



Patricia A. Fennell, MSW, LCSW-R

Internationally Recognized Expert in
Chronic Medical and Mental Health
Conditions, Trauma, Disability,
Violence, and Death and Dying

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 Disability

Areas of Expertise

- Chronic Illnesses and Syndromes
 - Including cancer, multiple sclerosis, lupus, cardiovascular disease, chronic fatigue syndrome, fibromyalgia, autism, post-traumatic stress disorder (PTSD), depression, and anxiety disorders
- Education
 - Developing instrumentation/metrics for Physical Literacy—pilot projects—Africa and US
 - Negotiating accommodations for students with special needs, including chronic syndromes, in the K-12 and college/university settings
 - Drop outs and transition to higher education
- 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, Fennell 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
 - Health Management
 - Coping and integration
 - Professional/volunteer engagement in the hospice system



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Biography

Patricia Fennell, MSW, LCSW-R, is the Founder and President of Albany Health Management Associates, Inc., a multidisciplinary organization focusing on the global health care effects of chronic illness and trauma. Through health management, counseling, health-related research, professional training, community education, and chronic illness retreats, Ms. Fennell and her staff have been working since 1989 to alleviate the suffering created by chronic illness, violence, trauma, and death and to enhance the psychological, social, and physical wellbeing of patients and their families.

Ms. Fennell is an innovator in the chronic illness and mental health fields. She created the internationally recognized Fennell Four-Phase Treatment (FFPT)[™] model for understanding and treating chronic conditions. The model is used by medical and counseling clinicians, medical researchers, and patients in the United States, Canada, Australia, Africa, and Europe.

A popular speaker, Ms. Fennell presents worldwide to the medical, education, and criminal justice communities at conferences and meetings for both professionals and patients. She is frequently requested to offer her expertise to the media, corporations, government agencies, healthcare organizations, and academic institutions.

Patricia has authored four books on chronic illness, including: *The Chronic Illness Workbook: Strategies and Solutions for Taking Back Your Life*, *Managing Chronic Illness Using the Four-Phase Treatment Approach* and *The Handbook of Chronic Fatigue Syndrome*. She has also written numerous scholarly and lay press articles on the topic, including the chapter on Chronic Illness for the *Oxford Encyclopedia of Social Work* co-published by Oxford University Press and the National Association of Social Workers.

Patricia continues to see patients, train and supervise clinicians, and, utilizing original content and curriculum, administer a two-year training program in the FFPT[™] model.

Patricia is a jazz vocalist. In 2009 she released the CD *Frim Fram Sauce*.



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Testimonials

“Most of all, Fennell celebrates your daily acts of bravery that lead you to a more authentic self. I must give it the highest recommendation I can give as a writer—I wish I had written in myself!” –Susan Milstrey Wells, author of *A Delicate Balance: Living Successfully with Chronic Illness*.

“Fennell cares for everyone’s health: no matter who they are, whether or not they are experiencing chronic illness. That is the beauty of this book, it can be read and used by everyone.” –Zhenyi Li, Ph.D; School of Communication & Culture, Royal Roads University, Victoria, British Columbia, Canada

“A diagnosis of a chronic illness can be overwhelming. Patricia Fennell’s workbook allows a ‘bite-sized chunks’ approach to regaining control, concentrating on the possible, celebrating small achievements and most of all being kind to yourself.” –Jane Grose, Ph.D, MBA, RN, RMN; Research Fellow, Sustainability & Health, University of Plymouth, UK.

“In her unrelenting quest to meet the ever-expanding complicated world of chronic illness, Fennell’s workbook leaves no stone unturned. The book’s unmatched comprehensiveness is matched by sheer simplicity of style and level-headed, jargon-free language.” –Amir Cohen-Shalev, Ph.D; Associate Professor of Health & Welfare, University of Haifa, Israel

“*The Chronic Illness Workbook* is a must read for providers, families and patients with new confusing illness or known chronic illness.” –Steven S. Overman, MD, MPH, FACR; Professor of Clinical Medicine, University of Washington; Director, The Seattle Arthritis Clinic

“*The Chronic Illness Workbook* is a superb tool for anyone dealing with the myriad issues presented by chronic illness.” –Lynn Royster, Ph.D., JD; Founding Director of the Chronic Illness Initiative, De Paul University; Former VP/Director, CFIDS Association

“Fennell shines light onto the challenging terrain that characterizes life with a chronic condition. She empowers readers to navigate beyond cultural obstacles that fuel judgmental attitudes, blame and shame; setting forth ways of viewing, doing and healing that are built upon respectful, compassionate, collaborative relationships with self and others.” – Diane Bossung, PT, LCSW-R, Assistant Professor, Sage Colleges, School of Health Sciences

“Fennell offers a clear framework for understanding and navigating this largely uncharted terrain, specific suggestions for practical problems, and outstanding support and guidance in finding new meaning and direction in life.” - Lynn Royster, Ph.D., JD; Founding Director of the Chronic Illness Initiative, De Paul University; Former VP/Director, CFIDS Association

“There is simply no better guide on the journey of chronic illness than Patricia Fennell. As you learn to heal your physical self, your emotional self, and yourself in relation to others, she guides, inspires, and supports you... Read this book with highlighter in hand—it will change your life.” - Susan Milstrey Wells, author of *A Delicate Balance: Living Successfully with Chronic Illness*

"Fennell lays out the tangible components of an effective care program, which integrates the care of the physical, emotional, social, work and even spiritual aspects of illness. In her Four Phase Model for chronic illness care, she shows how the whole person needs to be assessed and cared for over time and offers an important roadmap for a patient's journey with illness. This journey is never a straight line, since there are detours and retracing past experiences as illness comes and goes, but each cycle prepares one better for the next time through." - Dr. Steven Overman, MD, MPH, FACR; Professor of Clinical Medicine, University of Washington; Director, The Seattle Arthritis Clinic

"Fennell's book is an excellent account of what people with chronic illness experience. Readers are taken through a journey, written as the *four phases of chronic illness*, to which they can relate and come to terms, and learn how to recreate themselves as they integrate their illness into their new lives. The workbook provides practical strategies for living the best quality of life in a society that does not recognize chronic illness as legitimate. I commend Fennell's Four Phase Model which greatly helped my family cope with our daughter's illness when she was diagnosed with Chronic Fatigue Syndrome at age 12. I highly recommend this book as a valuable asset to persons with a chronic illness and their family and friends." - Lorraine Steefel, DNP, RN, author of *What Nurses Know about Chronic Fatigue Syndrome*

"Fennell has the rare gift of balancing practical, grounded advice with insight-based exploration. Individuals living with chronic illness will find this workbook easily accessible in providing grounded approaches to dealing with the many important and often overlooked aspects of change in their lives – such as work and finances, sexuality, and activities in daily living – while giving equal attention to the intense emotional pain, loss, and meaning-making that is inherent in learning to live with chronic illness. To borrow a phrase from this book, those dealing with the 'dark night of the soul' will find the wisdom and support of this work a welcome companion on their journey." - Sara Rieder Bennett, PhD., Licensed Psychologist and Coordinator of Research Services for Counseling and Psychological Services at Clemson University

"It's a very adaptable workbook full of good ideas and everyone can learn something from using it." - Jane Grose, PhD, MBA, RN, RMN; Research Fellow, Sustainability & Health, University of Plymouth, UK

"[Carol has] had a chronic illness for over 20 years. Ms. Fennell's miraculous book will lead you out of the tunnel of darkness. It is long overdue. As healthcare workers ourselves, we have seen that there was very little tolerance for chronicity in the medical world and in the real world. The Chronic Illness Workbook is a great companion for those of us struggling with long-standing illnesses. It hits the nail on the head. It has helped our family navigate the twists and turns of life with chronic illness. Thank you. Ms. Fennell!" - Carol & Rick Tobler, RNs

"[The Workbook's] no-nonsense lucidity succeeds in flushing out the hidden, suppressed corners of contemporary society's avoidance behaviors with regard to chronic illness and its often unnoticed patient. It makes the reader aware of what motivates and drives this behavior, even as it formulates strategies and tactics, for the patients to forge a new, integrated self and an altogether satisfying life." - Amir Cohen-Shalev, PhD; Associate Professor of Health and Welfare, University of Haifa, Israel

"Although written for the chronically ill, *The Chronic Illness Workbook* is a recommended read for anyone who interacts with the chronically ill. The book provides insights into the challenges that need to be addressed by the patient recently confronted with devastating chronic illness. Perhaps most helped by reading this book will be family and caregivers for they are ones who need to be best attuned to the sensitivities and challenges their family member or patient are confronting.

“It is a privilege to read the *Chronic Illness Workbook*. Masterfully written, the *Workbook* provides insight and shares the innermost struggles of patients who suffer catastrophic chronic illness. The *Workbook*’s triumph is its logical explanation and progression of steps that can be taken to overcome the loss of identity that accompanies the onset of catastrophic chronic illness and to emerge from the process an individual with repaired and/or re-envisioned psyche. The *Workbook*’s direct language and authoritative style provide a sense of being privy to the innermost concerns of the chronically ill. Of greater importance, however, The *Workbook* permits the reader to understand the process by which chronically ill patients can rebuild their lives by redefining themselves and re-envisioning their futures.” - Dr. Ken Friedman, PhD, Treasurer, IACFS/ME, Director of Public Policy, P.A.N.D.O.R.A., Inc. Associate Professor of Pharmacology and Physiology, New Jersey Medical School (retired)

“Two of my favourite chapters in this book are number eight for ‘caregivers, couples, and kids’ and ten for ‘health care professionals’. Fennell includes people who ‘live in the culture at large’ when talking about chronic illness. This is not only smart but also right. How often has our attention been over-paid to people experiencing chronic illness so that we start to neglect ourselves and other people around that patient? How often do we over-stress the vulnerability of a patient by taking health care professionals’ safety and health for granted? How often do we forget about the ‘interaction’ and ‘influence’ between people receiving and giving care? How often do we stare at one point and ignore the big picture?

“Fennell is a professional with attention to both particulars and the whole story. In each chapter of her book, she lists facts, details, specifics, and essentials but never forgets to remind us that we need to put each puzzle piece together for the holistic context. We shall see our experiences with chronic illness as an on-going interaction with the disease, our bodies, our families and friends, health care professionals, and society rather than a lonely battle against the wind mill.” - Zhenyi Li, PhD; School of Communication & Culture, Royal Roads University, Victoria, British Columbia, Canada

From The First Edition:

“[*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

“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., JD; Founding Director of the Chronic Illness Initiative, De Paul University; Former VP/Director, CFIDS Association

“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

“*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

“Fennell has succinctly addressed the problems faced by people with chronic illnesses and their providers... The Four Phase Model ties it all together! I recommend it to colleagues and friends. A great tool in our treatment toolkit and an excellent aid to any patient who has a chronic illness.” - Donald Uslan, M.A., M.B.A., Medical Psychotherapist and Rehabilitation Counselor Northwest Counseling Associates

“A superb self-efficacy tool for anyone who has a chronic illness. Fennell’s four-phase approach adds the dimension of dealing with the social milieu in which the chronically ill person must function.” - Miryam Ehrlich Williamson, author, *Fibromyalgia: A Comprehensive Approach* and *The Fibromyalgia Relief Book*



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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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Television/Radio Appearances & Popular Press

One Hour at a Time with Mary Wood, Living Fully in Trauma's Aftermath. May 16, 2011, on the **VoiceAmerica Radio Network**

HealthLink with Benita Zahn, WMHT-TV, Albany, N.Y. How to Manage Chronic Pain; April 2011.

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