



Rehabilitation Hospital

Medical Research Institute

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FOR IMMEDIATE RELEASE

“Burke Rehabilitation Center to Host Renowned Motivational Speaker for a Free Talk on Thriving Through Trauma and Beyond, April 9”

WHITE PLAINS, N.Y. – March 12, 2014 – Burke Rehabilitation Center will be hosting [Gary Karp](#), an internationally recognized public speaker, author and trainer, on April 9 for a special talk focusing on thriving through and beyond trauma. Sponsored by the Christopher and Dana Reeve Paralysis Resource Center, which also supports various Burke spinal cord injury programs, Karp will share his experience living with spinal cord injury, returning to the community, and living an active and independent life.

“Gary Karp brings a wealth of knowledge and experience that only someone who has endured a life changing injury could share,” says Sandra Alexandrou, PT, MBA, senior administrator of Inpatient Rehabilitation Services at Burke Rehabilitation Hospital. “We are thrilled to be hosting him again. The presentation will provide Burke patients and the community the opportunity to hear his inspirational story and meaningful insights.”

On July 4, 1973, Karp was injured in a fall from a tree at the age of 18. He broke two vertebrae at T12 and L1, injuring his spinal cord. He has not walked since but has authored three books: *Life On Wheels: The A to Z Guide to Living with Mobility Issues, Disability & The Art of Kissing: Questions and Answers on the True Nature of Intimacy* and *From There To Here: Stories of Adjustment to Spinal Cord Injury*, a book of essays by people with spinal cord injuries co-edited with Stanley Klein Ph.D. In November 2007, he was inducted into the Spinal Cord Injury Hall of Fame as a Disability Educator.

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His talk, “Thriving Through and Beyond Trauma,” will focus on the range of coping styles which people might draw from in the early stages; the process and path to being as active and independent as possible; making the most of rehab; and various common adjustment epiphanies. “Exactly because there is loss by definition, it only makes sense to embrace what can be gained,” Karp says. “It is in our nature to crave intimacy, and that is not precluded by disability. We live in a transformed world in which disability does not preclude the ability to live a full and meaningful life.”

This event will be held from 4:30 to 6 p.m. on April 9 in the Rosedale Conference Room of Burke Rehabilitation Center’s Billings Building at 785 Mamaroneck Ave. in White Plains. The event is free and open to the public, and refreshments will be provided. For more information or to reserve your space, please call (914) 597-2848.

Burke Rehabilitation Hospital is a private, not-for-profit, acute rehabilitation hospital. Founded in 1915, it is the only hospital in Westchester County dedicated solely to rehabilitation medicine. Burke offers both inpatient and outpatient programs for those who have experienced a disabling illness, traumatic injury or joint replacement surgery. The hospital is part of Burke Rehabilitation Center, which also includes Burke Medical Research Institute and Burke’s Outpatient Division. Burke’s world-renowned doctors and therapists provide state-of-the-art treatment while its research scientists explore the frontiers of neurological and rehabilitation medicine. All share the Burke mission to ensure that every patient makes the fullest possible recovery from illness or injury regardless of their ability to pay. For additional information on Burke Rehabilitation Center, please visit burke.org.

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