



Carol A. Kivler

Mental Health Advocate, Author, Trainer and Speaker



Speaking Topics Include:

- Putting the Face of Hope on Depression
- The Other Side of Psychosis
- Demystifying ECT: What You Don't See in the Movies
- Don't Tell Anyone I've Had ECT - It's My Secret

Suggested Audiences:

- Mental & Medical Health Professionals
- Medical and Nursing Students
- Mental Health Facilities
- Professional Associations
- Health & Wellness Conferences
- Family Support Groups
- Consumer Conferences

Carol Kivler, MS, CSP, CMT is a highly sought after professional speaker, author, communications consultant, corporate coach, executive trainer, and Founder of Courageous Recovery. Through Courageous Recovery, she shares her story and advocates for those suffering from depression. Carol's high-energy and compelling keynote presentations change thinking and inspire participants to reach beyond the myths and stigma surrounding mental illness.

Carol is a consumer in recovery, who has successfully overcome 4 major bouts of clinical depression with the use of ECT. Carol is incredibly honest about her personal experiences with depression, treatment, and recovery. Carol speaks to psychiatrists, psychologists, nurses, social workers, counselors and medical/nursing students. This is a wonderful opportunity for mental health professionals to view a former patient as a courageous survivor. These audiences have embraced Carol as her consumer perspective uniquely educates and inspires them. Carol also speaks to consumers, their families and loved ones, who are motivated and empowered by her experiences.

During past recovery periods, Carol has received a master's degree in Human Resource Education and started Kivler Communications, a company that provides customized corporate training, development and executive coaching. Through Kivler Communications, she has conducted more than 2,500 workshops. Carol also earned her CSP (Certified Speaking Professional) from the National Speakers Association.

Carol has been speaking to the mental health field since 2001. Carol presents keynotes and workshops at conferences and events as well as all types of Continuing Education Programs: Grand Rounds, staff professional development, CEU/CME courses.

She has been interviewed on national television, radio and in print. Carol is the author of *"Blessings: Your Journal of Gratitude"* and the newly published book, *"Will I Ever Be the Same Again? Transforming the Face of ECT (Shock Therapy)"*.

"I am a daughter, sister, mother, grandmother, friend, educator, speaker, author, and business owner. I am also a woman living courageously and successfully with a mental illness diagnosis. I view my diagnosis as a gift that allows me to share my own experience so that those who treat or live with this disease can see that recovery is possible. Through education and communication, we can reduce stigma by changing the face of mental illness." -Carol Kivler

15% of speaker fees are donated to NAMI MERCER NEW JERSEY a nonprofit organization of families and individuals dedicated to improving the quality of life of people affected by mental illness.



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Courageous Recovery: Changing the Face of Mental Illness

Carol Kivler is the founder of Courageous Recovery, a division of Kivler Communications, designed to raise awareness to remove the stigma of mental illness and to instill hope in those who live with it. Through Courageous Recovery, Kivler's goal is to change the way society and the medical profession views people living with mental illness.

Her mission is to have society and medical professionals view individuals living with mental illness as courageous survivors who want to be accepted, not rejected; respected, not pitied; and admired, not feared. Carol considers herself a courageous survivor expert.

For more information about Courageous Recovery, visit www.courageousrecovery.com.

Will I Ever Be the Same Again? Transforming the Face of ECT (Shock Therapy)

(Three Gems, June 2010)

Deeply personal and honest, Carol's book is a courageous survivor's guide to reclaiming life after depression. Divided into two parts, Carol takes readers through her debilitating journey through clinical depression. She shares her medication-resistant experiences, Electroconvulsive Therapy and ultimate recovery. Carol also provides valuable information for consumers, their loved ones and health care providers with her unique "Wellness Model." Carol's book will change reader's thinking and inspire them to reach beyond the myths and stigma surrounding mental illness.



Blessings: My Journal of Gratitude

(Three Gems, March 2003)

This beautiful book will become your treasured companion. A companion for you to capture your own blessings on paper. Writing in this interactive journal is a heartfelt way to preserve your recollections and move more deeply into self-reflection. Carol's journal is a combination of her inspiring words, captivating watercolors, and thought provoking questions.



Order books through Carol's web site:
<http://courageousrecovery.com/books.html>
or through www.amazon.com.

Speaking Engagements, Interviews or Book Signings: (609) 882-8988
Visit Carol's website at www.courageousrecovery.com