



The Carolyn Costin Institute

Testimonials About The CCI Eating Disorder Coach Training Course And Certified CCI Coaches (CCIEDCs)

Psychiatrist: “As a psychiatrist who has treated thousands of patients with serious eating disorders, and participated in eating disorders research, advocacy, parent support and therapist training, I **enthusiastically recommend an important new resource.... coaches.**

Coaching has been missing in the eating disorder field because up until now standardized training, supervision, and certification have been limiting factors. To address this unmet need, **The Carolyn Costin Institute** has developed such a certification program. I have worked with these coaches who offer daily behavioral support on a variety of levels serving as an adjunct to the standard team. The results have been excellent! My hope is that recovery coaches will become a mainstay of treatment for patients.

The CCI program trains coaches who are best in class in terms of boundaries, professionalism, and effectiveness. No doubt research will clarify the benefits of this type of care.”

-K.M.

Client: When I first met with my therapist about treatment for my eating disorder, she suggested I also work with a “Recovery Coach.” I didn’t know what she meant, or that such a thing existed ...

After 15 minutes talking to my coach I knew she was going to be a key part of my treatment team. My only wish is that I found her sooner! In conjunction with psychotherapy and nutrition visits, coaching is a partnership that helped me work through the specific actions I personally needed to take, uncovering ideas or thoughts that motivated me or got in the way of my recovery. My therapist gave me suggestions or guidelines, but it was my coach who helped me put the words into action.

My coach was **always** there supporting and rooting for me – just a text message away. I would not be where I am today if it wasn’t for my coach’s collaboration and input on my treatment team. Truly thankful and blessed to have found her!

-S.S.

Therapist: “A coach is crucial in helping our clients heal from the struggles that an eating disorder causes in their lives. The expertise they bring, along with the knowledge of being recovered themselves is unmatched. A coach aids clients in ways a therapist cannot fully address by supporting them in the moment working through food related and other behavior goals, while actively challenging their eating disorder voice.

Coaches offer support throughout the day via phone calls, text messages, and any other method that works for the client. The ability to be in contact with a client when the thoughts arise versus just a designated time for a session increases the effectiveness of treatment. I will continue to include coaches on my treatment team for clients and am very thankful to have found this resource. Coaches are making a valuable impact on clients but also the recovery world as a whole.

-K.B.

Mom: When an Eating Disorder comes into the life of a loved one it's so scary, your heart fills with fear and dread you beg for the happy child/person to return, but they cant. I could see my daughter was so overwhelmed all the time. I wanted to take away her pain. I couldn't, I felt like I was failing her, I started researching every night. That's when I read about recovery coaches. It made perfect sense to me. Having a recovery coach means we share the load. It's a lot to carry on your own. Our coach has given us hopeShe has been able to be there for our daughter any time any day. A weekly session with a therapist, then sent back to do it alone, just isn't enough. The coach has eaten out with us as a family. She is someone right there by my daughter's side who understands her, when she must feel so alone.

She provides meal support via the phone instantly at any time and emotional support for her and me because being a carer can be exhausting. The fact that this particular coach also is recovered is so valuable because they connect on a deeper level have built a trust that transcends all barriers.....

To recover from an Eating Disorder is really hard, most likely the hardest thing a person will face. I believe we need this extra support for the sufferer but also for the family members who find their whole family in crisis. We don't need to do this alone. Who better than someone my daughter trusts who has walked this path to help show her the way?! I would say it's the best decision we have made for us all as a family!

CCI ALUMNI TESTIMONIALS:

I highly recommend the CCI Coaching Certification Program to therapists, registered dietitians, and aspiring coaches who currently or plan to work with individuals suffering from an eating disorder. My war chest is now full with strategies and tactics to meet clients where they are at in recovery and guide them through the healing process. On top of the coursework being very educational, the time to complete the program is very manageable. I worked a full-time job while enrolled in the program and appreciate the ability to work at my own pace while also having an 18-month deadline to hit.

-M.Y.

I wasn't sure if I needed training to become an eating disorder recovery coach. I am SO GLAD I took CCI's course because it showed me how much I had to learn. Carolyn cares deeply about her students' learning and holds us to high standards. Receiving her personal supervision opened my eyes. My knowledge and confidence grew tremendously. I am so excited to help others recover. Thank you CCI!

-C.D.

I am so thankful I got the opportunity to study in this course. So far it has been the most valuable experience from any education I have had. Totally different style of studying than I am used to in my country. Even though it was an online course it was very personal and I had a chance to ask about anything what was not clear to me. The course made me even more passionate to work in the eating disorder field and to continue with my education. I really see eating disorder coaching as a very important tool that will be used as a part of the treatment team more and more. It's the future.

-K.M.

It's been just over a year now since I became a certified CCI Recovery Coach and I absolutely love it. I have a full case load of clients and I get new enquires from Eating Disorder sufferers or their families on a weekly basis. I love the challenge and variety that being a coach presents. I've had a number of clients reach significant milestones in the last month which is so rewarding.

-M.T.

As someone who recovered from bulimia over 20 years ago, and as a psychotherapist specializing in women and eating disorders, I cannot express how in-depth and valuable this training has been for me both personally and professionally.

I have completed much training over the last 20 years: coaching, therapeutic counselling, social work and psychotherapy. This training was as rigorous as my psychotherapy degree! Don't let this deter you though – it's a gift – especially within an unregulated coaching industry, where anyone can hang a shingle on their door and call themselves a coach.

Jeanette, the Director of Operations, and Carolyn, were both present and generous with their time throughout the course, and in the private Facebook group. This is a source of much comfort if you have any concerns about an online training. Carolyn even replied to me whilst hiking in Peru!

As a seasoned therapist, I learnt a whole new way of working with eating disorders, particularly throughout the supervision process with Carolyn. Many therapists are great at the 'why' of the eating disorder; this training provides many practical skills to help with the 'how to'.

Whether you are new to the helping professions or someone who has been in the field for a while, I cannot recommend this training highly enough.

-J.G.

This course will exceed your expectations. It is extremely thorough. In the end you'll have the tools you need to work with clients and their teams.

-D.C.

The course itself filled with such wisdom from Carolyn's extensive experience. Although I was training from the other side of the world, Carolyn and Jeanette made the training process feel seamless. They are very attentive and ready to support and answer any questions. This course has prepared me to not only work with clients using learned skills and lived experience, but also to start and grow my own coaching business.

... I highly recommend this course!

-O.S.

I found the CCI coaching program extremely informative, thorough, and practical. I felt very prepared to coach after taking it, and am enjoying the inevitable learning curve of putting everything into practice. It's been an extremely rewarding journey so far.

After leaving my previous career, I could not be happier and more grateful to have found something that feels like such an authentic fit, where I feel like I get so much from it while also helping others. Seeing clients make progress in their recovery, as well as feeling safe in being open and honest when they're not, makes this work so fulfilling. This was truly the best investment in myself I could have made at this time in my life.

-S.R.

I have been doing live ins for people who need someone to help them through business trips, vacations, special occasions/social functions and longer term up to two weeks. It has been a terrific opportunity and experience. I have created so many bonds as a coach and have been able to be a positive relatable mentor/coach to them.

-M.K.

Becoming a CCI coach changed the direction of my professional life, but also my life as a whole. Having worked in substance abuse for 10 years, I always had it in the back of my mind that I ultimately wanted to work with people struggling with eating disorders. After having recovered from my own eating disorder, I wanted to be able to give back what had been given to me. Becoming a CCI coach has allowed me to become my own boss, travel to help clients out of state and out of the country, meet amazing people, and fulfill that desire of giving back what had been given to me. It has been, and continues to be, one of the best decisions that I have

made. I'm forever grateful to Carolyn and Jeanette for working tirelessly to educate and certify coaches to help others recover from their eating disorders.

-C.R.

The Eating Disorder Certification Program was one of the most thoughtfully designed courses. It was like getting an intense education on Eating Disorders in one year. The attention to details and the wealth of information that was provided in this course was invaluable. I feel grateful to have been taught by Carolyn Costin herself.

Coaching for me has been truly rewarding knowing that I can share my experience as well as my education to help support those suffering from eating disorders.

-L.M.

...I love this work, and absolutely feel that the CCI training prepared me so well. Having the PDF handouts you created to give to professionals was so, so helpful. I truly love the work, and feel so grateful to be able to do it every day.

-S.R

I obtained my third professional coaching certification from CCI, and it by far prepared and equipped me more than any other to work with eating disorders. Carolyn's hands-on approach also helped me on an individual level versus feeling like a number in a big virtual classroom. The personalization and rigor of the program are what is absolutely needed, for working with eating disorders is challenging. Knowing that I truly earned my CCI certification created a real sense of pride and new-found confidence.

-S.L.

Seeing my clients go from feeling hopeless, ambivalent and scared, to getting excited about recovery makes my heart happy. I had such incredible support in my own journey, being able to give back to others feels right. I see coaching as passing the torch to the next generation of Coaches to help others heal. I wouldn't want to be doing any other work, this is where I am meant to be.

-K.A.

Whether you're a therapist who is familiar with Carolyn's work and incorporates it into your practice or someone who is being exposed to these philosophies for the first time, Carolyn's course is able to provide a structured way of moving a client through recovery by visiting topics like meal support, avoiding client traps, and skill-based, practical tools for support. For many of

you therapists, like myself, who were doing things typically considered as coaching with your clients, it will be your supervision and feedback from Carolyn that creates these subtle shifts that make the biggest difference. I believe in it so much that I've paid for several of my coaches (who are also counselors) to go through the course as well.

-A.K.

MORE TESTIMONIALS FROM PROFESSIONALS:

The longer I practice as an outpatient internist who specializes in eating disorders, the more clear it is to me how valuable eating disorder coaches are in the recovery process. When a patient of mine is struggling despite a strong multi-disciplinary team, oftentimes a skilled eating disorder coach is the linchpin who turns things around. The consistent support, practical skills work, and great team communication all promote momentum toward honoring the patient's goals and values while pushing back against the eating disorder's demands.

-Jennifer L. Gaudiani, MD, CEDS-S, FAED

Founder & Medical Director, Gaudiani Clinic

Author of "Sick Enough: A Guide to the Medical Complications of Eating Disorders"

I am a psychiatrist who has treated thousands of patients with serious eating disorders, participating in eating disorders research, advocacy, parent support, therapist training and program development. I am writing to enthusiastically recommend an important resource for eating disorders recovery.

In the past, we had worked with recovery coaches to provide exercise support, social support, or meal support. This service was typically as part of a transition of care or intensive outpatient strategy. In home, wrap around help is essential for those with serious and enduring symptoms, especially for those with family or work needs which interfere with intensive treatment. This is also true for those who have been unsuccessful implementing transition eating and exercise plans. In theory, this type of care would be first line. Resources, supervision, training, and availability of coaches have been limiting factors. Coordination of this type of care is complicated and involves specialized training. I have had the opportunity over the past few years to work with several teams trained and certified as in home recovery coaches through Carolyn Costin's program which offers a flexible person-centered approach to coordinating food, exercise, and other therapies.

Several of my outpatient have worked with teams of recovery coaches trained and certified by Carolyn Costin's group. [The CCI Certified Coach I am currently working with] has stood out as an excellent team coordinator. She hired and led a team of coaches to support a patient who had not been able to sustain benefits from traditional residential or outpatient care. This allowed us to re-establish effective communication between team members and address typical challenges that arise around her rigid thinking, avoidance, compulsive exercise, and

maladaptive eating strategies. I don't think that the patient we were supporting would have been able to stabilize without this service. She had never been able to sustain gains made in residential care for more than a few weeks yet, with in home recovery coaches, she was able to work while increasing her weight and challenging her exercise rituals.

I hope that recovery coaches will become a mainstay of treatment for patients with serious and recalcitrant symptoms and believe that Carolyn Costin's program currently trains coaches who are best in class in terms of boundaries, professionalism, and effectiveness. No doubt research will clarify the benefits of this type of care.

-Kim McCallum MD

Fellow American Psychiatric Association

Certified Eating Disorders Specialist

Board Certified Adult Psychiatry, Board Certified Child, and Adolescent Psychiatry Founder

Past Member Board of Directors National Eating Disorders Association

I had my first experience with a CCI certified coach and recovery coaching and found it extremely helpful. With a full practice, I don't have the time to do the meal sessions and provide the support outside of sessions that is so often needed. The coach filled that need and it made all the difference. She was able to have meals, supportive checkins and follow ups and kept me in the loop. She has a warm, enthusiastic style that's easy to connect with, provides hope and she really knows her stuff. I look forward to working with her again!

-Gwen Schubert Grabb, LMFT, CEDS-S

I have been utilizing Carolyn Costin certified coaches for several of my clients that require more services than I have time to provide. I have been impressed with their commitment, knowledge, communication and overall care. Utilizing video conferencing they have been able to have meals with clients, cook with them and provide meal support services. I have been contacted weekly to help set appropriate meal or food challenges and for client updates. It is wonderful to know that I do not need to be the one present for every snack or meal challenge. I plan to utilize them whenever needed, whether in person or by video. What a great asset for my practice.

-Debra Landau-West, M.S., R.D.

Recovery coaches are a valuable component of holistic eating disorder treatment. Their lived experience provides health professionals valuable insights into recovery, as well as hope and practical supports for clients. Recovery coaches with an understanding of multidisciplinary treatment, the systems in which they operate, and knowledge of evidence-based treatment are true assets in any team. Dietitians can benefit from working with recovery coaches in many ways, including; practical supports for grocery shopping, meal prepping and meal support, accountability, role-modelling, reiteration of nutrition-related goals and strategies for behavior change, navigating levels of care, as well as emotional support.

-Registered Dietitian's comment submitted to Millie Thomas, Certified Eating Disorder coach, on the benefit of coaches

[The coach] has a unique ability to make every client's treatment plan individualized by offering personalized interventions and meeting the client where they are at. Having collaborated with her on many cases in the past, she has excellent communication and adds integral insight into eating disorder behavior.

-Maggie Barber, AMFT/Case Management, Los Angeles, CA

"It's such a positive experience anytime I collaborate with [this coach] and have her as part of the treatment team. She is very skilled at taking the goals set by the team and supporting the client in reaching those benchmarks through the daily, practical, real life aspects of recovery. In addition to being exceptionally knowledgeable about eating disorders and recovery, it's evident that she leads with her whole heart. She is always an invaluable member of the team and I highly recommend her as a coach!"

-Kathryn Sica, LMFT, CEDS; Los Angeles, CA

My clients have benefited greatly from working with coaches trained by Carolyn Costin. My clients typically spend one or two hours with me and their dietitian per week. That leaves over 160 hours per week where they navigate a world full of body shaming messages, diet culture and weight stigma. Carolyn's coaches play a critical role here. They are available to my clients by text, email, and in person in between our sessions to help them navigate a tricky world. When I can't be there I know that my clients have a body positive and empowering voice in their ear.

-Alison Ross, LMFT

MORE TESTIMONIALS FROM CLIENTS USING CCI CERTIFIED COACHES:

Coach names have been redacted

[My coach] is one of the best food coaches I have ever had, and one of the most helpful members of my therapeutic team. I first met her over a year ago in sober living and she has since helped me learn how to cook, grocery shop, and eat in a non-disordered way. She is super funny, easy to talk to, and really understanding of all my issues - especially anorexia stuff. She helps me do literally everything food-related that gives me anxiety such as grocery shopping,

eating meals and meal accountability, learning how to prepare new recipes...there's literally nothing she can't or won't help me with. She also responds super fast and is really easy to get comfortable around. I'm usually shy but I was having full conversations and joking around with her by our second or third session. I would recommend her to anybody in eating disorder recovery, whether they've just started their recovery journey or have been in it for a while and need extra support, [she] will always be there for you!

-E.J.

CCI Coaching is the best idea ever! And I'm only just exploring! But I already feel 10 times better than yesterday. I just revealed 10 years worth of secrets in 30-45 minutes... feels really good. Recovery coaches should be part of everyone's treatment team... it should be standard practice...

-B.A.

[My coach] without a doubt has saved my life. She is everything one can ask for in a coach and a person. She is kind, patient and understanding. She helped me see the value in my life and one was one of the first people to help me see any semblance of hope after 20 years of self destruction. She is one of the most inspiring people I have met. Anyone would be lucky to work with her.

-A.F.

I came to you looking for help, solutions, someone that could fix me.... What I found was deep compassion, understanding and unconditional support... It was only there that my journey to recovery started.

-F.K.

Coaching is a critical tool in recovery because it is the most hands-on. [The coach] has taken our daughter shopping, cooked meals together, as well as eating out, even doing so virtually during the pandemic. Our daughter views her not only as a recovery coach, but as a friend who has recovered herself and can support her emotionally. We are so grateful to have [her] as a member of our daughter's team.

-OJ and BJ, Parents

"Having a child with an eating disorder is one of the scariest things a parent can experience. [The coach] came into our home and held our hands as we navigated the uncharted waters together.

[Her] calm demeanor and warm heart helped our child to begin opening up and find her strength to heal."

-AJS, Parent

Following a weekend engaging in eating disorder behaviors, I fell ill. Treading a fine line between life and death, I braved reaching out to Carolyn once more. She referred me to one of her CCI coaches and things began shifting right then and there. CCI coaching fills a critical gap in eating disorder treatment. I believe that research should be conducted to render the practice a “gold standard” for the treatment of eating disorders.

As there are an incredible number of advantages to CCI coaching, I cannot possibly list them all here. Vitality, CCI coaches are well-versed in the skills requisite to collaborating with various treatment team members. For instance, my coach regularly converses with my primary clinician and dietician. While these professionals are not accessible on a daily basis (it is not in their job description), [my coach] is. Readily available to remind me to eat my food, keep my food, and assist with life challenges that might impede treatment goals, she offers a stable, reliable, consistent, non-judgmental source of accountability, support, loving-kindness, honesty, and “tough-love,” when warranted. Using self-disclosure judiciously, she effectively individualizes treatment. Present for me in struggle and triumph, [my coach] never hesitates to remind me that I am worth it— that my life is worth living for.

Once home alone with my struggles, I now have someone to turn to. The CCI coaching relationship— it’s immediacy— makes all the difference. Had I worked with a CCI coach in childhood, things might have turned out significantly different. Nevertheless, I will continue moving forward with [my coach’s] support. I am beginning to brave living a fuller life than I’ve ever lived before.

-B.A.

Having a coach meant having someone next to me, to support me and hold me accountable, plus track my progress. That was so important. My coach took my hand and said we were going to do it together, creating weekly goals and challenges to overcome my fears. She truly understood me because she had been through it. No one else got “it” like my coach did. She knew what I was thinking without me even having to say anything at times. I felt truly seen by her. I was able to trust her until I could trust myself. She gave me so many tools that helped me deal with my negative thought patterns. My coach allowed me to reach out to her whenever I was struggling and this helped give me so much confidence in my recovery. She created a space of so much love and trust, without any judgement. I could tell her anything. I have never met someone like that before. I was able to share my tears and joy with her, which really made a huge impact on where I am today. I never thought I could stop purging. I thought I could maybe just limit it, but my coach helped me see I don’t have to live that way. Just knowing that she had Bulimia once and is totally free, gave me so much hope I could be free too. My coach completely changed not only my recovery, but my life and who I am. To this day, a year after working with her, I will often ask myself...“What would my coach say?” She is always with me.

-L.B., Client

I didn't really want help when my mom confronted me that she thought I had a problem. Honestly, I liked having a very thin body, but I didn't like how obsessed I was. So when my mom said it was either residential treatment or we could try a Therapist and a Coach team, I agreed to the second option. But, all I could think about at first is they would make me gain weight and that terrified me. The first time I met my coach, she came to my home and I immediately felt I could trust her. Which is odd for me. Even my dogs loved her. She listened to me, understood my fears, and asked me what I wanted. I didn't really know what I wanted until she asked me. Then I said, "I don't want to fear food or my hunger anymore and I want to stop purging." My coach looked at me with great confidence and simply said, "we can do that." How she said it gave me so much hope. I am still in recovery and the past 5 months of working on this has not been easy. But, she never gives up on me. She is constantly in the center of my team communicating with my parents and therapist, plus I can text her anytime if I am struggling. When moving into a new apartment by my university, she even bought me this cute piece of artwork to hang above my toilet as a reminder of my recovery and goals if I had the urge to purge. Even though I still have a ways to go, I am proud of how far I have come. When I first met my coach I was only eating one meal a day, that was some chicken breast, tons of broccoli, and a little tahini sauce. If I ate anything else I would almost always purge, which was at least 4 times a week, but many times more. Within 5 months, I now eat 3 times a day and sometimes feel okay with adding even a snack. Eating more variety too. Plus, I rarely purge. The timeframe between each purge episode is getting longer. I never thought I'd come this far, so I feel like I can go all the way and be recovered. Especially, because my coach is right there with me. She always says, "if I can do it, you can do it, and it is so much better on this side." I believe her.

-G.G., Client

It's hard to think where I would be right now if I hadn't met my Coach. As a more introverted person, I never once felt uncomfortable during my sessions and it was like a sense of freedom that I had nowhere else. My Coach showed me steps on how I could aim higher for recovery, it really helped me understand truly what an eating disorder was, and how I could beat it. It's something I'm so grateful for.

-N.M., Client

My coach is so inspiring and made me see my body in a beautiful new way. She understood me and my food challenges making it comfortable to talk about anything. We set goals and I always felt supported. I feel so blessed I found her. Because I could text her when struggling with urges, and she never judged me, I began to overcome them and am proud to say I no longer binge and purge. For the first time in my life, I can actually say I love ME and can accept my flaws.

-M.R., Client

Before starting coaching, I could not avoid thinking about food all of the time obsessively, about what I was going to eat today, tomorrow, the day after... I could not hear my truth and was constantly focusing on the eating disorder voices in my head. I could not be at peace and missed the feeling of freedom. I was bingeing, I could not have any control over food and the guilt I felt each time after eating food stuck with me. I felt so stressed just to sit at a restaurant and think about all this food I had to restrain or binge. And everything seemed to be a bad infinite loop around me in which I was stuck into! Also prior to my coach joining my team, I could never imagine that recovery was actually possible, I honestly felt alone and crazy in my eating disorder. HOPE was missing when I did not have a coach on my team. Also freedom was missing. When I knew my coach was recovered from ED, I felt understood, I could tell her everything, text anytime between sessions, I had in mind a safe place. I could finally be me and accept what was going on. I felt surrounded by trust, wisdom, care and goodwill. Today I am almost recovered myself, I can tell that I would have never been able to write those words without an incredible coach by side who took me by the hand step by step to move forward and learn how to enjoy again one of the most beautiful things that life has to offer: eating mindfully and at peace. I am beyond grateful to feel free again!

-B.C., Client

I am the mother of a 20-year-old daughter fighting an eating disorder. Once I confronted her and she admitted I began calling those I knew who were experts to get advice as to how to help our daughter begin the road to recovery. One of my dear therapist friends recommended a coach to me- an eating recovery coach. Our lives were changed forever the next day for the better when we met her. She explained the disorder to us and our daughter very calmly and how she could be part of our daughter's outpatient team. She told us it was possible to get to full recovery, but she didn't sugar coat the hard work our daughter would have to commit to. The coach gave us hope! She became the one who our daughter was accountable to daily as to recovery which then allowed us not to fight with our daughter about food or force feed her. We could love and support our daughter while the coach held her accountable. The coach worked with our daughter intensely daily to help her learn to love food again and learn that food was necessary to her health and whole being as a person. An eating recovery coach saved our daughter.

-M.G., Family Member

My daughter got to meet with her recovery coach only a handful of times before needing to be hospitalized for anorexia. Prior to the hospitalization, our coach worked closely with my daughter's PCP and therapist, and upon my daughter's admittance to the hospital, the coach was an invaluable resource for the team, sharing her insights and information. For me personally, having a coach was instrumental in helping me come to terms with the urgency of my daughter's state, which I am certain saved her life. As openings in programs were scarce and our insurance was not accepted widely, the coach put in many hours reaching out to and connecting me with professionals at eating disorder treatment facilities until we found one that

could take my daughter. She also stayed in touch with me regularly, checking up on my daughter's progress and offering understanding and encouragement to me, and guidance when I asked for it. The care, wisdom, and compassion she offered was, to use a food term, nourishing. Upon my daughter's completion of the hospitalization component, her coach was right there, ready with a plan of action, which began with meal support during the critical time when my daughter was having her first meals at home during partials. In those early days, relapse seemed to always be a refused meal or a secret purge away, but the coach helped my daughter push through by focusing on the basics: real relationship, goal setting, accountability, a lot of recognizing and encouraging of the healthy self, checking in often, and offering light, fun conversation while eating together. An essential component of this was always sharing observations with me so that we could work as a team. The coach even comes to family meals a couple of times a month and sits around the table with us, while supporting my daughter. When my daughter started a new school, her coach offered support via texts during her lunches, set up goals, and had my daughter send her pictures of her meals. Additionally, the coach gleaned that my daughter is a very empathic person who gives loving advice to friends, so in her coaching she incorporated role playing both via text and during their coaching sessions where she would pretend to be a friend who needed help. This really helped to pull out my daughter's healthy self and assimilate new truths about herself, food, and body image. A few months into her recovery, my daughter had a very near relapse surrounding her school's Homecoming dance. My daughter's coach truly walked arm and arm with us during this difficult time, ramping up the already frequent communication with my daughter, and incorporated an online meal log for my daughter that the coach could use to see patterns and get ahead of any of the food issues quickly. Because my daughter's coach is recovered herself, she understands the disordered thinking acutely and, in a masterly way that is both gentle and firm, gets right to the heart of the matter. Our daughter is now 6 months out of the hospital, and her current goal is to join the track team. With her coaches support and cautious guidance, we have a plan for that! She even communicated with the school track coach to not only debrief him on my daughter's needs and triggers, but also to begin an ongoing conversation with him so we remain on the same page. She also offered to act as a resource for him as he works with any young athlete who may be struggling with eating disorders and perfectionism. I am absolutely certain that my daughter would not be where she is today without coaching. The meal support, goal setting, accountability, and communication have all been crucial to get her over the inevitable humps and back on the road to whole health quickly.

-H.F., Family Member