**Curriculum Vitae**

**Carolyn Costin, MA, MEd, LMFT, CEDS, FAED**

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***Carolyn Costin is an eating disorder clinician, author, and international speaker***

***acclaimed for her expertise, passion and accomplishments.***

In her early twenties, Carolyn recovered from anorexia nervosa, earned two masters degrees, became a teacher and began her career as a psychotherapist. A passionate and dedicated educator Carolyn taught high school and community college for 8 years and brought teaching to her role as an eating disorder therapist.

After successfully treating her first eating disorder client in 1979, Carolyn recognized this was her calling. Her continued success led her to develop and direct several inpatient eating disorder facilities during the period of 1987 to 1996.

In 1996, Carolyn created Monte Nido, the first licensed, residential eating disorder treatment facility in a home setting. She was the first to combine state of the art eating disorder treatment with eastern healing modalities, such as yoga and meditation. She was first to speak out that people with eating disorders could be fully “Recovered” and first to openly hire recovered therapists. Knowing that role models, trust and relationships matter, staff and clients shopped, cooked and ate meals together like a family. Carolyn created a healing environment where professionals delivered expert care and clients acquired the knowledge and skills necessary for long-term recovery.

Carolyn’s past eating disorder, her humanistic relational approach, her acclaimed speaking engagements, her six books and Monte Nido’s highly successful outcome study (Brewerton & Costin, 2011) have resulted in her being one of the most respected and sought-after leaders in the eating disorder field.

A large percentage of Carolyn’s career has been lecturing, training, teaching and supervising clinicians, dietitians and physicians. As early as the mid 1980’s she ran study groups for professionals. Carolyn is an official continuing education provider on through her online institute and in her internationally travels, educating professionals and the public about eating disorders.

Leaving Monte Nido in 2016 Carolyn remains active in the eating disorder field on many fronts. She is a Fellow of the Academy of Eating Disorders and stays involved in many professional eating disorder organizations, as a member, speaker, consultant, or a collaborator on projects, such as her work with Project Heal.

Opened in 2017 the Carolyn Costin Institute is the first program of its kind to train and certify eating disorder coaches, filling a gap in current services. Carolyn also trains clinicians and staff consulting with treatment centers around the globe.

In 2022 Carolyn was awarded, from the government of Australia, a distinguished talent visa for her work in eating disorders. She currently spends time in Australia training eating disorder clinicians, running groups, consulting on various eating disorder cases and projects, and working as an independent contractor for Wandi Nerida, the first eating disorder residential treatment program in Australia.

For more information, visit: **Carolyncostin.com** or email: *Carolyn@carolyncostin.com*

**Carolyn’s Books Include:**

*The Eating Disorder Sourcebook (Three Editions)*

*100 Questions and Answers About Eating Disorders*

*8 Keys to Recovery from an Eating Disorder*

*Your Dieting Daughter* *(Two Editions)*

*Yoga and Eating Disorders*

*8 Keys to Recovery from an Eating Disorder* *Workbook*

**Summary of Services Provided by Carolyn:**

Psychotherapy

Consultations

Speaking engagements

Supervision

Continuing Education for Professionals

Seminars and Workshops

Eating Disorder Mentor and Coach Training Media expert/advisor

**Licenses, Credentials & Degrees:**

Approved Continuing Education Provider: California Association

of Marriage and Family Therapists (CAMFT # 134625) 2017

Continuing Education Provider National Board for

Certified Counselors (NBCC; ACEP No. 6849) 2017

Fellow of the Academy of Eating Disorders 2008

Oregon Licensed Marriage & Family Therapist #T0535 2006

Level Two Certification in EMDR (Eye Movement Desensitization Reprocessing) 2004

Certified Eating Disorder Specialist (CEDS) IAEDP 1995

California Licensed Marriage & Family Therapist # 13192 1979

Pupil Personnel Credential 1978

Community College Counseling Credential 1978

Community College Teaching Credential 1978

Masters in Counseling Psychology, California State University Northridge 1978

Masters in Education, University of Pacific 1975

Secondary/Elementary School Teaching Credential 1974

Bachelor of Arts, University of Pacific, Raymond College 1974

(Majors: Social Sciences & Psychology; Minors: Art & English)

**Professional Experience:**

**1979 - Present**

**Community Counseling for Individuals and Families, Inc.**

**President**

Provides outpatient eating disorder treatment services, clinical supervision and consultations

2017

**The Carolyn Costin Institute** (a DBA of Community Counseling)

Offers continuing education for professionals, supervision and training for mentors and eating disorder coaches as well as courses for patients and community members.

**1996 - 2016**

**Monte Nido & Affiliates**

**Founder & Chief Clinical Officer**

Founded and served as clinical director and Chief Clinical Officer for Monte NidoTreatment Center, the first residential treatment program for clients with eating disorders in a home setting. Under Carolyn’s leadership Monte Nido expanded to become Monte Nido & Affiliates with 14 facilities across the United States

**1988 - 2016**

**Community Professional Study Group**

Monthly study group for professionals on the assessment and treatment of eating disorders.

**1994 - 1996**

**Charter Hospital, Thousand Oaks, CA**

**Director of Adolescent and Adult Eating Disorder Services**

Developed and served as clinical director for an inpatient, adolescent and adult eating disorder unit.

**1994 - 1995**

**Rader Institute**

**Medical Center of North Hollywood**

**Washington Medical Center in Culver City, CA**

**Clinical Consultant/ Clinical Director**

Worked as a clinical consultant and then as clinical director for both eating disorder units.

**08/1993 – 12/1993**

**Golden State Behavioral Health Center, Adult Residential Eating Disorder Program**

**Co Founder / Clinical Director**

Developed and served as clinical director

**1992 – 1993**

**Pinegrove Hospital, Inpatient Adolescent Eating Disorder Program**

**Clinical Director**

Developed and served as clinical director

**1983 – 1993**

**Anorexia Nervosa & Associated Disorders (ANAD)**

**Support Group Leader**

Served as support group leader and supervisor for various Southern California locations.

**1982 – 1987**

**Malibu Weight Management, Simi Valley/ Westlake/ Malibu, CA**

**Founder & Clinical Director**

Founded and served as the clinical director for weight management services

**1991 -1992 Wood View, Calabasas, CA**

**Clinical Director, Eating Disorder Inpatient Unit**

Developed and served as the clinical director

**1987 – 1989**

**Anacapa Hospital, Port Hueneme, CA**

**Clinical Director**

Developed and served as clinical director for this inpatient, adolescent and adult eating disorder unit.

**1987 – 1989**

**Steps Residential Eating Disorder Center, Port Hueneme, CA**

**Clinical Director**

Developed and served as clinical director

**Professional Associations/Organizations:**

* *National Eating Disorders Association (NEDA),* former Board Trustee,former chair of the Parent Family Network
* *Eating Disorders: The Journal of Treatment and Prevention,* Editorial Board Member
* *Eating Disorder Coalition*, Member
* *Project Heal Advisory Board*, Member and Mentor Trainer
* *International Association of Eating Disorder Professionals (IAEDP),* Senior Advisory Committee, Former Board of Directors, Former Los Angeles Chapter president
* *National Association of Anorexia Nervosa and Associated Disorders (ANAD),* Member, Support group provider and supervisor
* *Academy of Eating Disorders (AED),* Fellow and Professional Member
* *National Board for Certified Counselors, Inc. and Affiliates* Approved Continuing Education Provider, ACEP No. 6849
* *Approved Continuing Education Provider* *CAMFT* (134625)
* *California Association of Marriage & Family Therapy (CAMFT)*, Member
* *America Association of Marriage and Family Therapists (AAMFT),* Member
* *EMDRIA (Eye Movement Desensitization and Reprocessing International*
* *Association),* Member, Level II Certification
* *Rotary Club International,* (past member)
* *California Teachers Association* (past member)
* *National Organization of Women* (past member)
* *Phi Kappa Phi Honor Society*

**Honors and Awards:**

Honored at Project Heal Los Angeles Professional Event, 2017

Clinician of the Year, Project Heal, 2015

Spirit Recognition Award, Sierra Tucson 2011

National Eating Disorders Association’s Award for Advocacy 2008

**Books:**

Costin, C., & Grabb, G. S. (2016). 8 keys to recovery from an eating disorder,

WORKBOOK. New York, NY: W. W. Norton Company.

Costin, C., & Kelly, J. (Eds.). (2016). Yoga and eating disorders: Ancient healing for

modern illness. New York, NY: Routledge.

Costin, C. (2013). Your dieting daughter: Antidotes parents can provide for body

dissatisfaction, excessive dieting, and disordered eating. New York, NY:

Routledge.

Costin, C., & Grabb, G. S. (2012). 8 keys to recovery from an eating disorder: Effective

strategies from therapeutic practice and personal experience. New York, NY: W. W. Norton Company.

Costin, C. (2007). 100 questions & answers about eating disorders. Sudbury, MA: Jones

and Bartlett Publishers.

Costin, C. (2007). The eating disorder sourcebook: A comprehensive guide to the causes,

treatments, and prevention of eating disorders. New York: McGraw-Hill.

Schauss, A. & Costin, C. (1997). Anorexia and bulimia: A nutritional approach to the

deadly eating disorders. New Canaan, Conn: Keats Pub.

**Book Chapters:**

Costin, C. (2009). The embodied therapist: Perspectives on treatment, personal growth,

and supervision related to body image. In M. Maine, W. Davis, & J. Shure (Eds.), *Effective clinical practice in the treatment of eating disorders: The heart of the matter* (pp. 179–192). New York, NY: Routledge/Taylor & Francis Group.

Costin*, C. (2004).* Interventions and strategies for families and friends of the self-harming

patient with an eating disorder. In J. Levitt, R. Sansone, & L. Cohn (Eds.), *Self-harm* *behavior and eating disorders: Dynamics, assessment, and treatment* (pp. 195-210). New York: Brunner-Routledge.

Costin, C. (1998). Your Dieting Daughter.In D. N. Sattler, V. Shabatay, & G. P. Kramer

(Eds.), *Abnormal psychology in context: Voices and perspectives* (pp. 241-246). Boston: Houghton Mifflin.

Costin, C. (1996). Body image disturbance in eating disorders and sexual abuse. In M. F.

Schwartz & L. Cohn (Eds.), *Sexual abuse and eating disorders* (pp. 109-127). Philadelphia, PA: Brunner/Mazel

**Academic Papers:**

Brewerton, T. D., & Costin, C. (2011). Treatment results of anorexia nervosa and bulimia

nervosa in a residential treatment program. *Eating Disorders: The Journal of Treatment & Prevention, 19*(2), 117-131. doi:http://dx.doi.org/10.1080/10640266.2011.551629

Brewerton, T. D., & Costin, C. (2011). Long-term outcome of residential treatment for

anorexia nervosa and bulimia nervosa. *Eating Disorders: The Journal of Treatment & Prevention, 19*(2), 132-144. doi:http://dx.doi.org/10.1080/10640266.2011.551632

**Sample of Articles:**

Costin, C., Borden, A., Kowalski, A., Radant, J., & Wynne, N. (2005). Book review:

Books for families and significant others. *Eating Disorders: The Journal of*

*Treatment & Prevention, 13*(4), 433-445. Retrieved from http://search.proquest.com/docview/620921038?accountid=25260

Costin, C. (2005). How I practice: Successful strategies with an eating disorder patient

with borderline features. *Eating Disorders: The Journal of Treatment & Prevention, 13*(1), 135- 142. Retrieved from <http://search.proquest.com/docview/620649957?accountid=25260>

Costin, C. (2003). Soul lessons: Finding the meaning of life*.* *Eating Disorders Today*,

Summer, 1(2).

Costin, C. (2002). An update on binge eating disorder. *Healthy Weight Journal, 16*(2),

20-23. Retrieved from <http://search.proquest.com/docview/205315404?accountid=25260>

Costin, C., & Johnson, C. L. (2002). Been there, done that: Clinicians' use of personal

recovery in the treatment of eating disorders. *Eating Disorders: The Journal of Treatment & Prevention, 10*(4), 293-303. doi:http://dx.doi.org/10.1080/10640260214506

Costin, C. (2002). Treatment techniques for adolescents with eating disorders. *Renfrew*

*Perspective*, Winter, 1-2.

Costin, C. (2000). Treatment options for individuals with eating disorders, *Teen*

*Magazine*.

Costin, C. (1998). The use of step downs, including transitional living in the treatment of

eating disorders. *Renfrew Perspective*, Summer, 4(1).

Costin, C. (1998). How I practice: Tending the soul in therapy. *Eating Disorders: The*

*Journal of Treatment & Prevention, 6*(2), 183-189

Jacobs, J.M., Picot, A., McClanahan, S. Conviser, J. Costin, C., Rabinor, J. R. Hornstein,

R., Murray, L. E. Levine, M. P., & McGilley, B. H. (2010). The Therapist's Appearance and Recovery: Perspectives on Treatment, Supervision, and Ethical Implications. *Eating Disorders: The Journal of Treatment & Prevention*, *18*(2), 165-175.

Webre, S., & Costin, C. (2005, Jul). Expert advice. *Dance Spirit, 9*(89). Retrieved from

<http://search.proquest.com/docview/209295121?accountid=25260>

**Sample Titles of Speaking Topics**

* "100 Questions & Answers About Eating Disorders”
* "Advanced Techniques in the Treatment of Eating Disorders"
* "Attachment, Intimacy and Eating Disorders"
* "Behind Closed Doors. In Session: Deconstructing Therapy"
* “Chemical Dependency and Eating Disorders”
* "Contacting and Transforming the Eating Disorder Self"
* "Deconstructing Therapy Through Video Sessions and Role Play"
* "Disorder vs. Disease" “Eating Disorders and Self Injury”
* "Eating Disorders and Sexual Trauma"
* "Empowering the Eating Disorder Patient"
* “Exercise Addiction and Eating Disorders”
* "Family Therapy in the Treatment of Eating Disorders"
* "Feminist Perspectives on Eating Disorders"
* "Food, Facts and Fallacies"
* “From Disordered to Recovered”
* “From the Science to the Session”
* “Genes or Jeans: A Look at the Causes of Eating Disorders”
* "Group Therapy
* "Healing Our Patients, Healing Ourselves"
* “I Can’t Believe Your Doctor Said That”
* "Intimacy, Sexuality and Food"
* “It Takes a Village”
* "Integrating the Eating Disorder Self & Healthy Self
* "Lessons From a Seasoned Therapist"
* "Males with Eating Disorders"
* "Mothers, Daughters and Food"
* Quantum Physics Spirituality and Eating Disorders”
* “Recipe to Recovery”
* "Recovered vs. Recovering"
* “Support vs. Sabotage: How to Help a Loved One Recover
* "Tending the Soul….Incorporating Soul Work in Psychotherapy"
* “Ten Things You Should Know About Eating Disorders”
* "Transference & Counter Transference in Treating Eating Disorders"
* “The Mindful Therapist”
* "What To Do When"
* “8 Keys to Recovery from an Eating Disorder”

**References**

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| **National References:** | **Local References:** |
| Timothy Brewerton, M.D.  Past President, Eating Disorder Research Society  220 - 5 Middle Street. #104  Sullivan's Island, SC 294-51  843 509-0694  [drtimothybrewerton@gmail.com](mailto:drtimothybrewerton@gmail.com) | Judy Baer, MFT  12301 Wilshire Blvd., Suite 202,  Los Angeles, CA 90049  310 502-1945  [mejudybaer@yahoo.com](mailto:mejudybaer@yahoo.com) |
| Michael Levine, Ph.D.  Past President, National Eating Disorders Assoc.  Professor Emeritus, Kenyon College, Dept. of Psychology  Samuel Mathcr Hall  Gambier, OH 13022-9623  740 427-5371  [levine@kenyon.edu](mailto:levine@kenyon.edu) | Michael Strober, MD  UCLA Eating Disorders Program  760 Westwood Plaza  Los Angeles, CA 90024-8353  310 825 5730  [mstrober@mednet.ucla.edu](mailto:mstrober@mednet.ucla.edu) |
| Craig Johnson, M.D.  Chief Science Officer, Eating Disorder Recovery Center  1830 Franklin Street, Suite 500  Denver, CO 80218  303 825-8584  [CJohnson@EatingRecoveryCenter.com](mailto:CJohnson@EatingRecoveryCenter.com) | Anna Kowalski, MA MFT CEDS  Monte Nido & Affiliates  310-457-9958  annakowalski@montenido.com |
| Anita Johnston, Ph.D.  Director, ‘Ai Pono Eating Disorders Programs in Honolulu and Maui  Co-Founder and Director, Anorexia and Bulimia Center of Hawaii  P.O. Box 393  Kailua. HI 96734  808 262-1922  [DrAJ1@aol.com](mailto:DrAJ1@aol.com) | Charles Portney, MD  2336 Santa Monica Blvd. #100  Santa Monica, CA 90404  310 828-7870  [cportney@g.ucla.edu](mailto:cportney@g.ucla.edu) |
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| Margo Maine, Ph.D.  Past President EDAP (Now NEDA)  Clinical Director, Institute for Living  400 Washington Street  Hartford, CT 06106  860 545-7203  [MDM@mwsg.org](mailto:MDM@mwsg.org) |  |