



## 🤝 APS Debriefing and Exit Protocol Training

**Study:** The American Peripheromenal Survey

**Division:** Field Research | **Region:** Cascadia (Reg10)

**Status:** TRAINING REFERENCE | **Version:** 3.2 (Schema Aligned)

### 1. THE "COOL DOWN" PHASE (Grounding)

*Goal: Shift the subject from "Reliving the Trauma" (High Beta Waves) back to "Standard Reality" (Alpha Waves) before you leave them.*

The Concept:

Witnessing an anomaly causes Ontological Shock—the vibration of a worldview breaking. Do not leave a subject in this state; they become prone to obsession or panic.

**The Grounding Script:**

"We have completed the formal data collection. I want to thank you for the precision of your account.

Take a moment. Look around the environment right now. The event is over. The data is secured in the log. You do not need to carry the weight of remembering it anymore—that is the Archive's job now."

### 2. THE PERMISSION CONFIRMATION (Critical Schema Check)

*Goal: Ensure the permission\_level variable is accurate to avoid legal issues.*

The Protocol:

You must verify their intent one last time. Often, subjects feel brave at the start (checking "Publish") but fearful at the end.

**The Script:**

"Before I seal this file, I need to confirm your privacy setting.

You selected [Read their choice: PUBLISH\_ANON or PRIVATE\_DATA].

If you selected **Publish**, your narrative will appear on the public registry, but your name and contact info will be redacted. Are you still comfortable with that, or would you prefer to switch to **Private/Internal Use Only?**"

**Action:**

- If they change their mind, cross out the box on the **Field Instrument** and initial the change.
- Update the code in the log immediately.

### 3. THE RESOURCE HANDOFF

*Goal: Provide a safety net without acting as a therapist.*

The Handout:

Give them the APS Resource Card (Quarter-sheet).

**The Script:**

"This card contains the contact information for the Archive if you need to update your statement later.

On the back, we have listed the **Crisis Lifeline (988)**. We provide this to all witnesses as a standard protocol. High-strangeness events can sometimes trigger delayed anxiety or sleeplessness. If you feel overwhelmed tonight, please use those numbers. We are researchers, not counselors."

### 4. THE DEPARTURE (The "Clean Break")

*Goal: Re-establish professional distance.*

The Rule:

Do not linger. Do not accept invitations for "dinner" or "hanging out." You are an observer, not a friend. Blurring this line compromises the data (obs\_demeanor).

**The Closing:**

"Case [Log ID] is now closed. Thank you for your contribution to the Survey."

*(Walk away. Do not look back. Maintain the Gray Man profile.)*

# Participant Resource Sheet (Physical Handout)

*To be printed on quarter-sheets or business cards for Field Researchers.*

## AMERICAN PERIPHENOMENAL SURVEY | Cascadia Div.

Resource Card

### Project Contact:

- **Principal Investigator:** [Name / Organization]
- **Email:** [email address]
- **Web:** [website]

### Your Data Rights:

Your interview was assigned a secure, anonymous Log ID. If you wish to withdraw your story from our archive at any time, please contact the Principal Investigator via email.

### Crisis Resources:

If recalling this event caused you distress, support is available:

- **Crisis Text Line:** Text HOME to 741741
- **National Suicide & Crisis Lifeline:** Call or Text 988

### Recommended Scientific Reading:

- *Anomalistic Psychology* (Prof. C. French)
- *Authors of the Impossible* (Prof. J. Kripal)