

# EDRC's Ask the Experts presents:

Q&A with

## Carolyn Costin

Saturday, December 14, 2024  
9:30 AM - 11 AM PST

MA, MEd, MFT

Founder, *Monte Nido, The Carolyn Costin Institute*

**Carolyn Costin** is a renowned eating disorder clinician, author, and speaker. Recovered herself, Carolyn recognized her calling after successfully treating her first eating disorder client in 1979. Carolyn was first to publicly say that people with eating disorders can become fully recovered.

In 1996, Carolyn opened *Monte Nido*, the first U.S. residential facility combining standard treatment with meditation and yoga, filling a critical gap in the field. She is the author of six books, including *8 Keys to Recovery From an Eating Disorder*.

Following her departure from *Monte Nido*, Carolyn founded *The Carolyn Costin Institute* in 2017, providing continuing education for clinicians and certifying eating disorder coaches. She still sees clients, consults, and speaks internationally.

In March 2022, she received a distinguished talent visa from the Australian government for her work. Carolyn now spends time in Australia training clinicians, consulting, and working with *Wandi Nerida*, the country's first residential treatment program for eating disorders.

**Carolyn** is a passionate, inspiring force in the eating disorder field and **has offered to answer any questions you might have!** Please send questions ahead of time to [john@edrcsv.org](mailto:john@edrcsv.org) by December 9th, 2024.

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