



## EATING DISORDER CERTIFICATION

### EDIT™ CERTIFIED WOMEN'S RETREAT

September 20-22, 2019  
Snow Mountain Ranch  
Winter Park, Colorado



**Are you a counselor, dietitian, coach or other professional who seeks training and certification to work with eating disorders?**

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**Receive the EDIT™ CERTIFIED III credential and 20 CEUs, plus tools and essential techniques to use with your clients.**

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**All-Inclusive registration with lodging and meals, activities such as horseback riding or hiking, and hands-on EDIT™ training with Dr. Dorie. Share “soul food” with wise women in this magical mountain setting!**

### EDIT™ RETREAT PROGRAM FEATURES

Friday, Sept. 20, 3pm-7pm – Check-in with self-serve snack/dinner is from 3-6pm at the retreat cabin at Snow Mountain Ranch. Evening program is from 6-7pm, with welcome and introductions followed by personal and professional goal-setting for the retreat weekend.

Saturday, Sept. 21, 9am-7pm – Morning program begins with guided visualizations and the first EDIT™ Principle, *Love Your Self*. Enjoy Intuitive Eating and Mindful Meal techniques during lunch, followed by Intuitive and Mindful Movement, to illustrate the second EDIT™ Principle, *Be True To Your Self*. Experience the third EDIT™ Principle, *Express Your Self* during our special group dinner meal preparation and interactive evening program, featuring expressive arts.

Sunday, Sept. 22, 9am-5pm – Morning program begins with Self-Care activities to illustrate the fourth EDIT™ Principle, *Give To Your Self*. The afternoon features an exploration of ongoing success with the fifth EDIT™ Principle, *Believe In Your Self*.

**RETREAT PROGRAM CONCLUDES AT 5PM – OPTION TO STAY FOR DINNER & OVERNIGHT**



**Developed & Presented by “Dr. Dorie” McCubbrey, PhD, MSEd, LPC, LAC, CEDS**  
EDIT™ is a recovery method developed by Dr. Dorie as a result of her own journey overcoming eating disorders. This approach has been used in clinical and coaching settings of more than 20 years. EDIT™ involves the practice of five principles using “thought ED-ITs” to replace the mindset of the *Eating Disorder (ED)* with wisdom of the *Intuitive Therapist (IT)*. This Client-Centered, Solution-Focused method features evidence-based practices and integrative techniques, combining aspects of Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Acceptance & Commitment Therapy, and Transpersonal Psychology principles.

<http://DrDorie.com/womens-retreat> 303-494-1975

12 SPACES  
AVAILABLE

**4 SPOTS  
LEFT!**