Fennell Four-Phase Treatment:
The critical need to address trauma resulting from crime and punishment

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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

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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

Effects of Trauma from Violence
- Pain
- Powerlessness
- Isolation
- Deep sense of loss

Antidotes to Trauma
- Pain => Empathy
- Powerlessness => Voice, action
- Isolation => Community, re-integration
- Loss => Recovery, acceptance, hope

Overview of Training Program
- 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 (FPFMC): Matching Intervention to Phase

David Kaczynski:
A unique perspective on the aftermath of violence and long-term trauma
Effects of trauma – antidotes to trauma

Community – Response
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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A Dream Named You

By David Kaczynski

Available for $8.95 at davidkaczynski.com

For Information:

For further information on the following, please contact AHMA 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