



CAROLYN COSTIN, MA, MEd, LMFT, CEDS

Fact Sheet

HISTORY

Ms Costin, recovered from anorexia in the early seventies, has specialized in treating eating disorders since 1977. A pioneer in the field, Costin, her books and treatment programs are highly recognized and respected in the field. Costin is an award winning activist and a sought after speaker at national and international conferences.

In 1996 after several years of treating eating disorder patients in hospital settings, Ms Costin opened Monte Nido, a one of a kind residential treatment facility. The success of her program led to the opening of two more residential facilities, two day treatment programs and two transitional living houses. Monte Nido and Affiliates are known as premier treatment facilities in the US and regularly accepts patients from abroad.

AUTHOR

Along with numerous articles and book chapters, Carolyn is the author of four books on eating disorders and a booklet on nutritional approaches. All have helped professionals and the lay public in the understanding, treatment and prevention of eating and body image problems.

Her newest and only self-help book, *8 Keys to Recovery From An Eating Disorder* is due to be published in Fall 2011.

Booklet

- *Anorexia and Bulimia, A Nutritional Approach*, Co-Author with Alexander Schauss (1997)

Books

- *Eating Disorder Sourcebook* – (1996), 3rd Edition (2006)
- *Your Dieting Daughter* – (1997), 2nd Edition under contract 2012
- *100 Questions and Answers about Eating Disorders* (2007)
- *8 Keys to Recovery From An Eating Disorder*, co-authored with Gwen Grabb (publication date Fall 2011)

Blog and Twitter

Carolyn co-authors the Eating Disorder and Spirituality blog for Gurze Books (www.bulimia.com).

Costin will be starting her own blog in Fall 2011 on her website at www.montenido.com

You can follow Costin at [Carolyn_Costin@twitter.com](https://twitter.com/Carolyn_Costin)

NATIONAL AND INTERNATIONAL LECTURER

Carolyn is a sought after speaker on eating disorders and body image. She averages 30 speaking engagements a year. Past international engagements have occurred in Great Britain, Canada and Croatia. A sampling of future engagements:

- Keynote with Craig Johnson at The Rocky Mountain Eating Disorder Conference, Denver, CO, August 2011 speaking on *Tricks of the Trade: Lessons We Learned Along the Way* (www.regonline.com/custImages/316281/Brochure.pdf)
- Workshop at ANZAED 9th Annual Conference, Sydney, Australia, August 2011 speaking on *The Mindful Therapist* (www.anzaed.org.au) [Cancelled]
- Keynote at the National Eating Disorders Association Conference in Los Angeles, CA, October 2011 speaking on *Reviving the Bio-Psycho-Social Approach* (www.edap.org)
- Keynote panel with Mike Strober, Michael Levine at The Renfrew Conference, Philadelphia, PA, speaking on *My Parent/My Self: How To Make Sense Of, And Interpret, Transgenerational Eating Disorders*.

ADVOCATE

Carolyn is renown for being an advocate and activist in her field receiving honors such as the National Eating Disorders Association's Award for Advocacy 2008 and in 2011 received the "Spirit Recognition Award from Sierra Tucson".

Carolyn lobbies congress, fights for insurance reform, organized the NEDA's Parent-Family Network, organizes campaigns against inappropriate advertising and continues to speak out on important social issues!

MEDIA: ARTICLES/ INTERVIEWS

Carolyn's has written articles for numerous magazines, journals and newspapers. TV and radio broadcast and print media interviews including; The Boston Globe, The Los Angeles Times, The Chicago Tribune, Teen Magazine, Town & Country, People Magazine, and various other newspapers and magazines.

FILM/TV

Carolyn has appeared as an eating disorder expert on several news programs including, Dateline, The Today Show, Good Morning America, CBS news, KTLA and VHI.

- America the Beautiful I: documentary film on America's obsession with beauty Released 2008
- America the Beautiful II: The Thin Commandments (Fall 2011) a documentary film on America's obsession with weight and dieting.
- Reality show: (Winter 2012) Features patients being treated at either Carolyn's Day Treatment or Residential Program.

PROFESSIONAL ASSOCIATIONS

Carolyn is actively involved in several professional organizations including:

- Present Board of Trustees, International Association of Eating Disorder Professionals (IAEDP)
- Founding President, IAEDP Los Angeles
- Past Board of Trustees, National Eating Disorders Association (NEDA)
- Past Chair of Parent Family Network
- Fellow of The Academy of Eating Disorders (AED)
- Editor of Eating Disorders: The Journal of Treatment and Prevention
- Other organizations include: Member of the Advocacy Committee (AED), Member, Eating Disorder Coalition (EDC) Member of the American Association of Marriage Family Therapist (AAMFT) Member of the International Association EMDR