

# Carol Kivler, MS, CSP, CMT

Speaker, Author, Trainer and Mental Health Advocate



**Professional speaker, author, thought leader, trusted advisor** to international business executives, Carol Kivler is also a passionate advocate for mental health issues. A survivor of four bouts of treatment-resistant depression, she battled this devastating and debilitating mental illness with courage and faith to a full and sustained recovery.

Carol is an ardent advocate for consumers struggling with depression and mental illness. Through her four books, mental health presentations and Courageous Recovery, Inc., her 501 (c) (3) non-profit organization, Carol works tirelessly to overcome stigma and misrepresentations that still surround those suffering from mental illnesses. As a consumer advocate and mental health speaker, she tells the story of the treatment that saved her life, Electroconvulsive Therapy (ECT), and shares strategies for maintaining sustained recovery and mental wellness. Her presentations resonate with mental and medical health professionals, consumers, their families and friends, inspiring compassion, understanding and hope.

During her recovery periods, Carol received a master's degree in human resource education and started Kivler Communications, a company that provides customized corporate training, development and international executive coaching. She also earned her CSP (Certified Speaking Professional) from the National Speakers Association. For the past 16 years, Carol has been living in recovery – proof that recovery is not just possible, it is probable.

Carol's three best-selling books on depression and mental health issues have won multiple awards and a strong following among medical professionals, consumers and their families. She has been interviewed on national television, radio and in print.

Carol has been speaking to the mental health field since 2001. She 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. Carol is an authentic, riveting, and memorable speaker. Her high-energy and compelling mental health presentations change thinking and encourage participants to move from mental illness to the realm of mental wellness.

Carol's powerful and passionate telling of her very personal and harrowing journey profoundly impacts her audiences and the way they view mental illness. Carol wants everyone to know that: *“People with mental illness want to be viewed as courageous survivors - to be accepted, not rejected; respected, not pitied; and admired, not feared”*.



## Speaking Topics Include:

- Will I Ever Be the Same Again? A Recovery Story
- The ABCs of Recovery from Mental Illness
- Mental Health Recovery Boosters
- Women and Depression
- The Many Faces of Depression
- Demystifying ECT: A Patient's Perspective
- Starting the Dialogue: Depression in the Workplace
- Patient-Centered Communication in the Mental Health Field

## Suggested Audiences:

- Mental & Medical Health Professionals
- Medical and Nursing Students
- Mental Health Facilities
- Professional Associations
- Health & Wellness Conferences
- Family Support Groups
- Consumer Conferences
- Human Resource Professionals
- Disability & Absence Management Professionals
- Corporate Employee Resource Groups

## Visit Carol's websites:

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



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*"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."*

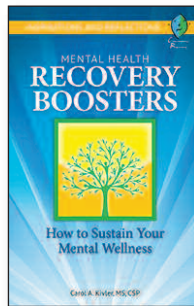
-Carol Kivler

**Speaking Engagements,  
Interviews or Book Signings:  
609-882-8988**

**Visit Carol's websites at  
[www.carolkivler.com](http://www.carolkivler.com)  
[www.courageousrecovery.org](http://www.courageousrecovery.org)**

## ***Mental Health Recovery Boosters***

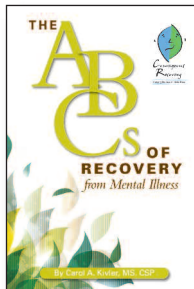
Available formats: Print & eBook  
(Three Gems Publishing, May 2013)



Carol's book is filled with inspiration and reflection to move readers from mental illness to mental wellness. Carol's essays stand alone with messages of encouragement and personal accountability. The answering of reflection questions assist readers in transferring the commitment of wellness to their own lives. Finally, this book provides the positive energy and strategies needed to help readers manifest the lives they were meant to live.

## ***The ABCs of Recovery from Mental Illness***

Available formats: Print & eBook  
(Three Gems Publishing, November 2011)



This handy pocket-sized guide presents 26 proven non-medical strategies that helped Carol recover from her mental illness and sustain her recovery. From "Accept your illness - it's not your fault" to "Zero in on taking care of yourself every single day," it's packed with practical suggestions for anyone striving to maintain wellness. No two mental health journeys are identical. This book will help you find the combination of strategies that work best for you. The collective goal is to sustain recovery.

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

Available formats: Print, eBook & Audiobook  
(Three Gems Publishing, 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.

**Order books through Carol's website:  
[www.carolkivler.com](http://www.carolkivler.com) or through [www.amazon.com](http://www.amazon.com)**