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Chronic Illness On Campus: A Four Phase Approach for Understanding and Accommodation

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Agenda

- Philosophy of the Phase Method
- Trauma Types
- Traditional Disability vs. Chronic Conditions
- Chronic Care in Context and Culture
- Socio-Cultural Factors and Traumagenic Dynamics
- The Four Phases of Traumatic and Imposed Change
- Fennell Four-Phase Treatment™ Within Four-Phase Case Management

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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

- Disease/Syndrome Trauma
- Iatrogenic Trauma
- Cultural Trauma
- Vicarious Trauma
- Pre-Morbid / Co-Morbid Trauma

Traditional Disability vs. Chronic Conditions

- Chronic conditions on a continuum
- Static vs. dynamic disability/illness
 - Fixed disability
 - Relapse and remission
 - Waxing and waning

Traditional Disability vs. Chronic Conditions

- Legal definitions of disability/chronic illness
- Social or colloquial definitions
 - Disability
 - Illness
 - Disease/condition/syndrome

Chronic Care in Context and Culture

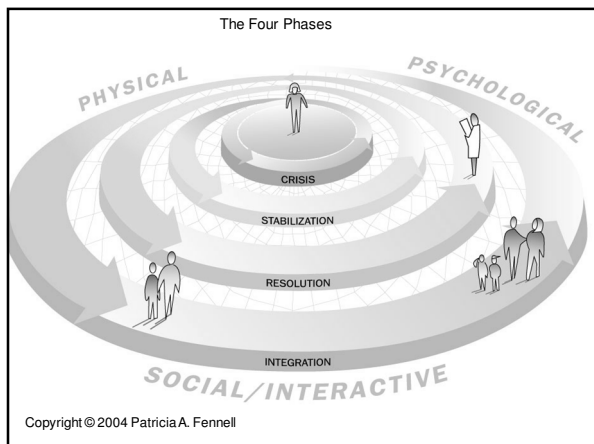
- Delivery Systems
- Levels of Discourse
- Socio-Cultural Factors
- Domain Assumptions
- Traumagenic Effects

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 and Chronic Illness:

Beth's Story



- Phase I – Trauma / Crisis**
- **Physical / Behavioural**
 - 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 / Behavioural**
 - 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

Fennell Four-Phase
Treatment™ Within Four-
Phase Case Management

Unique Characteristics of FFPT™

- Integrates the physical/medical, psychological, sociological, legal and financial aspects of chronic conditions
- Helps clinicians to develop better, targeted management strategies that move patients toward healing.
- Pursues this integration through the chronic phased experience.

The Four Phases: Treatment Goals

- Treatment Phase I: Reduction of Trauma Symptomatology
- Treatment Phase II: Stabilization and Restructuring
- Treatment Phase III: Meaning Development
- Treatment Phase IV: Integration

Unique Characteristics of Four Phase Case Management

- Utilizes a focused priority approach
- Facilitates treatment/management within a chronic framework
- Incorporates all stakeholders/participants

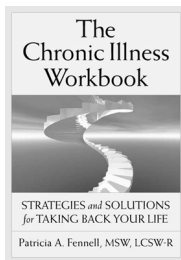
**The Four Phases:
Case Management Goals**

- FPCM Phase I: Establish case management focus
- FPCM Phase II: Data collection/activity restructuring
- FPCM Phase III: Self-management skill development
- FPCM Phase IV: Ongoing self-management

Treatment Summary

**Slides & Handouts Available
Online**

www.PatriciaFennell.com/Ahead09



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.

Available for \$20.00
from
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For more information or to order, visit:
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Thank You

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