

## **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 Lessons Certification
- Mental Health First Aid USA
- Clark Wilson, 360 Degree Feedback Certification
- 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 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 Conferences, NY-CA-PA
- American Psychiatric Nurses Association National Conference, PA
- American Society for Healthcare Human Resources Administration, 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
- SHRM Pennsylvania
- 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
- NJ 101.5 FM Mental Health Town Hall
- PsychU Educational Webinars
- Bloomberg Law: Article
- 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: 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: Article
- GlobalWomanMagazine.com (VA): Article
- Living Better On-line Magazine (UT):
- Texas Family Magazine (TX): Article
- The Utica Phoenix (NY): 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.nwsourc.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](http://bipolarbrave.com): Interview
- Live on Purpose Radio: Interview
- [Healthline.com](http://Healthline.com): Interview