Eating Disorder Intuitive Therapy (EDIT)™ Training & Certification

Are you a counselor, dietitian, life coach or other wellness professional?
Would you like to make a unique difference for people with eating disorders?
Do you want to get started TODAY with effective eating disorder training?

I am passionate about training professionals like you to develop the skills and confidence you need to guide people on their journey of complete recovery from eating disorders.

Eating Disorder Intuitive Therapy (EDIT)™ involves the practice of five principles, which I learned on my own journey of recovery: Love Your Self, Be True To Your Self, Express Your Self, Give To Your Self, Believe In Your Self.

At first, I thought these principles were just for me, to support my own wellbeing. Then, I heard a “call” to help others who struggled with eating disorders, so I became a counselor. In 1995, I began to share the five principles with my clients. In 1998, I wrote my first book about these principles, entitled, Dr. Dorie's Don’t Diet Book. In 1993, my second book was published, entitled, How Much Does Your Soul Weigh. Soon after, I was approached by other clinicians, asking to be trained in the “McCubbrey Approach.” It was clear these principles are for anyone in need!

In 2013, I renamed my method Eating Disorder Intuitive Therapy (EDIT)™ — and this holistic approach uses evidence-based practices and provides comprehensive treatment to address the physical, mental, emotional and spiritual aspects of eating disorder recovery. This integrative method can guide YOUR clients to complete recovery from eating disorders.

Please enjoy this “taste” of EDIT™ – and share these worksheets with your clients!
Your FREE EDIT™ Worksheet Sample includes these tools and techniques:

1. Introduction to EDIT™ – this includes 2 worksheets, which can be printed double-sided or stapled as a set. These worksheets provide an overview of the EDIT™ Principles, Theory and Techniques.

2. ED-IT Dialogue – this introduces the critical mindset of the Eating Disorder (ED) and the recovery wisdom of the Intuitive Therapist (IT). The process of EDIT™ recovery guides the client from ED to IT!

3. Winning the War Within – this worksheet is ideal for clients who are ambivalent to recovery, to help identify their STRENGTHS as well as FEARS, so clients can overcome any barriers to their recovery.

“Dr. Dorie” McCubbrey, PhD, MSEd, LPC, LAC, CEDS
Creator of the EDIT™ Method & EDIT™ Certified Clinical Training Programs

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Eating Disorder Intuitive Therapy (EDIT™) was developed by “Dr. Dorie” McCubbrey, MSEd, PhD, LPC, CEDS as a result of her own recovery from anorexia, bulimia, binge eating disorder, and obesity. Diets can lead to eating disorders and weight problems – the EDIT™ solution can lead to complete recovery and an ongoing journey of freedom! EDIT™ is an exploration of five principles, which can be illustrated as a dialogue between the voice of the Eating Disorder (ED) and the healing wisdom of the Intuitive Therapist (IT) within us all. Initially, you may only hear the voice of ED. Your EDIT™ Certified practitioner models the voice of the IT until you can hear IT within yourself:

**Eating Disorder?**

“Feed Your True Hunger”

with wisdom from your

**Intuitive Therapist!**

**Love Your Self**

right now, today...

no matter what you weigh!

From this loving perspective, notice how your entire life improves!

**Be True To Your Self**

by intuitively trusting your body with the type and amount of food and exercise it truly needs!

**Express Your Self**

by getting in touch with your thoughts, feelings and true needs. Discover new and healthy ways of coping with life’s challenges!

**Give To Your Self**

with “rewards” which truly replenish your body, mind, heart and soul!

**Believe In Your Self**

by following your intuitive wisdom as your guide to recovery!

You can live as if you’ve never had an eating disorder!

The blue text bubbles show what the voice of ED might sound like. What does your voice of ED say?

The purple text bubbles give examples of the voice of IT. Notice the specific examples for each of the five principles of EDIT™.

What is your voice of IT saying? Is your voice of ED “talking back” to IT? What does the dialogue sound like?

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**EDIT™ Treatment Goals: the Five Principles of EDIT™**

**from ED…**

“feeling fat”

general self-criticism

outer-directed/people-pleasing
diets/weight loss focus
disconnected from feelings

using food to change mood

self-sacrificing/selfless

minimal self-care

attempts to control ED tendency to relapse

**…to IT**

Nurturing Body Image

Self-Compassion

Inner-Guided/Intuitive

Eating/Exercise

Aware of Feelings/Needs

Healthy Coping Strategies

Giving to Enhance Self

Intuitive Self-Care

Freedom from ED Behaviors

Complete Recovery

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Eating Disorders (ED) arise from the "false self"  

Although eating disorders are complex issues, this model of the “false self” explains a basic premise about how eating disorders can originate. In this model, the “false self” perceives the body as its identity – and the mind looks to other’s opinions and society’s standards to determine how the body should look, and what the body should do. Key elements of the personality (“heart & soul”) are hidden deep within, as the mind of “false self” judges these as unacceptable to the outside world. Eating Disorders (ED) arise when excessive emphasis is placed on controlling eating, exercise and weight, with elusive attempts to achieve perfection. There is a sense of disconnection (physical, emotional, social) – the ED mind overrides any painful messages from the body, while also avoiding emotions (heartfelt feelings are hidden within), and the individual becomes isolated. ED behaviors also become a way of coping – with the inability to achieve outer-imposed ideals, with past traumas (painful emotions are buried deep within), and with the overall incongruence of being a “false self” (heartfelt passions and soulful yearnings are also hidden within). Thus, the core issues of ED are CONTROL, PERFECTION, DISCONNECTION, COPING.

The ED body is like a shell, which is molded and shaped in attempts to achieve worldly ideals, while criticized by the ED mind, “not good enough!!!”

The ED mind ignores feedback from the body, avoids awareness of emotions, and imposes ED behaviors which create social isolation.

ED behaviors are used as a means of coping with perceived imperfection, possible past traumas, and false-self incongruence.

The Intuitive Therapist (IT) recovers the “True Self”

This model illustrates the concept of the INTUITIVE THERAPIST (IT), which guides the process of remembering, reclaiming and revealing the TRUE SELF. This process is also called RECOVERY, defined as “a return to a normal state of mind and health.” This "normal" state is the TRUE SELF – an interconnected “Soul-Heart-Mind-Body” – which interacts in the world but is not driven by it. The SOUL is one’s “core essence,” and is the source of INTUITION – one’s “sixth sense,” an “inner knowing,” a “gut feeling.” The HEART links emotions with intuition, and relays this to the MIND, which sets “soulful-heartfelt” intentions for the BODY. The INTUITIVE THERAPIST (IT) is the inner-guided “Soul-Heart-Mind,” which facilitates actions of the Body, to create full expression of the TRUE SELF from the inside-out. IT compassionately guides the restoration of the holistic integrity of the True Self, by healing the separation from formerly hidden parts, while honoring all parts as valuable and essential. In this process of recovery of the True Self, the “false self” (and the voice of ED) fade into the “nothingness from which they came.” In this way, complete recovery from eating disorders is possible.

The INTUITIVE THERAPIST (IT) offers “Self-Help” to facilitate full expression of the TRUE SELF, based on the Inner Wisdom of the “Soul-Heart-Mind” to guide the Body in the world.

What are your reflections about this model of the TRUE SELF and how RECOVERY occurs?
Love Your Self
Self-Image #1:
ED-IT Dialogue

Are you aware of a critical thought you’ve had recently – maybe one you’re thinking right now? That’s the voice of your Eating Disorder (ED), which is like an “inner critic.” You also have an “inner guide” which speaks with compassion – that’s the voice of your Intuitive Therapist (IT). It might seem like ED is the only voice you can hear in your mind, but as recovery progresses, you’ll be able to turn up the volume of IT. Your EDIT™ Certified practitioner can model the voice of IT for you until you can hear IT clearly within your Self!

ED’s critical thought (exactly as you say it to yourself):

IT’s compassionate reply (“another possibility is…”):

ED’s argument (what you’d say back to IT):

IT’s nonjudgmental observation (“that’s interesting…”):

ED’s retort (what you think about this “other voice”):

IT’s curious query (“what would happen if…”):

If you “get stuck,” ask a friend or your EDIT™ Certified practitioner for help!
Sometimes it can seem like you have a “war within” – between the positives and negatives of recovery. Sometimes you might feel committed to recovery, while other times you’re not so sure. It’s important to honor all of your thoughts and feelings about recovery, without judgment. Make notes on the “4-Corner Grid” illustration below:

<table>
<thead>
<tr>
<th>NEGATIVES of ED</th>
<th>POSITIVES of IT</th>
</tr>
</thead>
<tbody>
<tr>
<td>(consequences of quitting recovery)</td>
<td>(benefits of staying in recovery)</td>
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In which corners of the grid did you write the most? Which corners seem most compelling? What is causing your “war within,” and how can recovery win? Ask your EDIT™ Certified practitioner for help to enhance the wisdom expressed on the top half of the grid, and to address any concerns revealed in the bottom half of the grid. Note your observations and action steps:
Want more than a “taste” of EDIT™?
Become EDIT™ Certified!

You don’t have to spend years or thousands of dollars getting eating disorder training and certification – the EDIT™ Certified eating disorder training includes downloadable resources and online videos which you can start using TODAY, at an affordable price. You’ll discover eating disorder screening tools, techniques to help improve body image, guidelines for intuitive and mindful eating, worksheets for emotion regulation and healthy coping skills, self-care and relapse prevention strategies, and much more.

There are three different tracks for certification, based on your previous training and experience:

**Track 1 – Eating Disorder Peer Support:** ideal for those with their own eating disorder recovery experience and no formal training as a coach or counselor; this training provides tools for peer-led support groups, motivational speaking, writing blog posts or books, or as a recovery activist.

**Track 2 – Eating Disorder Recovery Coach:** ideal for those with experience as a Life Coach, Health Coach, etc. who want to expand their niche area; also ideal for other types of Health Professionals, such as nutritionists, yoga instructors, personal trainers, health educators, etc.; this training illustrates skills to use in sessions with clients as an Eating Disorder Recovery Coach, including clarity about the “line” between coaching and counseling.

**Track 3 – Eating Disorder Treatment Clinician:** ideal for those who are Licensed Mental Health Clinicians who want to expand their scope of practice to include the diagnosis and treatment of eating disorders OR those working towards a license who are under supervision by a Licensed Mental Health Clinician; other types of licensed clinicians such as Registered Dietitian, Registered Nurse, Nurse Practitioner, Medical Doctor, etc.; this training features higher level clinical EDIT™ skills to equip clinicians to provide specialized eating disorder treatment.

Once you become EDIT™ Certified, you’ll have permission to use this logo on your website and other printed promotional materials. Plus, you’ll get a FREE listing in the online EDIT™ Certified Directory, and other benefits, too!

There are three options for certification to choose from, based on your specific interests and needs:

**EDIT™ Certified I – Self-Study:** downloadable EDIT™ Training Manual for you and EDIT™ Worksheets for clients, along with six 1-hour training videos you can watch at your own learning pace.

**EDIT™ Certified II – Interactive Training:** includes everything from Level I, PLUS a 3-hour Webinar Workshop, which you can attend from the comfort of your home or office. You’ll get a summary of the key points from the training videos, PLUS role-plays to illustrate EDIT™ in action, and time for YOUR questions!

**EDIT™ Certified III – Experiential Training:** includes everything from Level I, PLUS a Weekend Women’s Retreat in Winter Park, Colorado OR 1-on-1 Mentoring by phone with Dr. Dorie. You’ll receive hands-on clinical skills, PLUS learn how to practice the EDIT™ Principles in your own life, so you can be the most effective EDIT™ Practitioner you can be!

LEARN MORE & GET STARTED
www.DrDorie.com/help-others