



Carol A. Kivler

Mental Health Advocate, Author, Trainer and Speaker

The Darkest Moments of Depression: What You May Not Know

A Presentation by Carol Kivler – Courageous Recovery

SUMMARY:

Depression is an illness that can strike anyone at anytime. It is an illness that not only paralyzes you and robs you of the ability to enjoy life, but can often leave you feeling hopeless, sometimes leading to self harm and suicide.

Depression paralyzes all five of your senses:

Sight—colors become dull, there seems to be a veil between you and the rest of the world

Smell—fragrances and odors seem less pungent, if you can smell them at all

Taste—your taste buds are turned off all together and you have not interest in food

Hear—the obsessive thoughts are so loud in your head, you are lucky if you hear anything else

Touch—the need to touch and be touched vanishes

Carol Kivler will help you enter the world of depression through a patient's perspective. She will share her personal experience with four major, intensive bouts of depression; what she needed and continues to need from her family, friends, colleagues, and her treatment team; how she dealt with the stigma that haunted her for the first eight years of her illness

OBJECTIVE:

To share the voice of experience from someone who has been in the “pit of depression,” while clarifying what patients need, but are often unable to articulate at their time of need.

PRESENTATION HIGHLIGHTS INCLUDE:

- The difference between Prognosis versus Diagnosis
- Dealing with the stigma of a Mental Health Diagnosis
- Empowerment in the Treatment Relationship
- What Mental Health Patients need most from Healthcare Professionals
- How Family Members, Colleagues, and Friends can support a Mental Health Patient

AUDIENCE:

Healthcare Professionals - Family Members - Colleagues - Friends - Individuals dealing with a Mental Health Diagnosis

Carol's presentations are available as a keynote (30 - 90 minutes) or as an extended workshop (3 hours)

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