



# Lisa Crowder (Pen Name: Liz Grace)

Speaker • Author • Occupational Therapist

## Lived Experience Meets Health Education

Supporting empathy, reflection, and trauma-informed care in clinical training

### Bio

Lisa Crowder is an occupational therapist, author, and mental health advocate. Her memoir, *Resilient: Surviving My Mental Illness*, published under the pen name Liz Grace on June 30, 2023, shares her journey through multiple psychiatric hospitalizations, hearing loss, cochlear implantation, and recovery—all while becoming a healthcare professional. A finalist for the 2024 Ontario Legislative Assembly's Speaker's Book Award, *Resilient* is also available as an audiobook narrated by Lisa. Her story is featured in the 2024 book *Awakenings: Stories of Recovery and Emergence from Schizophrenia* by Bethany Yeiser and Dr. Henry Nasrallah.

Her work is suggested for use in academic and clinical education programs, including occupational therapy, nursing, psychiatry, and interprofessional health studies. Lisa is open to speaking with university classes, professional development groups, and clinicians in training to support dialogue around recovery, stigma, and the complexity of care.

### Educational Relevance

- Encourage reflective practice in students and professionals
- Support curriculum on trauma-informed care and recovery
- Prompt discussion on stigma, identity, and lived experience

### Speaking Topics

- *Resilient in the Classroom*: How lived experience enhances clinical empathy and trauma-informed education
- *From Patient to OT* – The impact of identity and recovery on professional development
- *Mental Health & Hearing Loss* – A story of dual stigma, recovery, and resilience.

### Selected Speaking Highlights

- Collaborative Mental Health Care Conference (June, 2024)
- Simcoe Sunrise Rotary Club (May 28, 2024)
- CMHA Board of Directors, Simcoe (October 23, 2023)
- OT podcasts (Canada & U.S.)
- Local mental health advocacy events and community talks

### What People Are Saying

"I am a psychiatric nurse who has worked on inpatient units for 30 years. Until I read this book I never understood how hospitalization impacts a patient's future. I highly recommend this book to anyone who works in Healthcare. The author is to be commended for her bravery and vulnerability in sharing her story." — Psychiatric Nurse, USA, Reader Review

### Let's Connect

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📞 Contact via email to arrange a call

🌐 [www.lizgraceauthor.com](http://www.lizgraceauthor.com)  
📘 [Liz Grace \(Author\)](#)

Honorariums are welcome. Please reach out for availability and rates.