

# Eating Disorder Workshop by Carolyn Costin

## “Disordered to Recovered”

March 6th, 9:30am - 3:30pm  
Morning & Afternoon Sessions  
Seattle Public Library

6 CEU Credits Available  
\$15 Registration Fee  
\$30 per session for CEU Credit



RainRock - Eugene, Oregon

### Presented with the National Eating Disorder Association

#### Morning - Treatment Strategies:

- » Assignments to use with Eating Disorder clients
- » Helping clients listen to their Healthy Voice
- » Contacting and Transforming the Eating Disorder Self

#### Afternoon - Behind Closed Doors:

- » Dealing with Resistance & Difficult Cases
- » Video Training of Carolyn in session with clients
- » Role Play and Practical Application of Carolyn's Work



Monte Nido  
Malibu, CA



Monte Nido Vista  
Malibu, CA

Carolyn Costin has been a specialist in the treatment and prevention of eating disorders for over 30 years. Author of “*Eating Disorder Sourcebook*”, “*Your Dieting Daughter*”, “*100 Questions & Answers about Eating Disorders*.” Carolyn is also the co-founder and Executive Director of the Rainrock Treatment Center.

Rainrock was created to heal women suffering from Anorexia, Bulimia, and Exercise Addiction. Rainrock provides residential treatment, as well as integrated day treatment, intensive outpatient, and transitional living programs on a beautiful campus along the McKenzie River near Eugene, Oregon.

#### TO BENEFIT

NationalEatingDisorders.org



*Carolyn Costin* M.A., M.Ed, MFT.



**RainRock**<sup>®</sup>  
A Monte Nido Affiliate  
Residential & Day Treatment Created by Recovered Professionals  
Anorexia                      Bulimia                      Exercise Addiction

For registration information contact  
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