



The Carolyn Costin Institute

The Carolyn Costin Eating Disorder Coach Certification Course

The CCI eating disorder coach training is a rigorous and personal program that prepares potential coaches to assist those recovering from an eating disorder.

Simply put, the main function of a CCI coach is to help clients follow through with behavioral goals set by the client's treatment professionals, providing feedback and communication with the team. CCI trains coaches to get "in the trenches" with clients in their day-to-day lives (at restaurants, the grocery store, clothes shopping, cooking, etc.), to help them learn to use healthy alternatives to eating disorder behaviors. Coaches are trained to redirect discussions about underlying issues or the etiology of the eating disorder and focus on the HOW and NOW of behavioral support.

A specific benefit of coaching is the coaches' availability for "in the moment" support when the client is struggling or would benefit from praise for a task completed. Coaches teach clients how to reach out through texting or calling when they need help managing symptoms outside of therapy sessions. Through repetition, coaches help clients form new habits to replace unhealthy, disordered patterns.

The CCI course consists of 12 training modules with a variety of relevant reading material and videos in each one all designed to prepare coaches to help clients deal with the daily challenges presented in recovery. A special track is included for students who are recovered, in order to prepare them for how to best use their lived experience and avoid potential pitfalls.

The program is designed to take about a year to complete (approximately one module/month) but can be done at a much quicker pace for those who have more time to dedicate to the training.

As students progress through the modules, they must pass multiple choice assessments and then answer open-ended questions in order to move to the next module. All assessments are reviewed and graded by Carolyn Costin to ensure that students are not only grasping the material, but have learned how

to apply the knowledge appropriately as a coach.

Carolyn is hands-on throughout the course, providing feedback, correction, and praise.

A critical part of the CCI training is the supervision and internship phase. First students are given several sample clients, where they have to describe how they would handle each situation. Carolyn works with each student, going through his or her answers and working to refine their responses.

After passing a final exam, potential coaches enter the internship phase of the program where they must work with clients free of charge under the supervision of Carolyn. Carolyn listens to taped sessions, reads session notes and provides ongoing feedback on each case.

Upon successfully completing the internship phase, students receive certification by CCI and may use the CCI logo.

All interns and coaches in good standing are listed on the CCI website <http://www.carolyn-costin.com/interns-and-coaches>.

To remain in good standing coaches to have get continuing education every two years in order to keep their knowledge and skill set up to date.