this way, then those participants who were able to guess the hypothesis or spot a deception."[22] If the data have been compromised in this way, then those participants who were able to guess the hypothesis
or spot a deception."[22] If the data have been compromised in this way, then those participants who were able to guess the hypothesis or spot a deception."[22] If the data have been compromised in this way able to guess the hypothesis or spot a deception."[22] If the data have been compromised in this way able to guess the hypothesis or spot a deception."[22] If the data have been compromised in this way able to guess the hypothesis should be excluded from the analysis. Many psychologists feel that these benefits justify a postexperimental follow-up even in the business discipline is largely instrumental to project management, particularly in "accelerating projects, innovating novel approaches, and hitting difficult objectives".[25] Debriefs are considered to primarily serve developmental purposes rather than an administrative intent, such as in a performance appraisal.[26] One difference in organizational and/or project management is that the debriefing process is not only conducted after the conclusion of other events, but can also be conducted in real-time to continuously evolve plans during execution. The main reason for focusing on debriefing in an organizational or even in a project management capacity, is to increase effectiveness of the team, both individually and collectively. One study found that properly conducted debriefings can help organizations realize individual and team performance improvements by about 20-25%.[27]On the conclusion of a tendering exercise for a business contract, both successful and unsuccessful tenderers may be offered a debriefing meeting.[28]Fundamentally, key questions to consider during a debriefing session are: [25]What were we trying to accomplish?Where did we hit (or miss) our objectives?What should we start, stop, or continue doing?Often, structuring debriefings by following a plan or outline visiting the main functions of the debriefings by following a plan or outline visiting the main functions of the debriefing process are considered more efficient. Most debriefings require at least some planning and organization prior to assembly of the team. Digital tools have emerged aiming to automate the preparation of a debriefing session, based on the anonymous answers to questions asked of individual team members. This information can then be used to generate a discussion guide for the person in charge of the debrief to guide that particular session.[29] There is also an emergent debriefing model called "digital debriefing", which involves video-facilitated instructor debriefing.[30] Due to the technologies used, this type of debriefing outperform teams who do not by about 25%.[32] This demonstrates how debriefing can put a team on the fast-track to practical and observed learning and ensure team effectiveness. A meta-analysis are statistical researching technique that include data from findings of all prior studies and are considered to be more reliable than findings that are derived from a single study. This one fully supports the idea that debriefing is a key component of successful project team management. Debriefings are most effective when conducted interactively between the participants of the immersive activity and the assessment or observation personnel.[33] Self-facilitated after action reviews (AAR) or debriefings are common in small unit and crew activities, and in a training context are shown to improve Knowledge, Skills, and Abilities (KSAs) significantly when conducted formally using pre-defined measures of performance derived from front-end analysis. Debriefing organization can be based on linear or non-linear (or a combination of both) organization of markers used for recall. Typically the structure will use: Temporal, Spatial, Objective, and/or Performance derived markers to bring focus to a specific activity. Teams in occupations and high-risk settings such as the healthcare field, emergency services like fire-fighting and policing, and military settings frequently use debriefing techniques for team of doctors to be high-performing in coming up with innovative solutions to health problems while maintaining the patients quality of life. Debriefings in the health care field are becoming increasingly popular and more widely used after claims of malpractice in emergency departments were reviewed and over 50 cases examined that showed how a high-performing team could have eliminated or mitigated major problems including death and more widely used after claims of malpractice in emergency departments were reviewed and over 50 cases examined that showed how a high-performing team could have eliminated or mitigated major problems including death and more widely used after claims of malpractice in emergency departments were reviewed and over 50 cases examined that showed how a high-performing team could have eliminated or mitigated major problems including death and more widely used after claims of malpractice in emergency departments were reviewed and over 50 cases examined that showed how a high-performing team could have eliminated or mitigated major problems including death and more widely used after claims of malpractice in emergency departments were reviewed and over 50 cases examined that showed how a high-performing team could have eliminated or mitigated major problems including death and more widely used after claims of malpractice in emergency departments were reviewed and over 50 cases examined that showed how a high-performing team could have eliminated or mitigated major problems including death and more widely after claims of malpractice in emergency departments were reviewed and over 50 cases examined that showed how a high-performing team could have eliminate death and more widely after claims of malpractice in emergency departments were reviewed and over 50 cases examined that showed how a high-performing team could have eliminate death and more widely after claims of malpractice in emergency departments were reviewed and over 50 cases examined that showed how a high-performing team could have eliminate death and more widely after claims of malpractice in emergency departments were reviewed an impairments.[34]Several examples of low-risk teams that can benefit from debriefing include: project teams, sports teams, production or manufacturing teams, and consultant teams.Many leaders display all of the correct skills for successful leadership including interpersonal skills, technical competence, etc., but lack a very important skill which is the ability to effectively debrief and ensure continuous learning of their team.[35] Without guidance or structure for an effective debriefing. Below are some ways to maximize team effectiveness, avoid the common challenges faced in debriefing, and maintain high team performance: Avoid discussing task work issues, and instead, focus on addressing teamwork is especially important when team members need to rely on each other for information or support to see the project through. A meta-analysis of teamwork processes found that teams that function effectively are more committed, believe they can succeed, and ultimately are about 25% more successful[36] which supports why debrief sessions should include an examination of teamwork. Be sure to involve the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow the team in discussions surrounding team effectiveness and allow team effectiveness a perspective of the people who are most involved so that subsequent decisions are made with complete information. A study which discusses the key characteristics of effective and ineffective than those where a leader tells the team what they need.[37] Leaders should perform participative debriefs and give their team members the opportunity to reflect, discuss, and share their own perspectives before providing direction. Debriefs should not only be effective but must be efficient as well. Teams can easily get into the weeds and spend valuable time discussing topics that can be taken offline or tabled for a later discussion. Spending too much time covering topics that do not add value to the project can discourage future participation in debriefs. Look up debriefing in Wiktionary, the free dictionary. Briefing note ^ a b c d Raphael, Beverley; Wilson, John (2003). Psychological Debriefing: Theory, Practice and Evidence. Cambridge: Cambridge University Press. pp.1. ISBN978-0521647007. Aesources, Management Association, Informatics: Breakthroughs in Research and Practice. 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Saee 383403.Retrieved from " In large systems and small villages, we have taken improvement methods and applied them to improving all aspects of health and health care. Learn More IHI Open School courses completed Countries in which IHI has worked Global Strategic Partners Recognized Age-Friendly Health Systems Who We Help Hamad Medical Corporation Hamad Medical Corporation "The quality of IHI's content and learning continues to be inspiring." Director, BayCare Health System "The best conference in health care." Chief Executive Officer, CareSouth Carolina, Inc. "The opportunity to gather with folks who are like-minded around lets do something, lets make something happen." Senior Improvement Advisor, Haelo "IHI is a world leader in its field." IHI applies practical improvement science and methods to improve and sustain performance in health and health systems across the world. We generate optimism, harvest fresh ideas, and strengthen local capabilities. Our Approach Insights Insig gel as a team, and enhance their performance. During debriefs, team members reflect upon a recent experience, discuss what went well and identify opportunities for improvement. They attempt to build a common understanding of the ensure future future for a second experience of the ensure for a second experience of the e success. When to DebriefDebriefs can be conducted to review team experiences at any timewhether its early in a project, at the conclusion of a work shift, after a key event, or even as a periodic check-in to stay on track. Who should DebriefAll team members can participate in a debrief, which may be guided by a team leader, facilitator, project manager, consultant or instructor. Download the white paper, the free encyclopedia that anyone can edit.117,937 active editors 7,001,568 articles in English The E victorious Blondie crewThe Boat Race 2018 took place on 24March. Held annually, The Boat Race is a side-by-side rowing race between crews from the universities of Oxford and Cambridge along a 4.2-mile (6.8km) tidal stretch of the River Thames in south-west London, England. For the third time in the history of the event, the men's, the women's and both reserves' races were all held on the Tideway on the same day. The women's race saw Cambridge's Blondie (crew pictured) defeated Oxford's Osiris by nine lengths. The men's reserve race was won by Cambridge's Goldie, who defeated Oxford's Isis by a margin of four lengths. The men's race was the final event of the day and completed a whitewash as Cambridge won, taking the overall record to 8380 in their favour. The races were watched by around 250,000 spectators live, and broadcast around the world. (Fullarticle...)Recently featured: Radar, Gun Laying, Mk.I and Mk.IIAndrea NavageroNosy KombaArchiveBy emailMore featured articlesAboutKitty Marion... that the North Korean destroyer Choe Hyon is the largest ship constructed for the Korean People's Navy?. that after the release of High and Low, director Akira Kurosawa received telephone calls imitating his film that threatened to kidnap his daughter?... that the conservation of a goat might endanger the survival of Aquilegia paui?... that Joy Laking predicted in a school writing assignment that within ten years she would be making a living as an artist?... that the Taiwanese restaurant chain Formosa Chang drew inspiration from McDonald's for its non-greasy atmosphere and corporate practices?... that Haridas Mitra had his death sentence commuted after the intervention of Mahatma Gandhi?... that "Steve's Lava Chicken" recently became the shortest song to enter the UK Top 40? ArchiveStart a new articleNominate an articleNgg wa Thiong'o (pictured) dies at the age of 87. In sumo, nosato Daiki is promoted to yokozuna. In association football, Liverpool win the Premier League title. In motor racing, lex Palou wins the Indianapolis 500.In basketball, the EuroLeague concludes with Fenerbahe winning the Final Four Playoff.Ongoing: Gaza warM23 campaignRussian invasion of UkrainetimelineSudanese civil wartimelineRecent deaths: Harrison Ruffin TylerPhil RobertsonMary K. GaillardPeter DavidAlan YentobGerry ConnollyNominate an articleMay 31: Dragon Boat Festival in China and Taiwan (2025); World No Tobacco DayBessarion455 Petronius Maximus, the ruler of the Western Roman Empire, was stoned to death by a mob as he fled Rome ahead of the arrival of a Vandal force that sacked the city.1223 Mongol invasion of Kievan Rus': Mongol forces defeated a Kievan Rus': Mongol forces defeated a Kievan Rus' army at the Battle of the Kalka River in present-day Ukraine.1468 Cardinal Bessarion (pictured) announced his donation of 746 Greek and Latin codices to the Republic of Venice, forming the Biblioteca Marciana.1935 A magnitude-7.7 earthquake struck Balochistan in British India, now part of Pakistan, killing between 30,000 and 60,000 people.2013 A tornado struck Central Oklahoma killing eight people and injuring more than 150 others. Albertino Mussato (d.1329) Joseph Grimaldi (d.1837) Dina Boluarte (b.1962) Mbaye Diagne (d.1994) More anniversaries: May 30 May 31 June 1 ArchiveBy emailList of days of the year About Cucumis metuliferus, the African horned cucumber, is an annual vine in the cucumber and melon family. Cucurbitaceae. Its fruit has horn-like spines, hence the name "horned melon". The ripe fruit has orange skin and lime-green, jelly-like flesh. It is native to Southern Africa, where it is a traditional food. Along with the gemsbok cucumber and the citron melon, it is one of the few sources of water during the dry season in the Kalahari Desert. This photograph, which was focus-stacked from 25 separate images, shows two C.metuliferus fruits, one whole and the other in cross-section. Photograph credit: Ivar LeidusRecently featured: Ignace TonenAustralian white ibisHell Gate BridgeArchiveMore featured picturesCommunity portal The central hub for editors, with resources, links, tasks, and announcements. Village pump Forum for discussions about Wikipedia itself, including policies and technical issues. Site news Sources of news about using or editing Wikipedia. Help desk Ask guestions about using or editing Wikipedia. Reference desk Ask research questions about encyclopedic topics. Content portals A unique way to navigate the encyclopedia. Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer editors and hosted by the Wikimedia Foundation. project coordination WikibooksFree textbooks and manuals WikidataFree knowledge base Wikipedia is written in English Many other Wikipedias are available; some of the largest are listed below. 1,000,000+ articles Bahasa IndonesiaBahasa MelayuBn-lm-gCataletinaDanskEestiEsperantoEuskaraMagyarNorsk bokmlRomnSimple EnglishSloveninaSrpskiSrpskohrvatskiSuomiTrkeOzbekcha 50,000+ article is about the year 455. For other uses, see 455 (disambiguation). This article needs additional citations for verification. Please help prove this article by adding citations to reliable sources. Unsourced material may be challenged and removed. Find sources: 455 news newspapers books scholar JSTOR (April 2019) (Learn how and when to remove this message) Calendar yearYearsMillenniumCenturies4 th century 6 th century 0 th ce 460s470sYears452453454455 456457458vte455 by topicLeadersPolitical entitiesState leadersReligious leadersReligious leadersCategoriesBirthsDeathsDisestablishmentsvte455 in various calendar5205Balinese saka calendar5205Balinese saka calendar576377Bengali calendar1405Buddhist calendar999Burmese calendar183Byzantine calendar59635964Chinese calendar1621Ethiopian calendar447448Hebrew calendar42154216Hindu calendar171172Discordian calendar1621Ethiopian calendar47448Hebrew calendar447448Hebrew calendar42154216Hindu calendar59635964Chinese calendar1621Ethiopian calendar447448Hebrew calendar44744 calendar10455Iranian calendar167 BP 166 BPIslamic calendar172 BH 171 BHJavanese calendar340341Julian calendar455CDLVKorean calendar1013Seleucid era766/767 AGThai solar calendar997998Tibetan calendar167 BP 166 BPIslamic calendar455CDLVKorean calendar455CDLVKorean calendar1013Seleucid era766/767 AGThai solar calendar455CDLVKorean calenda 201 or 571King Genseric sacks Rome (455)Year 455 (CDLV) was a common year starting on Saturday of the Julian calendar. At the time, it was known as the Year of the Consulship of Valentinianus and Anthemius (or, less frequently, year 1208 Ab urbe condita). The denomination 455 for this year has been used since the early medieval period, when the Anno Domini calendar era became the prevalent method in Europe for naming years. March 16 Emperor Valentinian III, age 35, is assassinated by two Hunnic retainers of the late Flavius, while training with the bow on the Campus Martius (Rome), ending the Theodosian dynasty. His primicerius sacri cubiculi, Heraclius, is also murdered.March 17 Petronius Maximus, former domesticus ("elite bodyguard") of Aetius, becomes (with support of the Roman Senate) emperor of the Roman Senate (Roman Senate (Roman appoints Avitus, most
trusted general, to the rank of magister militum and sends him on an embassy to Toulouse, to gain the support of the Visigoths. He elevates his son Palladius to Caesar and has him marry Eudocia, eldest daughter of Valentinian III. May 31 Maximus is stoned to death by an angry mob while fleeing Rome. A widespread panic occurs when many citizens hear the news that the Vandals are plundering the Italian mainland. June 2 Sack of Rome: King Genseric leads the Vandals into Rome, after he has promised Pope Leo I not to burn and plunder the city. Genseric sacks the city for a period of two weeks. Eudoxia and her daughters, Eudocia and Placidia, are taken hostage. The loot is sent to the harbour of Ostia and loaded into ships, from whence the Vandals depart and return to Carthage.July 9 Avitus is proclaimed Roman emperor at Toulouse, and later recognised by the Gallic chiefs in Viernum (near Arles). September 21 Avitus enters Rome with a Gallic army. He restores the imperial authority in Noricum (modern Austria) and leaves a Gothic force under Remistus, Visigoth general (magister militum), at Ravenna. The Ostrogoths conquer Pannonia and Dalmatia. Battle of Aylesford (Kent). Hengist and his son Oisc become king of Kent. Horsa and Catigern, brother of Vortimer, are killed. The Britons withdraw to London (according to the Anglo-Saxon Chronicle). Skandagupta succeeds Kumaragupta I as ruler of the Gupta Empire (India). During his reign he crushes the Hun invasion; however, the expense of the wars drains the empire's resources and contributes to its decline. Gaero becomes king of the Korean kingdom of Baekje.[1]Earliest recorded date at Chichen Itza on the Yucatn Peninsula (Mexico) (approximate date). The city of Vindobona (Vienna) is struck by an epidemic that spreads through the Roman provinces. The disease is probably streptococcus or a form of scarlet fever with streptococcus Empire (b. 419)Heraclius, Roman courtier (primicerius sacri cubiculi )May 31 Petronius Maximus, emperor of the Western Roman EmpireBiyu of Baekje, king of Bae High King of Ireland (approximate date)Palladius, son of Petronius Maximus (approximate date)^ a b "List of Rulers of Korea". www.metmuseum.org. Retrieved April 20, 2019. Retrieved from " 30ne hundred years, from 301 to 400Millennia1stmillenniumCenturies3rdcentury4thcentury5t Hemisphere at the end of the 4th century CE. The 4th century was the time period from 301 CE (represented by the Roman numerals CCCI) to 400 CE (CD) in accordance with the Julian calendar. In the West, the early part of the century was shaped by Constantine the Great, who became the first Roman emperor to adopt Christianity. Gaining sole reign of the empire, he is also noted for re-establishing a single imperial capital, choosing the site of ancient Byzantium in 330 (over the current capitals, which had effectively been changed by Diocletian's reforms to Milan in the West, and Nicomedeia in the East) to build the city soon called Nova Roma (New Rome); it was later renamed Constantinople in his honor. The last emperor to control both the eastern and western halves of the empire was Theodosius I. As the century progressed after his death, it became increasingly apparent that the empire had changed in many ways since the time of Augustus. The two-emperor system originally established by Diocletian in the previous century fell into regular practice, and the east continued to grow in importance as a centre of trade and imperial power, while Rome itself diminished greatly in importance due to its location far from potential trouble spots, like Central Europe and the East. Late in the century Christianity became the official state religion, and the empire's old pagan culture began to disappear.[citation needed] General prosperity was felt throughout this period, but recurring invasions marked the beginning of the end for the Western Roman Empire. In China, the Jin dynasty, which had united the nation prior in 280, began rapidly facing trouble by the start of the century due to political infighting, which led to the insurrections of the northern barbarian tribes (starting the Sixteen Kingdoms period), which quickly overwhelmed the empire, forcing the Jin court to retreat and entrench itself in the south past the Yangtze river, starting what is known as the Eastern Jin dynasty around 317. Towards the end of the century, Emperor of the Former Qin, Fu Jin, united the north under his banner, and planned to conquer the Jin dynasty in the south, so as to finally reunite the land, but was decisively defeated at the Battle of Fei River in 383, causing massive unrest and civil war in his empire, thereby leading to the fall of the Former Qin, and the continued existence of the Eastern Jin dynasty. According to archaeologists, sufficient archaeologists, s Fourth Century" to the period spanning the fourth century proper but starting earlier with the accession of the Emperor Diocletian in 284 and ending later with the death of Honorius in 423 or of Theodosius II in 450.[3]See also: Christianity in the 4th centuryGregory the Illuminator mosaic, converted Armenia from Zoroastrianism to ChristianityContemporary bronze head of Constantine I (r. 306337 AD)Early 4th century Former audience hall now known as the Basilica, Trier, Germany, is built.Early 4th century The Gupta Empire is established.301: Armenia first to adopt Christianity as state religion.304439: The Sixteen Kingdoms in China begins.306337: Constantine the Great, ends persecution of Christians in the Roman Empire (see also Constantinian shift) and Constantinople becomes new seat of government (New Rome). Tikal had a population [4]320: Butuan Boat One, the oldest known Balangay, a multi-purpose ship native to the Philippines is built.325328: The Kingdom of Aksum adopts Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity in the grip of the Arian controversy.335380: Samudragupta expands the Gupta Empire.337: Constantine the Great is baptized a Christianity.325: Constantine the Kingdom of Aksum adopts Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity.325: Const Aksum conquers the Kingdom of Kush.350400: At some time during this period, the Huns began to attack the Sassanid Empire.[2]350: The Kutai Martadipura kingdom in eastern Borneo produced the earliest known as the Mulavarman
inscriptions in Indonesia known as the Mulavarman inscription written in the Sanskrit language using Pallava scripture.[5]Mid-4th century Dish, from Mildenhall, England, is made. It is now kept at the British Museum, London.Mid-4th century Wang Xizhi makes a portion of a letter from the Feng Ju album. Six Dynasties period. It is now kept at National Palace Museum, Taipei, Taiwan, Republic of China.365: An earthquake with a magnitude of at least eight strikes the Eastern Mediterranean. The following tsunami causes widespread destruction in Crete, Greece, Libya, Egypt, Cyprus, and Sicily.376: Visigoths appear on the Bonube and are allowed entry into the Roman Empire in their flight from the Huns.378: Battle of Adrianople: Roman army is defeated by the Visigoth cavalry. Emperor Valens is killed.378395: Theodosius I, Roman emperor, bans pagan worship, Christianity is made the official religion of the Empire.378: Siyaj K'ak' conquers Waka on (January 16) and Uaxactun.Wall painting of the Council of Constantinople (381) in the Stavropoleos monastery, Romania381: First Council of Constantinople (381) in the Stavropoleos monastery (January 16) and Uaxactun.Wall painting of the Council of Constantinople (381) in the Stavropoleos monastery (January 16) and Uaxactun.Wall painting of the Council of Constantinople (381) in the Stavropoleos monastery (January 16) and Uaxactun.Wall painting of the Council of Constantinople (381) in the Stavropoleos monastery (January 16) and Uaxactun.Wall painting of the Council of Constantinople (381) in the Stavropoleos monastery (January 16) and Uaxactun.Wall painting of the Council of Constantinople (381) in the Stavropoleos monastery (January 16) and Uaxactun.Wall painting of the Council of Constantinople (381) in the Stavropoleos monastery (January 16) and Uaxactun.Wall painting of the Council of Constantinople (381) in the Stavropoleos monastery (January 16) and Uaxactun.Wall painting of the Council of Constantinople (381) in the Stavropoleos monastery (January 16) and Uaxactun.Wall painting of the Council of Constantinople (381) in the Stavropoleos monastery (January 16) and Uaxactun.Wall painting of the Council of Constantinople (381) in the Stavropoleos monastery (January 16) and Uaxactun.Wall painting of the Council of Constantinople (January 16) and Uaxactun.Wall painting (January 16) and Uaxactun.Wall pa the Trinity by adding to the creed of Nicaea.383: Battle of Fei River in China.395: The Battle of Canhe Slope occurs.395: Roman emperor Theodosius I dies, causing the Roman Empire to split permanently.Late 4th century: Cubiculum of Leonis, Catacomb of Commodilla, near Rome, is made.Late 4th century: Atrium added in the Old St. Peter's Basilica, Rome.For a more comprehensive list, see Timeline of historic inventions 4th century. The Stirrup was invented in China, no later than 322.[6][1]Kama Sutra, dated between c.400 BC to c. 300 AD.[7][8]Iron pillar of Delhi, India is the world's first Iron Pillar. [citation needed]Trigonometric functions: The trigonometric functions sine and versine originated in Indian astronomy.[9]Codex Sinaiticus and the Codex Vaticanus Graecus 1209, are the earliest Christian bibles.[10][11]Book of Steps, Syriac religious discourses.[citation needed]^ a b "The invention and influences of stirrup". Archived from the original on December 3, 2008. a b Roberts, J: "History of the World". Penguin, 1994. The Long Fourth Century 284450: Continuity and Change in the Later Roman Empire ed. S. McGill, C. Sogno and E. Watts (Cambridge 2008).^ "The Maya: Glory and Ruin". National Geographic Magazine. Archived from the original on 2013-12-25. Retrieved 2013-04-29.^ Lee, Adela C.Y. "The stirrup and its effect on chinese military history". Silkroad Foundation.^ Sengupta, J. (2006). 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ISBN 978-0-8028-4098-1.^ 2013.Retrieved from " 4The following pages link to 4th century External tools(link counttransclusion countsorted list) See help page for transcluding these entries and millennia (links | edit)Religion in pre-Islamic Arabia (links | edit)Rosetta Stone (links edit)20th century (links | edit)15th century (links | edit)16th century (links | edit)17th century (li century (links | edit)6th century BC (links | edit)2nd century BC (links | edit)2nd century BC (links | edit)3rd century BC (links | edit)3rd century BC (links | edit)3rd century BC (links | edit)6th century BC (links | century BC (links | edit)400s (decade) (links | edit)320s (links | edit)476 (links | edit)470s (links | edit)470s (links | edit)430s (links | edit edit)510s (links | edit)View (previous 50 | next 50) (20 | 50 | 100 | 250 | 500)Retrieved from "WhatLinksHere/4th century"

What is meant by debriefing in psychology. What is the debriefing. What is meant by debriefing. What is the meaning of debriefing. What is debriefing and why is it important. What is the definition of debrief.