**CURRICULUM VITAE**

**CAROL A. KIVLER, MS, CSP, CMT**  
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**EMPLOYMENT HISTORY**

FOUNDER & PRESIDENT, *Courageous Recovery*, *Inc.*, Lawrence, NJ, a 501 (c) 3 non-profit organization. 2014-Present

Mission is to promote a mental wellness movement by advancing education, advocating nationally, and eliminating stigma surrounding mental illness.

CAROL A. KIVLER, Mental Health Speaker, Author and Advocate. 2006-Present

Delivers keynotes, workshops, Grand Rounds, CE/CME professional development and educational programs at national conferences to healthcare professionals, associations, and consumers.

FOUNDER & PRESIDENT, *Kivler Communications,* Lawrence, NJ 1994-Present

Customized training workshops (over 2,500 conducted), motivational speeches and international executive coaching/consulting (coached over 600 executives)

ADJUNCT PROFESSOR, Business Development; Consultant, Corporate Training Department,

*Mercer County Community College*, NJ 1984-1997

**EDUCATION**

MS, Summa Cum Laude, Human Resource Education, *Fordham University*, 1998

BA, Business Education, *The College of New Jersey*, 1976

**PROFESSIONAL CERTIFICATIONS & ASSOCIATIONS**

* Certified Speaking Professional (CSP)
* Certified Master Trainer (CMT)
* Member, National Speakers Association
* Past President, Philadelphia Chapter of the National Speakers Association
* Vitality Alliance, Path of Dialogue, Single Point LessonsCertification
* Mental Health First Aid USA
* Clark Wilson, 360 Degree FeedbackCertification
* Member, Office Advisory Commission at Mercer County Community College
* Member, National Alliance on Mental Illness (NAMI)
* Member, NAMI Mercer County
* Past Board of Trustees, NAMI, Mercer County (10 years)
* Stability Leader, The Stability Network

**BOOKS, PUBLICATIONS & ARTICLES**

* *Will I Ever Be the Same Again? Transforming the Face of Depression & Anxiety, 2018*
* *Mental Health Recovery Boosters, 2013*
* *The ABCs of Recovery from Mental Illness, 2012*
* *Blessings: My Journal of Gratitude,* 2003
* *Esperanza Magazine, Weekly Blogger*
* *Fantastic Customer Service Inside and Out*, Contributing Author, 2003
* *Journal of the American Psychiatric Nurses Association (JAPNA):*

*Staffing Inpatient Psychiatric Units*

* *Demystifying ECT: A Patient’s Success with Electric Convulsive Therapy*
* *Putting the Face of Hope on Depression*
* *Seven Essentials You Can Provide to Someone Struggling with Depression*
* *Contributing author to numerous websites and print magazines*

**AWARDS/HONORS**

2017 – Recipient of The College of New Jersey Alumni Leadership Humanitarian Award

2016 – Recipient of the New Jersey Institute for Nursing 2016 EPIC Award.

2015 – Recipient of the 2015 NAMI Mercer New Jersey *PILLAR Award.*

2014 – Courageous Recovery Inc. accredited with non-profit designation 501 (c) 3 as of July 2014.

2013 – “*Mental Health Recovery Boosters*”, Award-Winning Finalist: Self-Help Motivational category, USA Best Books 2013 Awards.

2013 – Invited to become part of the newly created International Society for ECT and Neurostimulation (ISEN) Patient Advisory Committee (PAC).

2012 – Nominated for WEGO Health Activist Award.

2012 – Invited to become Member of the Nursing Sub-Committee of the ISEN.

2011- *“Will I Ever Be the Same Again*?”, Finalist, Self Help category, 2011 Next Generation Indie Book Awards.

2010 – “*Will I Ever Be the Same Again?*, [Award-Winning](http://courageousrecovery.com/testimonials.html) Finalist, Health: Psychology/Mental Health category, USA Best Books 2010 Awards.

2010 - Invited by the American Psychiatric Nurses Association (APNA) to join their Consumer Advisory Panel (CAP), funded by the SAMHSA Recovery to Practice Grant.

2009 – *Victorious Woman Award*, sponsored by the Victorious Woman Project.

2008 – Recipient of the *Garden State Seeds of Hope Award* presented by NJ Monthly Magazine..

**MENTAL HEALTH FIELD SPEAKING ENGAGEMENTS** (continued on next page)

* Cleveland Clinic, OH
* Mayo Clinic, Rochester MN
* World Congress Annual Patient Advocacy Summit, PA
* World Congress Integrate 2018 Summit, PA
* University of California, Davis School of Medicine
* Rush University Medical Center, IL
* Psychiatric Institute of Washington, DC
* NYU School of Medicine
* NYU School of Nursing
* Yale University School of Nursing
* Columbia University School of Nursing
* Bio NJ Patient Advocacy Summit
* Drexel University College of Medicine, PA
* Albert Einstein Medical Center, PA
* San Mateo Medical Center, CA
* BNP Paribas Bank – Ability USA, NY
* International Society for ECT & Neurostimulation (ISEN), Toronto
* ISEN Annual Conference, NY
* ISEN Annual Conference, CA
* ISEN Annual Conference, PA
* American Psychiatric Nurses Association National Conference, PA
* American Psychiatric Nurses Assn, NJ
* New Jersey Nursing Students Assn
* Carrier Clinic, NJ
* NAMI California
* NAMI Delaware
* NAMI Mercer NJ
* NAMI Kentucky
* NAMI Alabama
* NAMI South Dakota
* NAMI Montana
* NAMI FACE, NJ
* SHRM Annual Conference & Exposition, IL
* SHRM Diversity & Inclusion Conference, CA
* SHRM Virginia
* SHRM South Carolina
* SHRM Indiana
* SHRM Minnesota
* SHRM Florida
* NHRMA, Washington
* Tri-State HRMA
* HRMA of Princeton, NJ
* NAAAHR, Greater Baltimore
* NAAAHR, NJ
* DMEC Chicago
* DMEC Michigan
* McHenry County Wellness & Recovery Conference, IL
* Chicago Behavioral Health, IL
* NJ Assn of Mental Health & Addiction Services
* First State Chapter, Association of Legal Administrators, DE
* Jersey Shore University Medical Center, NJ
* Neumann University School of Nursing, PA
* Capital Health School of Nursing, NJ
* Seton Hall School of Nursing, NJ
* TCNJ School of Nursing
* William Patterson University School of Nursing, NJ
* Christ Hospital School of Nursing, NJ
* DBSA New Jersey Annual Conference
* DBSA Boston
* DBSA Philadelphia, PA
* DBSA Princeton, NJ
* DBSA Succasunna NJ
* NewPoint Behavioral Healthcare, NJ
* Robert Wood Johnson University Hospital Hamilton, NJ
* Virginia Psychiatric Rehabilitation Association
* New Jersey Psychiatric Rehabilitation Association
* New Jersey Division of Vocational Rehabilitation Services
* MHA of San Diego, CA
* MHA of Orange County, California
* Recovery InSight, PA
* Greater Reading Mental Health Alliance, PA
* KEY Consumer Conference, IN
* Pine Rest Christian Mental Health Services, MI
* Anchor House, NJ
* Pennsylvania Mental Health Consumers’ Association
* Bergen Regional Medical Center, NJ
* University of Connecticut Health Center
* New Point Behavioral Health, NJ
* Trenton Psychiatric Hospital, NJ
* Stamford Hospital, CT
* Englewood Hospital, NJ
* Bergen Regional Medical Center, NJ
* Princeton House, NJ
* The Horsham Clinic, PA
* St. Barnabas Health Care System, NJ
* Prince William Hospital, VA
* Abington Hospital, PA
* Eagleville Hospital, PA
* New Directions Delaware
* Western Sunrise Consumer & Family Conference, ND
* Southern New England Women’s Expo, RI
* The College of New Jersey
* Middlesex County College, NJ
* NAMI Mercer NJ/United Way
* Trenton Psychiatric Hospital, NJ
* NAMI IOOV, 18 programs in NJ
* Mercer County NJ Awareness of Mental Illness Campaign, 10 presentations

**MEDIA/IN THE NEWS**

* Web MD/Medscape: Studio Interview
* Perspective New Jersey: 6ABC TV Studio Interview with Nora Muchanic
* Chicago Tonight - WTTW-TV: Live Studio Interview
* 6 ABC Action News - WPVI-TV (Philadelphia): Interview with Ali Gorman, R.N.
* WHYY (Philadelphia) TV: Studio Interview with Maiken Scott
* PsychU Educational Webinars
* The Times, NJ: Cover Story Interview
* The Chicago Sun-Times (IL): Interview and Book Review
* MedStar Television: Interview
* ABC News 36 (KY): Interview
* Morning Coffee (NJ): Interview
* Capitol Tonight (NY): Interview
* HealthyPlace Mental Health TV Show
* Princeton Community Television: PsychOdysseyTV: Interview
* Voice America Radio - Interview
* GoodLife TV Network: Interview
* The Powerful Patient on BlogTalkRadio (MA): Interview
* WDVR, The Many Faces of Life with Kay McGrath (NJ): Interview
* U.S. 1 Newspaper (NJ): Interview
* Lawrence Gazette (NJ): Interview
* Orange County Register (CA): Interview
* WHAS-FM - Kentucky Focus (KY): Interview
* Hot 92.3 FM (CA): Interview
* WSVA 550 AM (VA): Interview
* WYRQ-FM/KLTF-AM (MN): Interview
* Mtn Public Radio (CO): Interview
* WUSN-FM 'Weekend Journal' (CBS Radio - Chicago, IL): Interview
* KIUL-AM (KS): Interview
* WQAB-FM (W.VA): Interview
* KHKR-FM (MT): Interview
* WVOX (NY): Interview
* Utica Phoenix (NY): Interview
* Inside Business Magazine (VA):
* The Macomb Daily (MI): Interview
* The Wellness Journal (CA): Interview
* KXRB (SD)I Love Life with Jerry Dahmen: Interview
* WIHS Journal: Interview
* Princeton Community Television, Natasha Sherman Show: Interview
* It’s An Ideal World Magazine: Interview/Book Review
* PsychCentral.com: Book Review
* [PsychOdyssey.net](http://www.psychodyssey.net): Book Review
* The Journal of ECT: Book Review
* Goodreads.com: Book Review
* The Lakeland Times (WI): Book Review
* FoxBusiness.com: Article
* Focus on Women Magazine: Article/Book Review
* Businesswomanpa.com: Article
* Cleveland Daily Banner: Article
* Chicago Tribune: Article
* Mature Lifestyles/Senior Connection (FL): Article
* [HealthNewsDigest.com](http://www.healthnewsdigest.com/): Article
* GlobalWomanMagazine.com (VA): Article
* Living Better On-line Magazine (UT):
* Texas Family Magazine (TX): Article
* The Utica Phoenix (NY): Article
* Womenetics.com: Article
* MomsNetwork.com (MN): Article
* South Asian Woman Magazine (Vancouver, BC): Article
* Black Women 50+ Health & Lifestyles Magazine (WI): Article
* WomenEntrepreneur.com: Article
* Healthkey.com: Article
* Seattletimes.nwsource.com: Article
* Dealingwithdepression.com: Article
* Livingbetteronline.com: Article
* Mercerspace.com: Article
* Sun-Sentinel.com: Article
* SelfGrowth.com: Article
* LAtimes.com: Article
* Carrier Clinic Connections Magazine: Cover Article/Interview
* 99.5 WJRB DE: Radio Interview
* bipolarbrave.com: Interview
* Live on Purpose Radio: Interview
* Healthline.com: Interview