

For Immediate Release

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Patricia Fennell Speaking On Chronic Illness at 92nd St. Y in Manhattan

Internationally recognized expert on chronic illness, trauma, death and dying Patricia A. Fennell, MSW, LCSW-R, will present a lecture, *Take Back Your Life: A New Remedy for Controlling Chronic Conditions*, at 6:30 p.m. on February 19th at the famed 92nd Street Y in Manhattan.

Ms. Fennell's talk at the Young Men's and Young Women's Hebrew Association will focus on chronic illness and the change it imposes on every aspect of daily live. With advances in medical care, more people are living longer, but with chronic conditions such as cancer, cardiovascular disease, chronic pain, depression, diabetes, insomnia and stroke. In addition, the rate of chronic illnesses like autism spectrum disorders, chronic fatigue syndrome, chronic pain and multiple sclerosis are on the rise. Ms Fennell will present her four-phase approach for confronting imposed changes and maximizing quality of life despite chronic disability, disease, pain or emotional suffering.

Admission to the lecture is \$15 for the general public and \$5 for May Center members. The 92nd Street Y is located at Lexington Avenue at 92nd Street in New York City. For more information, visit www.92y.org or call 212.415.5500.

Ms. Fennell, President and CEO of Albany Health Management Associates, Inc., is the creator of the Fennell Four-Phase Treatment (FFPT™) model, a highly practical, internationally utilized and empirically validated approach to clinical management of trauma, chronic illness and emotional loss. It addresses the complexity of these conditions by matching best clinical practices to four phases—crisis, stabilization, resolution and integration—and identifies the most appropriate and effective interventions for each phase. The FFPT model provides a narrative framework and cognitive map for families, helping them describe, understand and adapt to life following trauma, chronic illness onset or other loss.

For more information about Ms. Fennell or Albany Health Management Associates, please call (518) 782-0551 or visit patriciafennell.com or albanyhealthmanagement.com.

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