

CURRICULUM VITAE

CAROL A. KIVLER, MS, CSP, CMT

33 Traditions Way, Suite 201

Lawrence, NJ 08648

(609) 882-8988/carol@carolkivler.com/www.carolkivler.com

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

2019 – Recipient of the inaugural Mary Rosedale Patient Advocacy Award from the ISEN.

2018 – “*Will I Ever Be the Same Again?*” Award-Winning Finalist, Health: Psychology/Mental Health Category, Best Book Awards, American Book Fest

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 Book 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

- SHRM Virginia
- SHRM South Carolina
- SHRM Indiana
- SHRM Minnesota
- SHRM Florida
- SHRM Pennsylvania
- Tri-State HRMA
- HRMA of Princeton, NJ
- NAAAHR, NJ
- DMEC Chicago
- DMEC Michigan
- Princeton University Employee Resource Groups
- 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 Rehab Assn
- New Jersey Psychiatric Rehab Assn
- 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
- East Orange General Hospital, 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 programs

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
- WSVB 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.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