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## **MHASC Coalition Meeting**

**February 4, 2010**

# **Introduction to the Fennell Four-Phase Model for Long-Term Trauma Treatment**

*David Kaczynski*

*Patricia Fennell, MSW, LCSW-R*

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# Why It's Important

David Kaczynski & Patricia Fennell

# 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

- Chronic Condition/Event Trauma
- Iatrogenic Trauma
- Cultural Trauma
- Vicarious Trauma



- Pre-Morbid / Co-Morbid Trauma

# 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 of Traumatic and Imposed Change

# “Everyone’s Story”

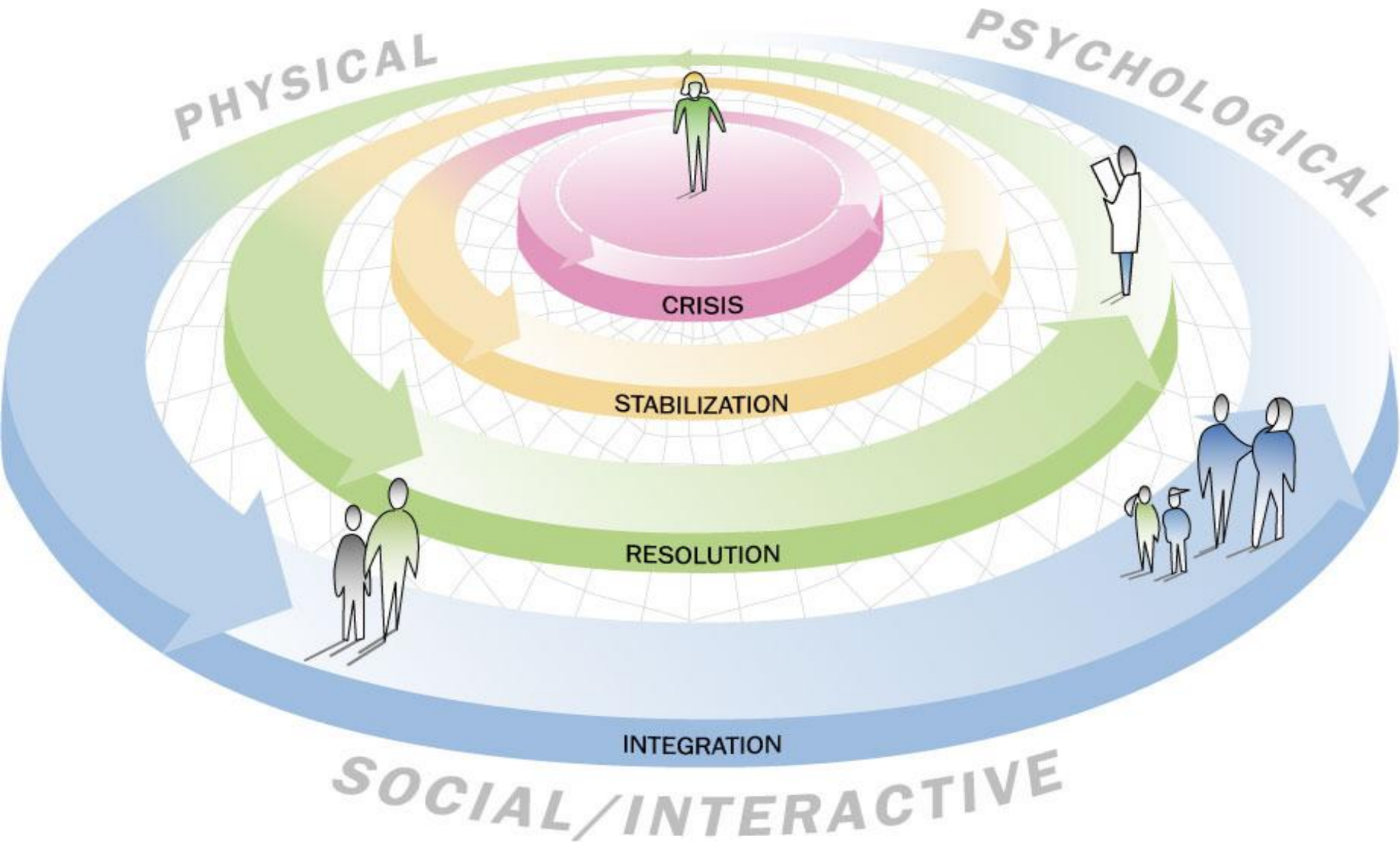
## The Phases From All Perspectives

- Crime victim
- Family
- Offender/prisoner
- Law enforcement
- Treatment/management professionals
- War/terrorism

# “Everyone’s Story” (Part II)

- Gender
- Race/Ethnicity
- Family
  - Traditional/non-traditional
  - Partner/spouse
  - Parent/child
- Religion
- Community
  - Workplace
  - School
  - Neighborhood

# The Four Phases



# Phase I – Trauma / Crisis

- **Physical /Behavioral**

- 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 / Behavioral**
  - 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

# Overview of Training Program

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- Introduction
- Philosophy of the Phase Method
- Trauma
- Chronic Care in Context and Culture
- The Four Phases of Traumatic and Imposed Change
- Socio-Cultural Influences and Traumagenic Dynamics
- Objective Phase Placement
- Countertransference and Clinical Stance
- David Kaczynski: Case Application
- Assessment and Treatment for Long-Term Trauma
- David Kaczynski: Community Response
- Treating Long Term Trauma using FFPT within Four Phase Case Management (FPCM): Matching Intervention to Phase

# For Information:

For further information on the following, please contact AHMA  
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[www.albanyhealthmanagement.com](http://www.albanyhealthmanagement.com)

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