



Lisa Crowder (Pen Name: Liz Grace)

Speaker • Author • Occupational Therapist

— HARD STORIES, HONEST CONVERSATIONS —

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 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.

Lisa has been featured twice in Hamilton newspapers and has spoken on numerous occupational therapy podcasts. She regularly speaks to professionals, community groups, and individuals with lived experience, offering a unique lens that combines clinical insight with her own lived expertise.

Speaking Topics

- *Resilient: Surviving My Mental Illness* – A keynote about identity, survival, and healing.
- From Patient to OT – What lived experience brings to clinical practice.
- 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

"Absolutely brilliant book! As a mental health nurse I was really pleased to be able to read such a hard-hitting book. Excellently written. Hopefully it will help with the stigma still associated with mental health & make people more aware of the silent issues people are living with. Cannot rate this highly enough!" — Anita & Paul, Mental Health Nurse, Amazon review

Let's Connect

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📞 Contact via email to arrange a call

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Speaking honorariums are welcome and vary depending on the event. Please reach out for availability and rates.