



Be a Guide for Eating Disorder Recovery by
Learning & Living the Five EDIT™ Principles:

Love Your Self
Be True To Your Self
Express Your Self
Give To Your Self
Believe In Your Self

Become EDIT™ Certified at DrDorie.com

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 “McCubrey 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” McCubrey, PhD, MEd, LPC, LAC, CEDS

Creator of the EDIT™ Method & EDIT™ Certified Clinical Training Programs

Dr. Dorie

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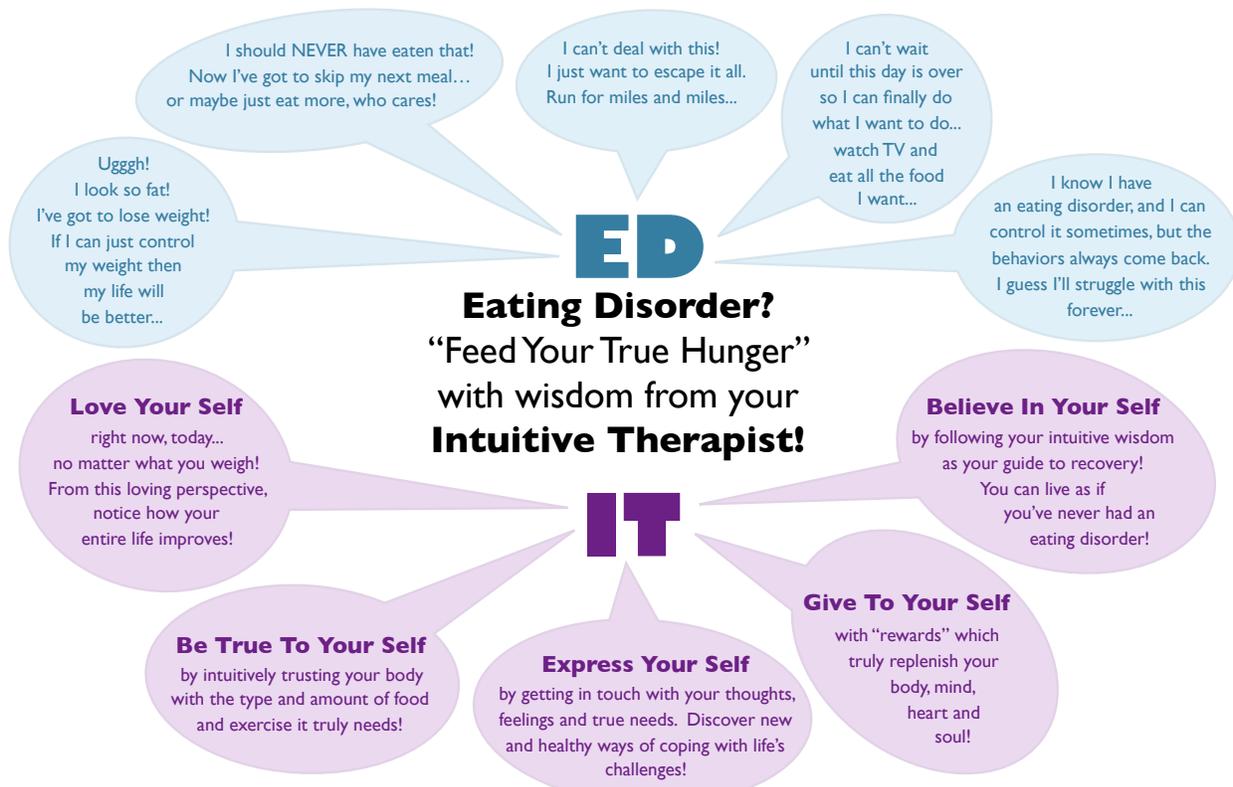
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Don't Diet – EDIT™!

Complete Recovery from Eating Disorders is Possible
 “Dr. Dorie” McCubbrey, MEd, PhD, LPC, CEDS



Eating Disorder Intuitive Therapy (EDIT)™ was developed by “Dr. Dorie” McCubbrey, MEd, 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:



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?

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

Love Your Self
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...to IT

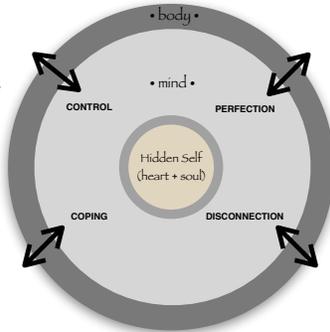
- Nurturing Body Image
- Self-Compassion
- Inner-Guided/Intuitive
- Intuitive Eating/Exercise
- Aware of Feelings/Needs
- Healthy Coping Strategies
- Giving to Enhance Self
- Intuitive Self-Care
- Freedom from ED Behaviors
- Complete Recovery

EDIT™ Treatment Process: from false self to True Self

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 mind looks to society's standards and opinions of others, then attempts to control the body with rigid demands about eating, exercise and weight



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!!!"

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

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

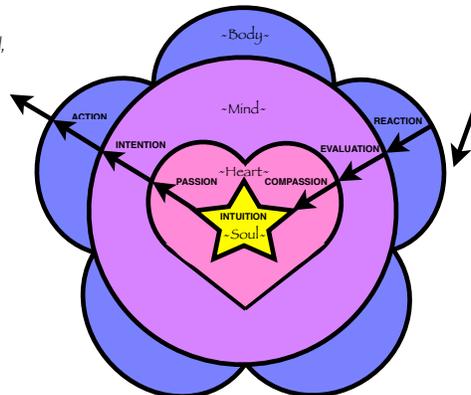
What do you relate to about the "false self" and ED? Based on this model, how can you be free of ED?

The Intuitive Therapist (IT) recovers the "True Self"

This model illustrates the concept of the INTUITIVETHERAPIST (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

To interact in the world, the True Self is inner-guided, from Soul (INTUITION) to Heart (PASSION) to Mind (INTENTION) to Body (ACTION)



In response to world events, the True Self "goes within," from Body (REACTION) to Mind (EVALUATION) to Heart (COMPASSION) to Soul (INTUITION)

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!

Believe In Your Self

Recovery #1: Winning the War Within



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:

<p>NEGATIVES of ED (consequences of quitting recovery)</p>	<p>POSITIVES of IT (benefits of staying in recovery)</p>
<p>POSITIVES of ED (benefits of quitting recovery)</p>	<p>NEGATIVES of IT (consequences of staying in recovery)</p>

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