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Living Fully In Trauma's Aftermath

The Fennell Four-Phase Approach

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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

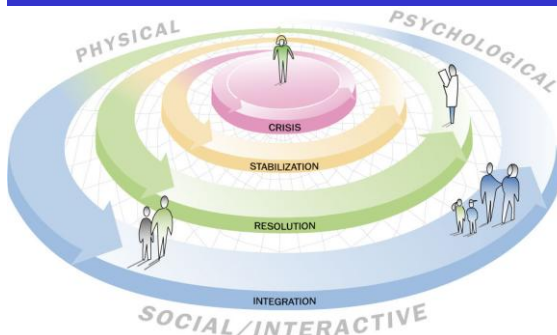
“Everyone’s Story” The Phases From All Perspectives

- 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



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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

David Kaczynski:

A unique perspective on the aftermath of violence and long-term trauma

Effects of trauma – antidotes to trauma

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

Community – Response

For Information:

For further information on the following, please contact AHMA
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- certification in the FFPT™ approach
- the Fennell Phase Inventory™
- research projects
- books and related articles
- clinical services
- consulting
- education and training