



The Carolyn Costin Institute

Testimonials About the Eating Disorder Coach Training Course and Testimonials From Clients Who Have Used Coaches

Testimonials from Coaches:

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.

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.

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 Clients Who Used Coaches:

“I have been able to eat fear foods while having support and have been able to talk about how I feel during and after eating food.” V.A. (Client of Recovered Living, which is owned and operated by a CCI graduate)

“Recovery coaching helped me become more aware of when my anxiety was building, which made me much more capable and willing to reach out when I needed it most.” J.G. (Client of Recovered Living, which is owned and operated by a CCI graduate)

I am 53 years old. I have spent 40 of those years tangled up in an eating disorder. While I was not at my worst for the entire time...my weight has dipped severely low. I have been at war with my physical body for as long as I can remember. I have probably had 10 therapists over the years. Therapy worked for many aspects of my life but never for the day to day eating piece.

This year something changed when I added an eating disorder coach from The Carolyn Costin Institute to my treatment team. The relationship I have with my coach has changed my life and brought me a peace I could never have imagined. My coach helps me with the day to day, “How” in terms of getting my food in. She is available via text at really critical times, e.g., when I text her what my eating disorder is screaming in my head, she helps me talk back to it in that critical moment. I have been blessed by this partnership and I am forever grateful.

Thank YOU so much for all that you have done so that we could help our daughter to heal and to continue on her path. Thank you for saving her life and for setting the rest of us free from the hostage situation we were in. It is so wonderful to have our daughter back - her silly, goofy, fun, bright self. We know there will be bumps along the way but we love where she is today and that would not be possible without (the coaches). So thank you - really, truly.

“Since beginning my therapeutic work with a coach, I have achieved the momentum needed to continue on a fulfilling path to being recovered. My CCI coach is recovered herself. For me, having a coach that is recovered and who has similar past experiences helps me feel understood and cared for My coach accommodates her time to fit my

needs and supports me in having a full life without an eating disorder. The Carolyn Costin Institute is the perfect solution for adding coaches to help with treatment success. Carolyn's compassion and pioneered treatment approach is apparent in my own coach and I'm so thankful."