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## Chronic Illness On Campus: A Four Phase Approach for Understanding and Accommodation

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## Agenda

- Philosophy of the Phase Method
- Trauma Types
- Traditional Disability vs. Chronic Conditions
- Chronic Care in Context and Culture
- Socio-Cultural Factors and Traumagenic Dynamics
- The Four Phases of Traumatic and Imposed Change
- Fennell Four-Phase Treatment™ Within Four-Phase Case Management

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## Philosophy of the Phase Method

- A Systemic Approach
- False Dichotomies
- The Phenomenon of Chronicity
- Traumatization and Chronicity
- The Integration Assumption
- Palliation
- Clinician as Active Equal Participant

## Trauma Types

- Disease/Syndrome Trauma
- Iatrogenic Trauma
- Cultural Trauma
- Vicarious Trauma
- Pre-Morbid / Co-Morbid Trauma

## Traditional Disability vs. Chronic Conditions

- Chronic conditions on a continuum
- Static vs. dynamic disability/illness
  - Fixed disability
  - Relapse and remission
  - Waxing and waning

## Traditional Disability vs. Chronic Conditions

- Legal definitions of disability/chronic illness
- Social or colloquial definitions
  - Disability
  - Illness
  - Disease/condition/syndrome

## Chronic Care in Context and Culture

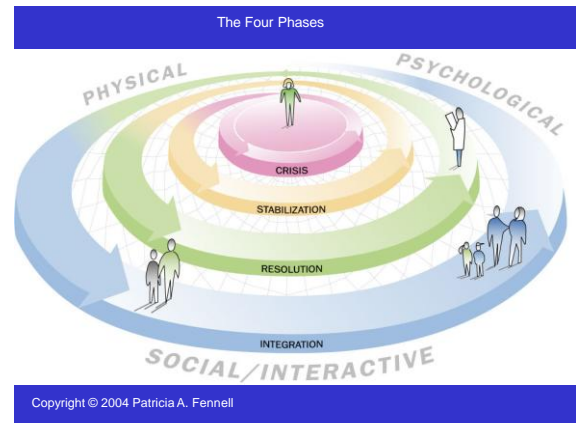
- Delivery Systems
- Levels of Discourse
- Socio-Cultural Factors
- Domain Assumptions
- Traumagenic Effects

## Socio-Cultural Factors

1. Cultural Intolerance of Suffering
2. Cultural Intolerance of Ambiguity
3. Cultural Intolerance of Chronic vs. Acute Syndromes
4. Pre-Existing Cultural Climate Toward Chronic Syndromes
5. Media
6. Initial Syndrome Illegitimacy and Subsequent Enculturation

## The Four Phases and Chronic Illness:

### Beth's Story



### Phase I – Trauma / Crisis

- **Physical / Behavioural**
  - Coping Stage
  - Onset Stage
  - Acute / Emergency Stage
- **Psychological**
  - Loss of Psychological Control/ Ego Loss
  - Intrusive Shame, Self Hatred, Despair
  - Shock, Disorientation, Dissociation
  - Fear of Others, Isolation, Mood Swings
- **Social/Interactive**
  - Others Experience Shock, Disbelief, Revulsion
  - Vicarious Traumatization
  - Family/Organizational Maturation
  - Suspicion/Support Continuum

### Phase II – Stabilization / Normalization Failure

- **Physical / Behavioural**
  - Plateau
  - Stabilization
- **Psychological**
  - Increased Caution / Secondary Wounding
  - Social Withdrawals, Social Searching
  - Service Confusion/Searching
  - Boundary Confusion
- **Social/Interactive**
  - Interactive Conflict/Cooperation
  - Vicarious Secondary Wounding
  - Vicarious Traumatic Manifestation
  - Normalization Failure

**Phase III – Resolution**

- **Physical/Behavioral**
  - Emergency Stage/Diminishment/Improvement
  - Continued Plateau/Stabilization
  - Relapse
- **Psychological**
  - Grief Reaction/Compassion Response
  - Identification of Pre-crisis – “Self”
  - Role/Identity Experimentation
  - Returning Locus of Control
  - Awareness of Societal Effects
  - Spiritual Development
- **Social/Interactive**
  - Breaking Silence/Engulfment in Stigma
  - Confrontation
  - Role Experimentation – Social, Vocational
  - Integration / Separation / Loss of Supporters

**Phase IV – Integration**

- **Physical/Behavioral**
  - Recovery Stage
  - Continued Plateau/Improvement/Relapse
- **Psychological**
  - Role/Identity Integration
  - New Personal Best
  - Continued Spiritual/Emotional Development
- **Social/Interactive**
  - New/Reintegrated Supporters
  - Alternative Vocation/Activities

## Fennell Four-Phase Treatment™ Within Four- Phase Case Management

## Unique Characteristics of FFPT™

- Integrates the physical/medical, psychological, sociological, legal and financial aspects of chronic conditions
- Helps clinicians to develop better, targeted management strategies that move patients toward healing.
- Pursues this integration through the chronic phased experience.

## The Four Phases: Treatment Goals

- Treatment Phase I: Reduction of Trauma Symptomatology
- Treatment Phase II: Stabilization and Restructuring
- Treatment Phase III: Meaning Development
- Treatment Phase IV: Integration

## Unique Characteristics of Four Phase Case Management

- Utilizes a focused priority approach
- Facilitates treatment/management within a chronic framework
- Incorporates all stakeholders/participants

## The Four Phases: Case Management Goals

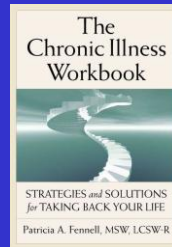
- FPCM Phase I: Establish case management focus
- FPCM Phase II: Data collection/activity restructuring
- FPCM Phase III: Self-management skill development
- FPCM Phase IV: Ongoing self-management

## Treatment Summary

I	II	III	IV
Build	Collect Data	Give	Integrate
Assess	Differentiate	Maintain	
Teach	Insight Dev.	Refine	
Observe	Needs	Goals	
Stability Plan			

## Slides & Handouts Available Online

[www.PatriciaFennell.com/Ahead09](http://www.PatriciaFennell.com/Ahead09)



### The Chronic Illness Workbook

Using her extensive experience with chronic illness patients, Patricia Fennell has created an original, comprehensive, research-validated approach that brings clarity and order to what feels like an unmanageable and isolating experience.

Available for \$20.00  
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