

Eating Disorder Intuitive Therapy (EDIT)[™]

Explore the 5 Principles of EDIT[™] • Saturdays, 10:30am-noon • July 27 - August 24
ROOT WELLNESS STUDIO • 2247 FEDERAL BLVD • DENVER CO 80211



EDIT[™] was developed by "Dr. Dorie" McCubbrey, PhD, MSEd, LPC, LAC, CEDS based on her own experience in recovery from eating disorders. EDIT[™] features evidence-based practices, and she has been using this method with her clients for 25 years, and training clinicians and treatment center staff for more than 15 years. Dr. Dorie is a Licensed Addiction Counselor, Certified Eating Disorder Specialist, and author of 2 books.

In this 5-wk WORKSHOP SERIES, you'll learn how to:



Love Your Self – look beyond the image in the mirror

Self-Love involves your **WHOLE** Self – body, mind, heart and soul. You'll discover how to find compassion for your "flaws," and inspiration from your "hidden" assets. Let your true values lead you to your True Self!



Be True To Your Self – listen to your "Intuitive Therapist"

Your intuition is that "gut feeling" or a "sixth sense," which is very different from the "chatter of the mind." When you learn how to quiet that chatter, you'll discover healing wisdom to guide your recovery and your life.



Express Your Self – voice your feelings in healthy ways

Eating disorder behaviors are often used as a means of coping with intense emotions. However, there are ways to safely explore and express your feelings, while using healthy coping skills to replace ED behaviors.



Give To Your Self – learn how to feed your "True Hunger"

Think about all of the different ways you give to others – it might seem like you have an endless to-do list. Where are **YOU** on that list? Discover your true needs, and how to meet them with regular practices of Self-Care!



Believe In Your Self – enjoy your journey of recovery

Long-term recovery is possible, where you can live free of eating disorder behaviors. The key is to stay on your recovery path, with awareness from the "inside-out" – spiritually, emotionally, mentally, physically.

Can't attend every week? You'll receive the handout do the workshop activities on your own.

Or, meet with Dr. Dorie on a 1-on-1 basis (for an extra fee).

REGISTER ONLINE: DrDorie.com/other-events

EARLY BIRD

\$195

**REGISTER BY
JUNE 30**



INTUITIVE RECOVERY
POSITIVE
Pathways

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WEEKLY RATE

\$50 X 5

**1ST PMT DUE BY
JULY 20**