

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, Carolyn created a program where staff and clients shop, cook and eat meals together like a family. Carolyn wanted clients and their families to have a healing environment where professionals delivered expert care and clients acquired the knowledge and skills necessary for long-term recovery.

Carolyn’s personal history of an 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 Carolyn 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. Many regularly attend a monthly study group for professionals Carolyn began in the mid 1980’s. An official CE provider, through the California Association of Marriage and Family Therapists (CAMFT) and the National Board for Certified Counselors (NBCC), Carolyn continues to travel nationally and internationally educating professionals and the public about eating disorders.

Having left Monte Nido & Affiliates in early 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, training eating disorder mentors for Communities of Healing.

In early 2017, Carolyn opened The Carolyn Costin Institute, which offers Eating Disorder Coach Training, Mentor Training, Continuing Education for clinicians as well as other specialized training.

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	Continuing Education for Professionals
Consultations	Seminars and Workshops
Speaking engagements	Eating Disorder Mentor and Coach Training
Supervision	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 (Majors: Social Sciences & Psychology; Minors: Art & English)	1974

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 Nido Treatment 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

National References:

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