

GUIDELINES

for

EDIT™ Certified Eating Disorder Treatment Clinician



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ABOUT THE CREATOR OF EDIT™ – “Dr. Dorie” McCubbrey

Eating Disorder Intuitive Therapy (EDIT)™ is the “complete recovery” treatment approach developed by “Dr. Dorie” McCubbrey, PhD, MSED, LPC, LAC, CEDS – it was initially created in 1995, following her own journey of recovery from Anorexia, Bulimia, and Binge Eating Disorder. Dr. Dorie has been a specialist in the treatment of eating disorders for more than 25 years, during which time she has further refined her EDIT™ theory and techniques. She began teaching her methods in 2003, and in 2013 the EDIT™ Certified training program was launched, providing a standardized credentialing process for health professionals to guide clients in recovery from eating disorders.

In 2018, the EDIT™ Certified curriculum was updated and now features three tracks, based on level of experience. Track one is designed for those with no previous experience, providing basic tools to use in peer-led recovery activities, with the credential **EDIT™ Certified Eating Disorder Peer Support**. Track two is ideal for those with previous experience as a life coach, health instructor, or similar type of wellness professional. This enhanced training offers coaching techniques to use with individual clients or in group workshops, with the credential **EDIT™ Certified Eating Disorder Recovery Coach**. Track three is advanced training for licensed mental health professionals, providing clinical skills to diagnose and treat all types of eating disorders, with the credential **EDIT™ Certified Eating Disorder Treatment Clinician**.

Dr. Dorie holds a Doctorate in Biomedical Engineering from the University of Michigan, and a Master’s Degree in Counseling from the University of Akron. This unique combination of credentials allows her to address the complex psychological issues which underlie eating disorders, as well as physical issues including nutrition education, exercise physiology, and the biochemical aspects of addiction. She is a Licensed Professional Counselor (LPC.0002532) and Licensed Addiction Counselor (ACD.0000927) in the state of Colorado, and a Certified Eating Disorder Specialist (CEDS), which is a credential awarded by the International Association of Eating Disorder Professionals (iaedp).

Dr. Dorie’s outpatient counseling practice, Positive Pathways, is located in Evergreen, Colorado. At this location, she trains and supervises EDIT™ Certified practitioners, and she also provides treatment for clients in recovery from Eating Disorders and Substance Use Disorders. She offers outpatient therapy using the EDIT™ method, and experiential sessions including Intuitive Eating, Mindful Movement, and Wilderness Therapy.

Dr. Dorie is a nationally known retreat leader and keynote speaker, and a former board member of the National Speakers Association (NSA). She provides EDIT™ Certified training programs via Independent Study, Interactive Online, Women’s Retreats, I-on-I Mentoring, and On-Site Training. Her interactive programs empower participants through role plays and direct application of clinical skills.

She is the best-selling author of *Dr. Dorie’s Don’t Diet Book* (Positive Pathways Press, 1998), *How Much Does Your Soul Weigh* (HarperCollins, 2003), plus numerous workbooks, CDs and videos about eating disorders and addictions. Her expert commentary has been featured in *US News & World Report*, *Shape*, *Natural Health*, and many more. She has also been interviewed on ABC News, the FOX News Channel, and numerous others. She is currently finishing work on her third book, which illustrates the application of the EDIT™ treatment approach to clients with various types of eating disorders and other addictions.

EDIT™ Certified Training Manual & Videos: LIABILITY WARNING

Please note that all tracks and levels of EDIT™ Certified trainees receive the same training manual and videos for their Independent Study. The six 1-hour videos will walk you through the entire EDIT™ Certified Training Manual, which includes information about five principles of Eating Disorder Intuitive Therapy (EDIT)™ and the recovery areas these principles address:

Love Your Self: Improving Body Image, Values Clarification, Developing a Holistic Sense of Self

Be True To Your Self: Accessing Intuition, Application of Intuition/Mindfulness to Eating & Exercise

Express Your Self: Identifying Emotions, Developing Healthy Coping Skills, Healing Core Issues

Give To Your Self: Developing Routines of Self-Care, Enhancing the Holistic Sense of Self

Believe In Your Self: Anchoring Success, Relapse Prevention, Strategies for Long-Term Recovery

There are EDIT™ Worksheets which address each of these principles, as well as two screening tools (EDIT™ Assessments) which are also a part of the worksheet set. You may share any of these worksheets with your clients, but you **MUST** have a license as a Mental Health Clinician, Psychiatrist, Dietitian or similar treatment professional to provide eating disorder treatment utilizing the EDIT™ approach. If you are working towards licensure, you **MUST** be under appropriate supervision; without a clinical license, this is a serious liability issue for you.

Please note that after you become EDIT™ Certified, Dr. Dorie is available for case consultation.

***If you have any specific questions about what you can/cannot do with your credential
EDIT™ Certified - Eating Disorder Treatment Clinician, consult your attorney.***

EDIT™ Worksheets: COPYRIGHT WARNING

The EDIT™ worksheet set is designed for use by EDIT™ Certified practitioners – or those who are in process of becoming EDIT™ Certified.

Your purchase of this EDIT™ Certified training program allows you, a single user, to print any EDIT™ worksheets for distribution in your coaching sessions. You may also post images of any EDIT™ worksheets on your website and/or blog, which others may download for their personal use.

Please note that when reproducing these EDIT™ worksheets, you **MUST** include the footer of the worksheet, which states: ©2015 by Dr. Dorie McCubbrey, reprint only with permission • EDIT™ Worksheets (Version 3.0) • purchase your copy at: EDITcertified.com (this website link forwards to DrDorie.com).

These worksheets are protected by International Copyright Law. It is an infringement of copyright terms to share the entire pdf file with another party.

EDIT™ Certified Eating Disorder Treatment Clinician – WRITTEN TEST

In order to receive your certificate of completion, you MUST complete the EDIT™ Certified Test, and submit to Dr. Dorie for review and approval. Hand-written responses are requested; however, you may type your responses, as long as you provide your SIGNATURE for documentation.

IMPORTANT NOTE: Regarding Question 4, if you do not have a current client, please make up an example of a client you hope to work with someday, and show how you'll use EDIT™ to assist them.

An image of the test is below, and you'll find a PRINTABLE VERSION on PAGE 63 of the EDIT™ Worksheets.

EDIT™ Certified Test

Required to become an EDIT™ Certified Practitioner
Complete and Submit to Dr. Dorie for Evaluation



Please note that this test is not "graded" – it is used as documentation of your completion of the EDIT™ Training. Your responses demonstrate your overall comprehension of the EDIT™ Theory, EDIT™ Principles, EDIT™ Worksheets and their application to the treatment of eating disorders. Please print this page and hand-write your responses, include your signature, then scan and return to: DrDorie@EDITcertified.com

1. How would you describe the overall EDIT™ Treatment approach?

2. What are the five EDIT™ Principles, and what is the focus of each (treatment areas)?
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.

3. What are your "favorite" EDIT™ Worksheets? Choose one for each of the EDIT™ Principles:
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.

4. Choose a client from your current caseload, and discuss how you'll use the EDIT™ Theory, EDIT™ Principles and EDIT™ Worksheets with this client:

5. Do you have any suggestions for improvement of the EDIT™ Worksheets? Please include your comments here (or email more detailed comments to Dr. Dorie):

Name Printed

Signature

Date

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