

AVAILABLE FOR INTERVIEWS

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***Will I Ever Be the Same Again?*
Transforming the Face of ECT (Shock Therapy)
by Carol A. Kivler, MS, CSP**

**A first-hand account of overcoming mental illness THROUGH shock therapy
--Courageous recovery that will inspire, educate, and eliminate stigmas of treatment
options for depression**

Twenty five years ago, Carol Kivler went through the first of four terrifying, acute depressive episodes that brought her to her knees and changed her life forever. In the spring of 1990, Kivler was leading a charmed life – mother of three terrific children, married to a successful attorney and enjoying an ideal career as a college instructor. Clinical depression came barreling through the walls of her world like a wrecking ball and caught both her and her family completely off-guard. *Will I Ever Be the Same Again?* is an inspiring story of hope that reveals depression is not the result of a character flaw or weakness, but a serious illness to which no one is immune. Kivler expertly demystifies and de-stigmatizes electroconvulsive therapy (ECT) as well, which worked for her when medication failed.

Will I Ever Be the Same Again? is separated into two parts. Kivler begins by sharing the life-altering story of her first episode with medication-resistant depression. She vividly describes the time when she began experiencing the illness' first subtle yet baffling symptoms until shortly after her initial exposure to ECT. The second part of the book offers general readers and healthcare providers insightful and informative advice on understanding both depression and ECT, as well as tips for entering and maintaining recovery.

Topics explored in *Will I Ever Be the Same Again?* include:

- The consumer's perspective on dealing with depression and the stigma associated with mental illness
- The truth about ECT and why it is a viable, life-saving treatment option for those suffering from drug resistant depression
- The four basic needs of all people: Welcome, Important, Understood, and In Control
- The three steps required for a 'Courageous Recovery': Awareness, Acceptance and Commitment

- The reasons why we need to eradicate all stigmas associated with mental health disorders and treatments

“Through entering into her experience, others are empowered to face their own struggles with hope and courage. I thank Carol for opening our eyes to the transformation of her life from illness to recovery with the healing power of ECT.”

--Sally T. Osmer, Executive Director of the National Alliance on Mental Illness, Mercer, NJ

Carol Kivler is a passionate consumer advocate, mental health speaker, author and the founder of Courageous Recovery, Inc., a 501 (c) 3 non-profit organization. She speaks to consumers, their loved ones and healthcare professionals to raise awareness, instill hope and combat stigmas surrounding mental health diagnoses and treatments. Carol shares her journey of recovery from four bouts of medication-resistant depression and her positive experience with the life-saving treatment ECT through keynotes, breakouts and Grand Rounds.

Carol is also the president of Kivler Communications which provides international executive coaching and customized workforce development training. Carol was the first consumer on the Board of Directors of the National Alliance on Mental Illness (NAMI) – Mercer, NJ and served for ten years. Carol is also a member of the National Speakers Association (NSA), the American Society of Training & Development, and the Mercer County Community College Advisory Commission.

Carol lives in Lawrence Township, NJ and is the proud mother of three grown children and seven grandchildren.

Will I Ever Be the Same Again? is available for purchase at the author’s website www.carolkivler.com, Amazon.com, and BarnesandNoble.com. Fifteen percent of the proceeds from the sale of this book will go to NAMI-Mercer NJ to support their wonderful services.

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