

ALPHABET SOUP for the RECOVERING SOUL

Holiday Coping Skills from ACT, CBT, DBT & EDIT™



FREE WORKSHOP at the **EATING DISORDER FOUNDATION** with **DR. DORIE**
1901 E. 20th Ave, Denver CO 80205
Thursday, October 17 @6-7:30pm - A "Taste" of "Alphabet Soup"

WORKSHOP SERIES at ROOT WELLNESS STUDIO with DR. DORIE

2247 Federal Blvd, Denver CO 80211
Tuesdays, 6-7:30pm

October 22 - Acceptance & Commitment Therapy (ACT) Skills

October 29 - Cognitive Behavioral Therapy (CBT) Skills

November 12 - Dialectical Behavior Therapy (DBT) Skills

November 19 - Eating Disorder Intuitive Therapy (EDIT)™ Skills

\$50/each -OR- \$150/all

REGISTER ONLINE: DrDorie.com/PositivePathways OR CALL 303-494-1975



Workshops presented by "Dr. Dorie" McCubbrey, PhD, MSED, LPC, LAC, CEDS, the Owner of Positive Pathways. She is a Licensed Addiction Counselor and Eating Disorder Specialist, with more than 25 years of clinician experience. She also has personal experience in recovery from eating disorders and addictions. During her journey of recovery, she discovered five principles, which have become her treatment method called Eating Disorder Intuitive Therapy (EDIT)™.

