

Katie R. Dale Speaking Kit

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Katie R. Dale Biography



Katie grew up in a Christian home but was blindsided by serious mental illness at the age of (not-so-sweet) 16. After a 3-week stay at a local juvenile psych ward, medication trials, and many sessions of Christian psychotherapy, she continued her education, graduating from Roberts Wesleyan College in 2009 with a B.S. in Business Administration.

After being stable and medicated for 8 years, and married to her husband for 3, Katie was inspired by a televangelist to take a leap of blind faith and claim complete healing in Jesus's name – going off her medications. She returned to the psych ward for several months, and chronicles these experiences in her new memoir, *But Deliver Me from Crazy* (due March 2020).

Having served as a caseworker in a behavioral health outpatient clinic, Katie's passion is to help others struggling with their mental illnesses and to come alongside those who are confused about their faith's role in healing their minds. She offers clarity and perspective from past personal and professional experience on her blog, BipolarBrave.com. Follow her on social media @katierdale.

Katie R. Dale is a mental health advocate and writes for Fresh Hope for Mental Health. She resides in rural Missouri with her active duty AF husband, son, and cat.

Katie R. Dale's Speaking Topics

Misconceptions Your Church May Have about Mental Illness

- Why the church is confused about depression
- The difference between suffering and misery
- Biblical reasoning for mental illness's credibility

Pregnancy and Parenting with a Mental Illness

- My personal experience with pregnancy and psych meds
- Things to keep in mind when deciding to have kids
- Weighing cost/risk

Self-Care for All

- The 9 facets of self-care we all have to be responsible for
- Tips and tricks to maintaining excellent self-care

Working with a Mental Illness

- The Biblical and practical importance of purpose and having a job
- Challenges along the way and ways to overcome them

How to Treat Someone You Know Who Has a Mental Illness

- Recognizing their condition
- Ways to interact with them
- Ways to get them help if they need it
- Ways to support them and their family

What It's Really Like To Stay in Psych Wards

- What to expect in the physical realm
- What to expect in the spiritual realm as a Christian
- What to expect in the emotional/mental realm
- What to expect in the medical realm
- What to expect in the payment/insurance realm

Severe Mental Illness and the Prosperity Gospel

- Definition of Prosperity Gospel teaching and how to spot it
- The biggest lies that tripped me up and led me to relapse
- What is Anosognosia and how can you help someone who has it

Past speaking engagements include

[CharismaNews Mental Health Podcast](#)

In this interview I address:

- My upbringing and walk with the Lord
- How the church helped and hindered my progress with my mental illness episodes
- What those struggling with getting professional help can do

[The PsychCentral.com Show Podcast](#)

In this interview I address:

- The importance of distinguishing religion and a relationship with Christ
- Why it's pointless to get angry in most cases
- What mistakes I was inspired to make because of a televangelist

[Fresh Hope For Mental Health Podcast](#)

In this interview I address:

- My personal tests to discern God's voice vs. the Enemy's especially with psychosis
- God's purpose in the pain of my mental illness
- God's faithfulness in the answers to my prayers for healing

[RevealingVoices Podcast](#)

In this interview I address:

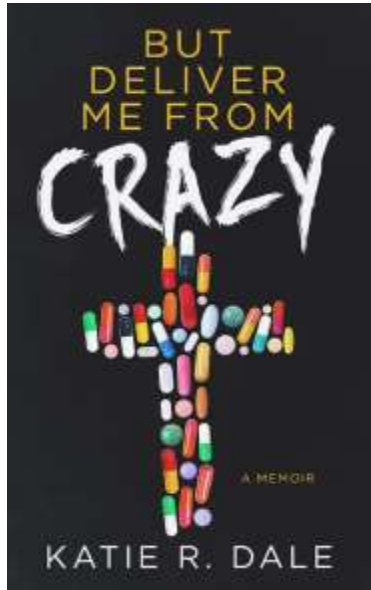
- Why my blog is called BipolarBrave and why I write about my mental illness
- What "healing" means to me

[Counterpoint! With Gary Jenkins TV Show](#)

In this interview I address:

- The definition and facts about mental illness
- The ways I was treated in the hospital
- The GAMEPLAN: Mental Health Resource Guide

About the Book



But Deliver Me from Crazy: A Memoir is the journey my life took from my junior year of high school into my mid-twenties. I chronicle the experiences I went through with two serious mental illness episodes and their subsequent hospitalizations. *But Deliver Me from Crazy* will leave you understanding the importance of medical treatment with mental disorders, and how I reconciled my Christian faith in a God who heals with the reality of a life-long illness.

But Deliver Me from Crazy, is the narrative of one young woman's encounters with the unseen, both mental and spiritual. Written by popular blogger and mental health advocate Katie R. Dale, *But Deliver Me from Crazy* provides a vivid account of first-hand experiences with bipolar disorder type I, with psychotic features. The book is about the lessons she learns from the inside-out – that of faith through spiritual warfare and manic psychosis, and the ever-necessary psych meds she could not do without. *But Deliver Me from Crazy: A Memoir* is a powerful testimony of God's healing grace to help stabilize a beautiful mind, and that those who struggle with mental health conditions and their loved ones will not want to miss!

My Story: Why I Wrote a Memoir

At a young age, I'd asked God to use me in any way He would orchestrate. I would pray Isaiah 6 – "Here am I, Lord. Send me."

And send me He did, leading me every step, through the fire and through the rain.

And He remains at my side.

When we are willing to join in Christ's sufferings, it is never for our own sake, but for His glory and our good. When my bipolar disorder emerged, I suffered in sickness and was able to share in the persecution that comes with identifying with Christ.

Being a Christian with a mental illness was especially confusing, but always worth it. I felt the spiritual warfare and reality of persecution within the hospitals. And I also got the help I needed there. By God's grace, I ended up on the perfect dosage of medication in an answer to my prayers for healing and believing God could and would use my story for His glory.

I made some big mistakes going off my medication and subsequently losing my mind. But God has always had a plan from the beginning. I pray sharing my story will convince many that psych meds and medical treatment for mental illness are good and for many with serious mental illness, necessary. It is my purpose to dispel the myths of so many who believe mental illness is spiritually rooted, demonic, or untouchable.

I have always loved writing and expressing myself in words, when visual depictions wouldn't do.

For a time, I considered making it a non-fiction self-help book. Share some pieces of experience and lessons learned. However, in my heart of hearts I knew that my story was significant in telling the whole of it.

And that is why I wrote a memoir.