

Olivia Soha

Certified Eating Disorder Recovery Coach & Founder & Director of 'Uncovery' who lived with an eating disorder, MELBOURNE

Olivia Soha is a Certified Eating Disorder Recovery Coach (CCI) and Founder and Director of 'Uncovery' – a recovery coaching service supporting individuals living with eating disorders Australia-wide.

Her deep passion for this work stems from her lived experience navigating anorexia nervosa (AN). Olivia knows first-hand how isolating and overwhelming recovery can be once therapy ends and daily life resumes.

While clinical treatment is vital for eating disorder recovery, Olivia recognised a crucial gap: the need for support in navigating daily moments such as meals, routines, and rediscovering purpose. This inspired her mission to offer hands-on, compassionate support, leading to the launch of *Uncovery* in 2018.



Certified through the Carolyn Costin Institute, Olivia has worked at BALANCE Eating Disorder Treatment Center in New York. She has presented at major conferences, including the Australia and New Zealand Academy for Eating Disorders (ANZAED) conference in 2019, and the International Conference for Eating Disorders (ICED) in 2020. In 2021, she was recognised as a Young Social Pioneer by the Foundation for Young Australians.

In 2022, Olivia and her colleagues were awarded an Ignited grant from The Australian Eating Disorders Research and Translation Centre to co-develop a treatment manual exploring Psilocybin-assisted psychotherapy for body image disturbance. She has also delivered recovery skills and facilitated group programs in various clinical settings, including The Melbourne Clinic, The Austin Hospital, the Body Image Eating Disorders Treatment and Recovery Service (BETRS), and Nourish. Nurture. Thrive.

More recently, Olivia has consulted on projects including the National Eating Disorders Collaboration (NEDC) and The Butterfly Foundation in the development of the Lived Experience Workforce component of the National Strategy, and the Peer Workforce Guidelines, respectively.

Through *Uncovery*, Olivia supports clients across the spectrum of eating disorders – including Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, Orthorexia, and disordered eating. She leads a team of certified recovery coaches, each with lived experience – either through personal recovery or supporting a loved one. Together, they offer a range of personalised, practical services, such as one-on-one coaching, meal support, in-home cooking, and Live-in and Transition Support. They help clients reconnect with life beyond the eating disorder and build a recovery that's not just possible, but truly lived.

"Eating disorders are not lifestyle choices. They are serious, complex mental illnesses with deep genetic, psychological, and societal roots. It's why I believe so deeply in initiatives like EDGI2, because understanding the genetic components of eating disorders brings us one step closer to dismantling stigma and offering hope through evidence-based care," said Olivia.

Olivia is an advocate for the Eating Disorders Genetic Initiative (EDGI) 2 – the world's largest genetic investigation of eating disorders ever performed, that aims to identify the hundreds of genes that influence a person's risk of developing the complex, devastating illnesses of anorexia nervosa, bulimia nervosa, binge-eating disorder and Avoidant Restrictive Food Intake Disorder (ARFID), to improve treatment, and ultimately, save lives.

EDGI2 follows the ground-breaking advances made in the initial EDGI investigation and collaborative Anorexia Nervosa Genetics Initiative (ANGI), in which researchers, including the EDGI team, identified the first eight genes for anorexia nervosa that implicate both psychiatric and metabolic causes for the condition. This was a total surprise and a finding that urgently needs replication and expansion to fully understand the pathways that lead to this debilitating condition – hence the need for a much larger sample size, which is the aim of EDGI2.

"EDGI2 is helping uncover the genetic foundations of eating disorders so we can better understand treatment and recovery.

"If you're over 18 and have lived experience, your participation can drive real change for the future," Olivia said.

To volunteer for the EDGI2, head to edgi.org.au or email edgi2@qimrberghofer.edu.au.

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To coordinate an interview with Olivia Soha, please contact:

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