

## **Carolyn Costin, LMFT**

### **Description:**

Carolyn recovered herself from anorexia nervosa over twenty years ago. Her own recovery is a primary factor in her understanding of and establishing empathy with her clients. The combination of her personal experience and extensive training as both a therapist and an educator have given her a special aptitude for grasping the underlying conflict, stresses, perceptions, distortions and self-worth issues involved in disordered eating and related issues. Carolyn believes that clients need empathic but firm attention in order to be healed. Carolyn gains her clients' confidence and cooperation in solving their problems. Carolyn originally founded The Eating Disorder Center of CA which continues to provide outpatient therapy for individuals throughout southern CA. In addition to this Carolyn served as director for several hospital programs but soon realized the need to have a more home-like environment for optimum treatment to take place. Despite her other responsibilities and her busy

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