

ALBANY HEALTH MANAGEMENT ASSOCIATES, INC.
 582 New Loudon Road, Latham, NY 12110
 Patricia A. Fennell, MSW, LCSW - R, President
 (518) 482-0422 Fax (518) 783-4793
 E-Mail: communications@albanyhealthmanagement.com
 website: www.albanyhealthmanagement.com

Improvisation: 5 Capacities for Coping With Trauma and Loss in Cancer

Copyright © 2009, 2011 Patricia A. Fennell

1

Agenda

- Cancer as an Acute and Chronic Illness
- Improvisation Capacities Cluster
- Improvisation Application
- Cancer and the Four Phases
- Phase III: Creating Meaning from Suffering

Copyright © 2009, 2011 Patricia A. Fennell

2

Paradigm Shift in Medicine

- 20th century: focus on acute illness;
 21st century: focus on chronic illness
- Chronic vs. acute care
- Necessity of chronic care models
- Chronic comprehensive case management
 vs. clinical treatment

Copyright © 2009, 2011 Patricia A. Fennell

3

Chronic vs. Acute Illness

- Chronic illness can be difficult to define, measure and treat
- Medicine has not adapted to a CI model of care- Pts. often fare poorly in acute care
- Patient needs vary over the duration and phase of the illness
- Patients suffer from social stigma, economic losses, and lack of knowledge and understanding about their conditions
- Everyone becomes frustrated with the unpredictability and chronicity of symptoms

Copyright © 2009, 2011 Patricia A. Fennell

4

Increased Prevalence of Chronic Illness Worldwide

- Advances in public health
- Advances in medical care
- Aging population

4 Groups of Chronically Ill

- Acute illness survivors with managed symptoms (**cancer**, cardiovascular disease)
- Traditional chronic (MS, FM, CFS, asthma, lupus)
- “Persistent acute” (HIV/AIDS, stroke)
- Natural consequences of aging in an aging population

We give Terri Dome a future, that's what we do.

Terri Dome, a successful international business executive for a major movie studio in California, had it all, until her heart was ravaged by the effects of treatments she had received years before for a childhood cancer...

We used the latest advancement in treatment and technology... and our doctors' vast knowledge and experience. In February 2009, Terri had a heart transplant...

Terri is now making the most of her new life, reaching out to counsel other women with heart disease...

BEST
HEALTH CARE
FOR WOMEN

For a free women's health assessment, call 1-800-292-2221

© 2009 Best Health Care, Inc. All rights reserved.

Improvisation, Creation and Innovation

Innovation & Creation

- Improvisation □ Creation □ Innovation
- Change is:
 - Inevitable
 - Good
 - Bad
- Improvisation, creation & innovation help us respond to change.

Copyright © 2009, 2011 Patricia A. Fennell

9

Creation

- A powerful stance against helplessness.
- Requires active reflection and creative action.
- Must be authentic.

Copyright © 2009, 2011 Patricia A. Fennell

10

Authenticity

- In the process of creation, it's absolutely necessary to maintain insight about your limitations and your abilities.
- This is often painful.
- It's necessary to consistently strive for authenticity, and thus freedom, in the creative process.
- “The price of freedom is eternal vigilance.”
–Thomas Jefferson

Copyright © 2009, 2011 Patricia A. Fennell

11

The 5 Capacities

- Allow people with acute and chronic illnesses to establish acceptance and meaning in their changed circumstances.
- Your discipline, personality or circumstances may mean other capacities are required.
- Discover and define them.

Copyright © 2009, 2011 Patricia A. Fennell

12

1. Tolerate Ambiguity

- Ambiguity is unavoidable.
- Learn how to survive the “not knowing.”
- Take the time to be uncomfortable to get to where you need to be.
- Learn how to do the “emotional heavy lifting.” This leads to wisdom.
- Wisdom: Appreciating the value of the unknown. The realization that something good can come of this.

Copyright © 2009, 2011 Patricia A. Fennell

13

2. Become Curious

- Change is an opportunity.
- Curiosity leads to innovation and change.
- Our culture squelches children’s curiosity, wonder and risk-taking.
- Culture’s toleration of curiosity is influenced by gender, race and social class.
- It has positive (childlike wonder), negative (nosy, “killed the cat”) and ambiguous (questioning authority) connotations.

Copyright © 2009, 2011 Patricia A. Fennell

14

3. Take Risks

- Take the risk of getting started (every day).
- Conscious v. unconscious (impulsive) risk taking.
- Calculated risk taking:
 - Informed by knowledge of limits and abilities.
 - Isn’t impulsive.
 - Minimizes shame, embarrassment, fear of failure.
 - Has an “exit strategy” if things don’t go as planned.

Copyright © 2009, 2011 Patricia A. Fennell

15

4. Take Action

- Improvisation requires that you make a choice.
 - Statement/choice \perp action - reaction \perp react to the reaction
- Choosing in the moment: do you pick up the paintbrush? What color will you use?
- Did you get the light bulb? Do you need to?

Copyright © 2009, 2011 Patricia A. Fennell

16

5. Innovate

- You've been curious, taken risks, made choices, taken action, innovated.
- The result – an idea, a paragraph, a picture, a tune – whether small or large, is a victory.
- Ask for outside help. Get training, instruction or assistance.
- Accommodate your limits and abilities.

Application

Using the 5 Capacities to Respond to Change

“You never want a serious crisis to go to waste. And what I mean by that is an opportunity to do things you think you could not do before.”

-- Rahm Emmanuel

Respond To Your Crisis

- Define your crisis.
- How can the 5 capacities of improvisation be applied to the crisis/trauma of illness?
- Which of the capacities are your strengths?
- Which are your weaknesses?

Apply The 5 Capacities

- What is your creative medium?
 - Music
 - Visual art
 - Writing
 - Drama
 - Etc.
- What kind of help do you need?

Copyright © 2009, 2011 Patricia A. Fennell

21

Persistence & Fortitude

- Willingness to fail, developing self-reliance.
- Importance of community:
 - When you don't feel you can persevere, you can borrow from strength of others.
 - Faith
- Allow yourself extra time or help to do the more difficult things.
- “Fall down 7 times, get up 8.”

Copyright © 2009, 2011 Patricia A. Fennell

22

Cancer and the Fennell Four Phase Model

Copyright © 1998, 2011 Patricia A. Fennell

23

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

Copyright © 1998, 2011 Patricia A. Fennell

24

Socio-Cultural/Quality of Life Factors

- Cultural Intolerance of Suffering
- Cultural Intolerance of Ambiguity
- Cultural Intolerance of Chronic vs. Acute Syndromes
- Pre-existing Cultural Climate Toward Chronic Syndromes
- Media
- Initial Syndrome Illegitimacy and Subsequent Enculturation

Copyright © 1998, 2011 Patricia A. Fennell

25

Trauma Types

- Disease/Syndrome Trauma
- Iatrogenic Trauma
- Cultural Trauma
- Vicarious Trauma

- Pre-Morbid / Co-Morbid Trauma

Copyright © 1998, 2011 Patricia A. Fennell

26

Traditional Disability vs. Chronic Conditions

- Chronic conditions on a continuum
- Static vs. dynamic disability/illness
 - Fixed disability
 - Relapse and remission
 - Waxing and waning
- Legal definitions of disability/chronic illness
- Social or colloquial definitions
 - Disability
 - Illness
 - Disease/condition/syndrome

Copyright © 1998, 2011 Patricia A. Fennell

27

The Four Phases of Chronic Change

The Smith Family's Story:
Survivors of Cancer

Copyright © 1998, 2011 Patricia A. Fennell

28



Copyright © 1998, 2011 Patricia A. Fennell

29

Phase I – Trauma / Crisis

- **Physical/Behavioral Domain**
 - Coping stage
 - Onset stage
 - Acute / emergency stage
- **Psychological Domain**
 - Loss of psychological control / ego loss
 - Intrusive shame, self-hatred, despair
 - Shock, disorientation, dissociation
 - Fear of others, isolation, mood swings
- **Social/Interactive Domain**
 - Others experience shock, disbelief, revulsion
 - Vicarious traumatization
 - Family / organizational maturation
 - Suspicion / support continuum

Copyright © 1998, 2011 Patricia A. Fennell

30

Phase II –Stabilization / Normalization Failure

- **Physical/Behavioral Domain**
 - Plateau
 - Stabilization
- **Psychological Domain**
 - Increased caution/secondary wounding
 - Social withdrawals, social searching
 - Service confusion / searching
 - Boundary confusion
- **Social/Interactive Domain**
 - Interactive conflict / cooperation
 - Vicarious secondary wounding
 - Vicarious traumatic manifestation
 - Normalization failure

Copyright © 1998, 2011 Patricia A. Fennell

31

Phase III – Resolution

- **Physical/Behavioral Domain**
 - Emergency stage diminishment / improvement
 - Continued plateau / stabilization
 - Relapse
- **Psychological Domain**
 - Grief reaction / compassion response
 - Identification of pre-crisis – “self”
 - Role/identity experimentation
 - Returning locus of control
 - Awareness of societal effects
 - Spiritual development
- **Social/Interactive Domain**
 - Breaking silence / engulfment in stigma
 - Confrontation
 - Role experimentation – social, vocational
 - Integration / separation / loss of supporters

Copyright © 1998, 2011 Patricia A. Fennell

32

Phase IV – Integration

- **Physical/Behavioral Domain**
 - Recovery stage
 - Continued plateau / improvement / relapse
- **Psychological Domain**
 - Role / identity integration
 - New personal best
 - Continued spiritual / emotional development
- **Social/Interactive Domain**
 - New / reintegrated supporters
 - Alternative vocation / activities

Phase 3 Resolution: Creating Meaning From Suffering

Phase 3: Resolution

- Goal: to develop meaning about suffering.
- Recognize deeply that your old life will not return.
- Begin to find meaning in your experience, establish an authentic new self and develop a supportive, meaningful philosophy.
- Artistic expression and community offer pathways toward establishing meaning in the chronic illness experience.

Transformation Steps

- By coming to terms with your own feelings, you can develop meaningful responses to your illness experience.
 - Allowance of suffering
 - Meet suffering with compassion
 - Meet suffering with respect
 - Integrate suffering

Phase 3 Transformation Step: Meeting The Suffering With Respect

- Regarded with appreciation
- Heroic captivity
- Antithetical interpretation
- Engaging the creative process
- Standing with self

Copyright © 1998, 2011 Patricia A. Fennell

37

Identifying Your Project

- What is your discipline of choice?
- Technology to support your effort
- Resources

Participate in supportive community:

- Join our Creativity Group
- Learn more by clicking on Webinars at AlbanyHealthManagement.com

Copyright ©2011 Patricia A. Fennell

38

“Good”

Copyright ©2011 Patricia A. Fennell

39

Participate in the Research

- Online participation
- Clinical experts
- Patients

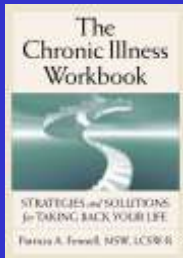
Go to:

www.AlbanyHealthManagement.com

Click on the “Conference Attendee” link
at the top of the home page

Copyright ©2011 Patricia A. Fennell

40



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.

New Edition Coming Soon!

Available for \$20.00
from
Albany Health
Management Publishing
© 2007

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

Copyright ©2011 Patricia A. Fennell

41

For More Information:

For further information on the following please contact
AHMA at---

communications@albanyhealthmanagement.com
www.albanyhealthmanagement.com

- certification in the FFPT™ approach
- the Fennell Phase Inventory™
- research projects
- books and related articles
- clinical services
- consulting
- education and training

Copyright ©1998, 2011 Patricia A. Fennell

42

Working the Third Phase Tasks: Time In The Tunnel

- Maintain insight and reframe issue
- Deep grief for lost self
- Existential dilemma
- Dark night of the soul
- Defining the pre-crisis self
- Analysis of actual losses - external
- Internal changes
- Faith
- Committing to time in the tunnel

Working the Third Phase Tasks: Phoenix From The Ashes

- Importance of countertransference
- Baseline authenticity
- Antithetical experimentation
- Creative process
- Supportive materials
- Clinician as storyteller
- The noble-disabled danger

Working the Third Phase Tasks: Meaning Development

- New vision of societal attitudes
- Exploring different traditions
- Meaning development
- Faith and humor

Persistence & Fortitude

- Willingness to fail, developing self-reliance.
- Importance of community:
 - When you don't feel you can persevere, you can borrow from strength of others.
 - Faith
- Allow yourself extra time or help to do the more difficult things.
- “Fall down 7 times, get up 8.”