

PRESS RELEASE

DEMYSTIFYING ECT: WHAT YOU DON'T SEE IN THE MOVIES

Electroconvulsive Therapy (ECT) is a potent therapeutic tool that has been used for over 70 years in the treatment of severe cases of mental illness. Originally known as “shock therapy”, the practice once negatively 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%; almost double that of treatment with medication alone.
- Today, ECT has evolved as a highly effective, painless, modern procedure with minimal side effects for many patients.
- Yet, the media portrayal of ECT as a barbaric and terrifying procedure still prevents patients from considering it as a viable option

Carol Kivler is a highly sought after professional speaker, author of 4 books and international executive coach/consultant. She has received over 50 ECT treatments over an 18 year period. For Carol, ECT is her “silver bullet” and provided the only option to effectively treat 4 bouts of treatment resistant depression.

Carol discusses:

- Her own experiences as a patient who has successfully been treated with ECT numerous times.
- The preparation in detail, actual treatment, side effects and recovery from ECT
- How her own preconceived ideas of the procedure initially influenced her decision whether to begin treatments.

There is much about ECT that you don't see in the movies. Society needs to understand the modernized procedure and accept it as a highly effective treatment for severe mental illness. Carol will explain how it impacted her mental, physical and emotional health as well as greatly improving the quality of her life.

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