



Carol A. Kivler

Mental Health Advocate, Author, Trainer and Speaker

Demystifying ECT: What You Don't See in the Movies

A Presentation by Carol Kivler – Courageous Recovery

SUMMARY

Electroconvulsive Therapy (ECT) is a potent therapeutic tool that has existed for quite some time in treating severe cases of mental illness. Originally known as “shock therapy,” the practice once associated with films like *“One Flew over the Cuckoo’s Nest”* has evolved and is resurfacing as an effective treatment for those suffering with medication resistant depression. According to the American Psychiatric Association, its success rate is 80 percent; almost double that of treatment with medication alone. Today the views on ECT are varied, from clinicians who are skeptical about its effects and concerned about brain damage to those who believe it is the most effective and safe psychiatric treatment available.

Carol Kivler has received more than 50 ECT treatments over an 18 year period. For her, ECT provides the only option to treat periodic bouts of intense depression. In *Demystifying ECT*, Carol will discuss her own experiences as a patient who has successfully been treated with ECT numerous times. She will discuss her initial reaction to her doctor’s recommendation and well as her preparation, treatment and recovery from ECT.

OBJECTIVES:

To educate, create acceptance and provide an overall understanding around utilizing ECT as an effective treatment model for mental illness. To present a case study of someone who has undergone the treatment multiple times and how it has impacted their mental, physical and emotional health, as well as their quality of life.

PRESENTATION HIGHLIGHTS INCLUDE:

- How Carol was prepared for treatment
- What occurred during treatment
- The effects of treatment on the brain
- Side effects experienced after treatment
- Regaining and resuming a full, productive life

AUDIENCE:

Healthcare Professionals - Nursing and Medical Students - Researchers - Therapists - Drug Manufacturers

Carol’s presentations are available as a keynote (30 - 90 minutes) or as an extended workshop (3 hours) and can include a Question and Answer session.

For more information contact Carol Kivler at (609) 882-8988 or email carol@courageousrecovery.com