



Patricia A. Fennell, MSW, LCSW-R

Expert in the Effects of Chronic Illness,
Trauma, Death & Dying, and Crime

Available for media appearances,
interviews and speaking engagements

For more information about booking Patricia Fennell for an interview or speaking engagement,
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Expert in Chronic Illness, Trauma and Recovery

Areas of Expertise

- Chronic Illnesses and Syndromes
 - Including chronic fatigue syndrome, fibromyalgia, cancer, autism, post-traumatic stress disorder, depression, anxiety disorders, cardiovascular disease, multiple sclerosis, and lupus
- Education
 - Negotiating accommodations for students with special needs, including chronic syndromes, in the K-12 and college/university settings
 - Transition to higher education and drop-outs
- Trauma Associated With Crime, War, and Illness
 - Including domestic violence, sexual crimes, murder, war veterans, terrorism, and chronic illness
 - Trauma resulting from being associated with a crime, including that experienced by victims, perpetrators, family members, friends, first responders and other professionals in the criminal justice system
- The Fennell Four-Phase Model
 - Assessment and treatment of chronic illnesses and trauma through the Fennell Four Phase Model, Fennel Four Phase Treatment (FFPT™) model, and Fennell Phase Inventory
- Mental Health and Therapy
 - Coping and integration of mental health concerns, including trauma-related issues resulting from imposed negative change (e.g., anxiety, depression, and loss of physical abilities, livelihood, security, or relationships)
- Death, Dying and Hospice
 - Coping and integration
 - Professional/volunteer engagement in the hospice system



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Biography

Patricia A. Fennell, MSW, LCSW-R, is a researcher and clinician specializing in chronic illnesses, trauma, forensics, and hospice care. She is President and CEO of Albany Health Management Associates, Inc., a clinical and research practice which treats and examines health care concerns through clinical care, consulting, and professional education utilizing the Fennell Four Phase Treatment (FFPT™) approach.

Ms. Fennell developed the Fennell Four-Phase Model in the late 1980s upon recognizing the similarities and differences between the hospice patients she was treating, using Kübler-Ross' five stages of death and dying, and the chronic illness patients she was seeing. Fennell outlined, and subsequently validated through research, four phases that people facing chronic illnesses and physical or emotional traumas frequently experience: Crisis, Stabilization, Integration, and Resolution. The Fennell Four-Phase Model, the Fennell Four-Phase Treatment approach, and the Fennell Phase Inventory have all been published in peer-reviewed medical journals.

Ms. Fennell is regularly invited to lecture throughout the United States, Canada, and Europe and to consult with organizations including the Centers for Disease Control and Prevention, Secretary of Health and Human Services, Fortune 150 organizations, and patient/survivor advocacy groups on chronic illness and criminal justice.

She presents frequently with David Kaczynski, brother of the Unabomber, Ted Kaczynski, on issues related to the criminal justice system, particularly the critical need to address trauma that results from crime and punishment.

She has served on numerous boards of directors, including the International Association for Chronic Fatigue Syndrome/ME, FibroAware, and the National Fibromyalgia Association. She has also been a spokesperson for the CDC's national awareness campaign on chronic fatigue syndrome.

Ms. Fennell has authored numerous scientific and lay press publications, including the books *The Chronic Illness Workbook*, *Managing Chronic Illness Using the Four-Phase Treatment Approach*, and *The Handbook of Chronic Fatigue Syndrome*. She is frequently sought by the media as an expert on chronic illness and trauma.



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Testimonials

“I want to thank you for an incredible [presentation](#). People were really blown away both by the material and your skill at presenting it. I think you have made a huge difference in their understanding of chronic illness, from both the inside and the outside, which can have nothing but a helpful effect on our program.”

Lynn Royster, Ph.D., Director, Chronic Illness Initiative, DePaul University

“Patricia’s presentation gave me a framework for understanding the behavior of the families I work with. I can predict now whether or not the family that was new to our autism support group will return or not next month. By understanding which phase family members are in, I can provide them with interventions that are a much better match and will be more likely to be more successful.”

Linell Weinberg, MSW, Executive Director, Autism Society of Northwest Ohio

“If you or someone you love has been recently diagnosed with a chronic illness, the first thing you should do is buy this book. *The Chronic Illness Workbook* is the first comprehensive guide to learning to live well with illness. It's like having a wise and caring friend along for your journey.”

Lisa Lorden, About.com Guide to Chronic Fatigue Syndrome/Fibromyalgia

“If you want to recover not only from your symptoms, but also from the way society has treated you as a person with chronic illness, keep this book by your bed with a highlighting pen. You'll think Ms. Fennell has read your diary, and you'll know she's on your side.”

Susan Milstrey Wells, author, *A Delicate Balance: Living Successfully with Chronic Illness*

“*The Chronic Illness Workbook* takes its readers on a journey of self-discovery, enabling them to overcome the challenges of chronic illness and learn how to live a life bursting with self-compassion and fulfillment...Ms. Fennell delves into every aspect of this subject and provides her readers with an in-depth, practical, self-exploratory way to learn how to live a ‘full new life.’”

Lynne Matallana, President of the National Fibromyalgia Association

“*The Chronic Illness Workbook* is a valuable contribution that will be welcomed by the many sufferers of chronic diseases. It is of the greatest importance that patients learn to cope with the problems that cannot be remedied. Patricia Fennell's book provides an original and incisive approach to coping with chronic illness.”

Noel R. Rose, MD, PhD, Director of the Autoimmune Disease Research Center, Johns Hopkins University

“[*Managing Chronic Illness Using the Four-Phase Treatment Approach*] will be appreciated by all clinicians and individuals who deal with chronic illnesses and is a must-read for therapists involved in such work.”

Jayendra K. Patel, MD, in *Psychiatric Services*, a Journal of the American Psychiatric Association



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Fennell Four-Phase Model

The **Fennell Four-Phase Model (FFPM)** is a framework for explaining how people who are experiencing chronic illness or trauma can adapt to the changes in their lives. It outlines four phases that people commonly pass through as they learn to incorporate their altered physical abilities or psychological outlook into their personality and lifestyle.

It was developed by Patricia Fennell, MSW, LCSW-R, in 1992; first published in 1993 in *The CFIDS Chronicle*; subjected to validation research several times in the 1990s and 2000s; and fully presented in Fennell's 2003 book, *Managing Chronic Illness: The Four Phase Approach*. (See Bibliography for citations)

The Fennell Four Phases are: **Crisis**, **Stabilization**, **Resolution**, and **Integration**. Within each phase, FFPM addresses three domains: the physical/behavioral, the psychological, and the social/interactive.

- In **Phase 1 Crisis**, the individual moves from onset of the condition to an emergency period when he or she knows that something is seriously wrong. Onset may be specifically detectable, such as a serious and disabling automobile accident, or may happen gradually, as in the case of multiple sclerosis, where a period of symptoms precedes diagnosis. The task of the individual, caregivers, and clinicians during this phase is to cope with and contain urgency and trauma.
- In **Phase 2 Stabilization**, the individual discovers that he or she fails, sometimes repeatedly, to return to normal, regardless of interventions or behavior. The task in this phase is to initiate stabilization and life restructuring.
- In **Phase 3 Resolution**, the individual recognizes deeply that his or her old life will never return. Early in this phase, many experience significant grief and loss. The task of this phase is to begin establishing an authentic new self and start developing a supportive, meaningful philosophy.
- In **Phase 4 Integration**, the individual defines a new self in which illness may be an important factor, but it is not the only or even the primary one in his or her life. Integration of the illness into a meaningful life is the goal the individual seeks.

The experience of chronic illness or trauma does not remain the same over time. The physical, emotional, and social needs of an individual in the early stages of the chronic experience can be considerably different from the needs of an individual who has been ill for several years.

Additionally, unlike other phase- or stage-based models, such as the Kübler-Ross theory of death and dying, FFPM does not assume that individuals move through the FFPM phases in a linear fashion. Rather, physical or emotional setbacks can precipitate a temporary move back to a previous phase.



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Selected Bibliography

Books

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Television/Radio Appearances & Popular Press

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