



*Will I Ever  
Be the Same  
Again?*

**Transforming the Face  
of ECT (Shock Therapy)**

**Carol A. Kivler, MS, CSP**

# Carol A. Kivler

Mental Health Advocate, Author, Trainer and Speaker



**C**arol 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: My Journal of Gratitude," "Will I Ever Be the Same Again? Transforming the Face of ECT (Shock Therapy)," and her new book, "The ABCs of Recovery from Mental Illness."

*"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



#### Speaking Topics Include:

- The ABCs of Recovery from Mental Illness - *NEW*
- Women and Depression: Awareness, Hope and Recovery - *NEW*
- Depression in the Workplace: Starting the Dialogue - *NEW*
- Putting the Face of Hope on Depression
- The Other Side of Psychosis
- Demystifying ECT: What You Don't See in the Movies

#### Suggested Audiences:

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

#### Visit Carol's websites:

[www.courageousrecovery.com](http://www.courageousrecovery.com) and [www.carolkivler.com](http://www.carolkivler.com)

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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