



# The Carolyn Costin Institute

## Testimonials About the Eating Disorder Coach Training Course

### ALUMNI TESTIMONIALS:

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.

---

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.

---

## **TESTIMONIALS FROM PROFESSIONALS:**

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*

---

## **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.

---