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

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, Revaluation
  - Vicarious Traumatization
  - Family/Organization 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

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Slides & Handouts Available Online
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.

For more information or to order, visit: www.albanyhealthmanagement.com or contact: communications@albanyhealthmanagement.com

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Thank You
For more information, please contact:

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