

Eating Disorder Intuitive Therapy (EDIT)™

A "Taste" of EDIT™ Webinar

Developed and Presented by "Dr. Dorie" McCubbrey, PhD, MEd, LPC, LAC, CEDS
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www.EDITcertified.com/webinar

Learning Objectives

- List the 5 Principles of Eating Disorder Intuitive Therapy (EDIT)™ and their evidence-based foundations;
- Describe how to use 5 EDIT™ Worksheets to guide clients in freedom from eating disorder behaviors;
- Discuss how to become an EDIT™ Certified Peer Mentor, Recovery Coach, or Treatment Clinician.

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About Dr. Dorie

- PhD – Biomedical Engineering (University of Michigan)
- MEd – Clinical Counseling (University of Akron)
- LPC – Licensed Professional Counselor (Colorado)
- LAC – Licensed Addiction Counselor (Colorado)
- CEDS – Certified Eating Disorder Specialist (IAEDP)
- Bestselling Author – Two Books; currently writing Third Book
- Media Features – ABC News, US News & World Report
- Former Board Member – National Speakers Association
- Volunteer – Several Eating Disorder Non-Profit Organizations
- Member & Approved Supervisor – IAEDP
- Owner & Clinical Director – Positive Pathways Counseling
- Creator – Eating Disorder Intuitive Therapy (EDIT)™
- Founder and President – EDIT™ Training Institute LLC



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Dr. Dorie's True Self



- loves animals – especially cats – and still dresses as one on Halloween!
- enjoys gardening – perennials, herbs, tomatoes, peppers, greens... and her favorite, cucumbers!
- started dieting at age 10... developed anorexia by age 11... "gained weight" but still struggled with chronic dieting, bulimia and binge eating disorder until age 27
- started therapy in her 20's... and learned 5 messages of recovery from her 3 companion animals
- these 5 messages came to be called EDIT™ – which she often shouted from mountain tops with her dog Shakti
- feels most connected with her intuitive wisdom when she's in nature, and loves hiking in the mountains of Colorado
- currently has two companion animals – her very unique cat Shiva, and her special puppy Atman!
- leopard print is her "favorite color" – which she wears as a symbol of her recovery and being seen as her True Self!

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History of EDIT™

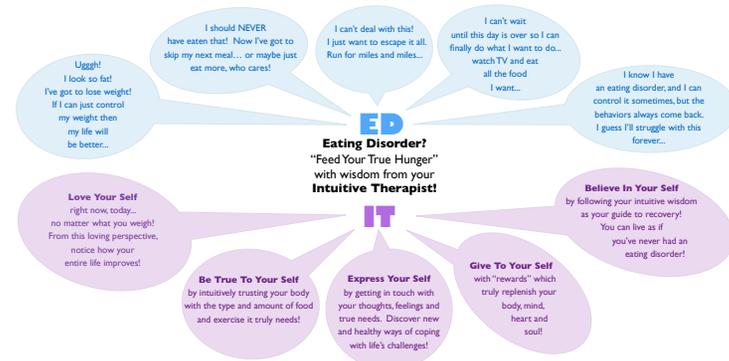
Dr. Dorie's Recovery Journey + 25 Years of Clinical Work

- 1994 - "messengers on the path"... (Dorie's own journey of recovery)
- 1995 - founding of Positive Pathways (Holistic Health Center in Northeast Ohio)
- 1998 - first book published: *Dr. Dorie's Don't Diet Book*
- 1999 - relocation of Positive Pathways to the Denver, Colorado area
- 2003 - second book published: *How Much Does Your Soul Weigh*
- 2005 - approached by Wellness Professionals to be trained in the "McCubrey Method"
- 2008 - began supervising and training Counselor Interns & Mental Health Clinicians
- 2012 - renamed her method – **Eating Disorder Intuitive Therapy (EDIT)™**
- 2013 - developed **EDIT™ Worksheets** and the **EDIT™ Certified** training program
- 2021 - currently hundreds of **EDIT™ Certified** practitioners, located around the world

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What is EDIT™?

Feeding the Eating Disorder Mind with "Thought ED-ITs"



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What is EDIT™?

Release of the "false self" and Recovery of the "True Self"



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What is EDIT™?

Comprehensive Outpatient Eating Disorder Treatment

EDIT™ has roots in:

CBT / DBT / ACT
Voice Dialogue
Jungian
Transpersonal
Intuitive Eating
Mindfulness
...and many more

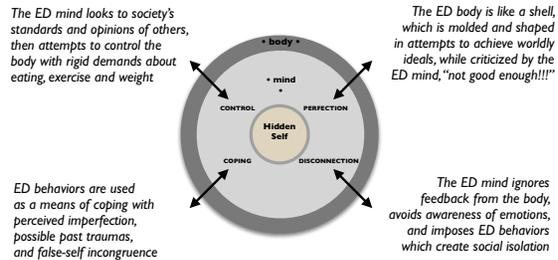
EDIT™ techniques address:

Values/Identity
Body Image
Nutrition/Fitness
Coping Skills
Core Issues
Holistic Self-Care
Relapse Prevention

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What is the “false self”?

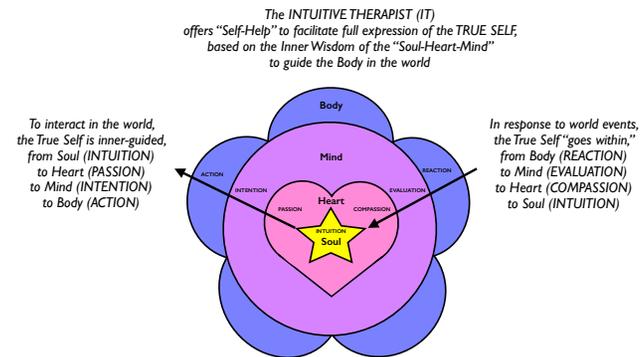
Eating Disorders (ED) arise from the “false self”



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What is the “True Self”?

The Intuitive Therapist (IT) recovers the “True Self”



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The EDIT™ Practitioner

- Practitioner models the voice of the Intuitive Therapist (IT) for the client
- 3C’s: Compassionate, Credible, Congruent
- Client-Centered and Solution-Focused
- Practitioner guides the client to become their own Intuitive Therapist (IT)

EDIT™ PRACTITIONERS MAY BE PEER MENTORS, RECOVERY COACHES, TREATMENT CLINICIANS – AND NEED TO FOLLOW ADDITIONAL GUIDELINES FOR THEIR PROFESSION

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Holistic Recovery

“lasting freedom involves healing and reintegrating the four parts of the Self – physical, intellectual, emotional, spiritual”

- p. 94, Dr. Dorie's Don't Diet Book



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Intuitive Recovery

“Intuition is...
our inner wisdom, sixth sense, a
hunch or gut feeling...
*Our intuition is
the voice of our soul.*”

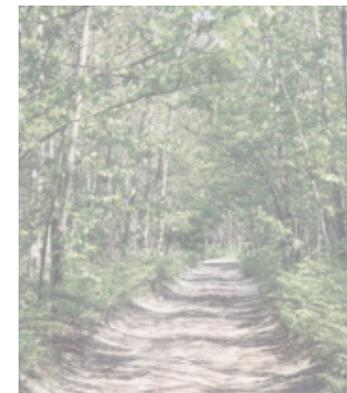
- p. 49, *How Much Does Your Soul Weigh?*



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The EDIT™ Principles

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



Dr. Dorie took this photo on a hike across the state of Michigan in 1989.
It was the inspiration for the name of her counseling business, Positive Pathways!

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Love Your Self

- Peppy's Message: *"I Love You!"*
- Accepting Body Image
- Identity Beyond the Body
- Authentic Values



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- Identify client's "Top 10" criticisms
- Guide client to re-write from the IT's perspective
- IT might say something like: *"Your body is strong"* or, *"I am more than my body"*

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Love Your Self Self-Image #2: Thought ED-IT



Call your attention to the "critical chatter" that the voice of your Eating Disorder (ED) commonly says. These might be judgments about your eating, exercise, or other behaviors and life choices. These "false self" statements are weighing you down! See if you can "lighten up" with a True Self perspective from your Intuitive Therapist (IT).

| ED's critical thoughts ("false self") | IT's compassionate thoughts ("True Self") |
|---------------------------------------|---|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |
| 6. | 6. |
| 7. | 7. |
| 8. | 8. |
| 9. | 9. |
| 10. | 10. |

If you "get stuck," ask a friend or your EDIT™ Certified practitioner for help!

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Be True To Your Self

- Peppy's Message: "What are you doing?"
- Intuitive Eating
- Intuitive Exercise
- Intuitive Living



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- Give an overview of the three reasons we eat
- Discuss the "insatiable" extremes
- Emphasize that it's OK to eat for all three reasons

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Be True To Your Self

Intuitive Eating #1: The Three Reasons WHY We Eat



The reasons why we eat can be categorized into three main areas. Let's explore each:

1. HUNGER – this is your body's PHYSICAL NEED for food (to satisfy energy requirements, support nutritional needs, sustain the body's life). What are ways you recognize hunger in your body?

An **INSATIABLE HUNGER** (need for large amounts of food, or a need to eat very often) can be triggered after periods of fasting, extreme dieting, or ANOREXIA. Has this happened to you? Describe the details:

2. APPETITE – this is a PHYSICAL DESIRE for food, based on TASTE or SENSES (smell of food, seeing an advertisement for food, etc.). Describe your appetite for food and how this differs from hunger.

An **INSATIABLE APPETITE** (desire for large amounts of food, or to eat very often) can occur in response to eating specific foods, sometimes called "trigger foods." The theory is that the "pleasure center" of the brain is stimulated by these "trigger foods," similar to what occurs in people with alcohol/drug addiction. Hence, the term **FOOD ADDICTION** is often used to describe this extreme craving. Do you seem to have some "trigger foods"? List them here, and what typically happens when you eat these:

3. COMFORT – this is an EMOTIONAL DESIRE for food, based on MOOD (depression, anxiety, etc.) Eating creates various biochemical changes in the body, which can have an effect on emotions. Do you have "comfort foods" which you occasionally eat as a means of self-soothing? Describe:

An **INSATIABLE COMFORT CRAVING** (desire for large amounts of food, or to eat very often) can occur when the food-eating behavior is used as a means of **COPING** with emotions on a regular basis, especially as a means of coping with past trauma. This type of behavior is linked to **BINGE EATING DISORDER** and **BULIMIA**. Do you use food as a means of coping? How often? What are your emotional triggers?

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Express Your Self

- Misty's Message: Seizures ("nervous breakdown")
- Awareness: Thoughts-Feelings-Needs
- Healthy Coping Skills: for Pleasure & Distraction
- Core Issue Healing: for Pain Avoidance & Resolution



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- Explain the 5 categories
- Add at least 5 ideas in each
- Post list at home where it's visible
- Use phone to take a photo of the list so image can easily be referred to

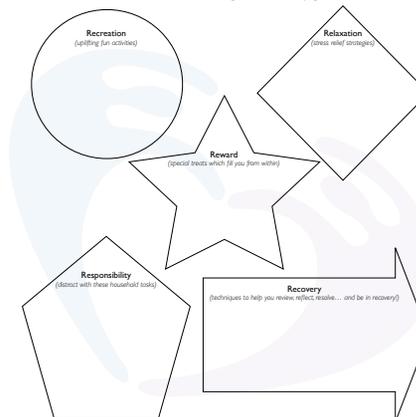
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Express Your Self

Coping #1: The 5-Rs



List alternatives for ED behaviors in each of the 5-R categories below.
Refer to this list instead of using ED behaviors for coping!



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Give To Your Self

- Misty's Message: Rest ("Intuitive Self-Care")
- Purpose of Self-Care – feed your true hunger
- Holistic Self-Care – soul-heart-mind-body
- Routines of Self-Care – daily, weekly, ongoing



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- Review Self-Care ideas for all four aspects of the Self
- Discuss the concept of intuitive intentions (versus "shoulds")
- Create intentions for WHEN/HOW to implement Self-Care practices

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Give To Your Self

Self-Care Routine #4:
Recovery Is My #1 Priority!



SELF-CARE is a proactive practice – when you are "bled from within," you can more effectively give to others throughout your day and be better prepared to handle any challenges which come your way.

Reflect about the four aspects of your Self (SOUL-HEART-MIND-BODY) and what SELF-CARE means for each:

SOUL
HEART
MIND
BODY

Now that you know WHAT you intend for Self-Care, consider WHEN/HOW you'll implement it:

DAILY SELF-CARE INTENTIONS:

WAKING
MORNING
BREAKFAST
LUNCHTIME
AFTERNOON
DINNERTIME
EVENING
BEDTIME

WEEKLY SELF-CARE INTENTIONS:

SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

LONG-TERM SELF-CARE INTENTIONS:

MONTHLY
QUARTERLY
YEARLY

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Believe In Your Self

- Miler's Message: Faith ("Inner Knowing")
- Trust in the Process
- Hopeful Future
- Relapse Prevention



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- Use as client is nearing conclusion of treatment
- Guide client to identify the signs of recovery vs. relapse
- Emphasize action steps to take at YELLOW LIGHT

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Believe In Your Self

Success #3:
Relapse Prevention



Complete recovery and freedom from ED behaviors is possible... but relapse is possible, too!
Know the signs that you're doing well in recovery, and pay attention to warning signs to prevent relapse.

| GREEN LIGHT (signs all is well) | YELLOW LIGHT (early warning signs) | RED LIGHT (signs of relapse) |
|------------------------------------|---------------------------------------|---------------------------------|
| | | |

What steps will you take if you get YELLOW LIGHT or RED LIGHT warning signs?

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Eating Disorder Intuitive Therapy (EDIT)™

Become EDIT™ Certified!

Want More than this “Taste” of EDIT™?



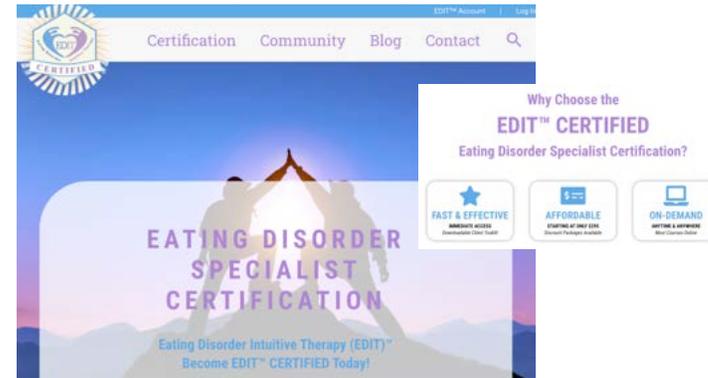
How to Become an EDIT™ Certified Professional

- Track A - EDIT™ Certified Eating Disorder Peer Mentor
- Track B - EDIT™ Certified Eating Disorder Recovery Coach
- Track C - EDIT™ Certified Eating Disorder Treatment Clinician

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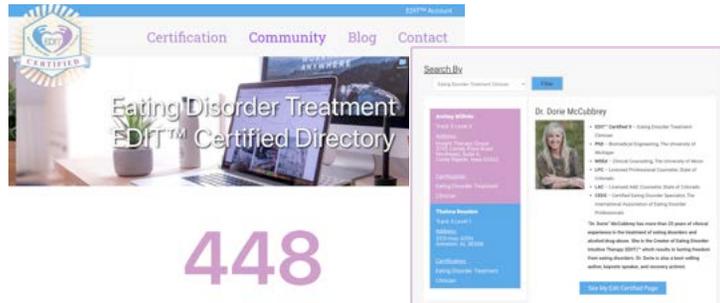
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Eating Disorder Intuitive Therapy (EDIT)™

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|---|---|---|--|
| \$295 | \$495 | \$995 | \$2495 |
| <p>Build Basic Skills</p> <ul style="list-style-type: none"> Downloadable EDIT™ Manual Downloadable EDIT™ Worksheets Foundational EDIT™ Videos Ethical & Liability Guidelines | <p>Gain Confidence!</p> <ul style="list-style-type: none"> EDIT™ Videos featuring Role-Plays EDIT™ Case Study Examples Essential EDIT™ Reading Group Calls with Dr. Dorie | <p>Put into Practice!</p> <ul style="list-style-type: none"> LIVE Online ZOOM Workshop Advanced EDIT™ Topics Role-Play Practice Sessions Get & Achieve Professional Credits | <p>Transform Lives!</p> <ul style="list-style-type: none"> Next Retreat: August 15-19, 2021 Mountains of Evergreen, CO Experience EDIT™ Principles Get & Achieve Professional Certifications |
| LEARN MORE | LEARN MORE | LEARN MORE | LEARN MORE |

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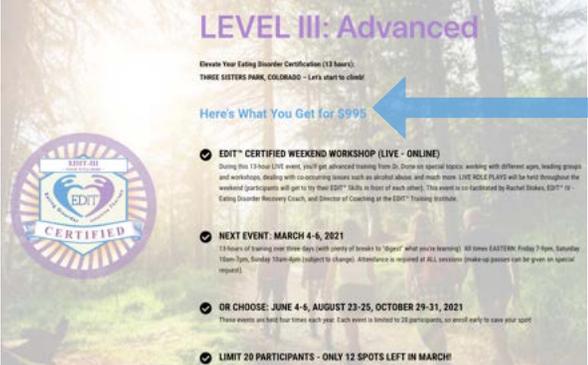
EDIT™ Certified Package Discounts

| LEVEL I Easy Way to Begin (8 hours) GREAT DEAL | LEVEL I-II Increase Your Confidence (12 hours) BUY BOTH & SAVE \$195 | LEVEL I-II-III Elevate Your Success (25 hours) BUY THREE & SAVE \$290 | LEVEL I-II-III-IV Peak Performance (50 hours) BUY FOUR & SAVE \$785 |
|---|---|--|--|
| \$295 | \$595 | \$1495 | \$3495 |
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Eating Disorder Intuitive Therapy (EDIT)™

EDIT™ Certified Package Discounts



LEVEL III: Advanced

Eleven Year Eating Disorder Certification (12 hours)
THREE SISTERS PARK, COLORADO - Let's start to climb!

Here's What You Get for \$995

- EDIT™ CERTIFIED WEEKEND WORKSHOP (LIVE - ONLINE)**
During this 12-hour LIVE event, you'll get advanced training from Dr. Dorie on special topics including: working with different ages, leading groups and workshops, dealing with co-occurring issues such as alcohol abuse, and much more! LIVE ROLE PLAYS will be held throughout the weekend (participants will get to try their EDIT™ skills in front of each other). This event is co-facilitated by Rachel Stokes, EDIT™® Eating Disorder Recovery Coach, and Director of Coaching at the EDIT™ Training Institute.
- NEXT EVENT: MARCH 4-6, 2021**
12 Hours of training over three days (with plenty of breaks to "digest" what you're learning). All times EASTERN. Friday 9-noon, Saturday 10am-3pm, Sunday 10am-3pm (subject to change). Attendance is required at ALL sessions (breakfast/guests can get away on special request).
- OR CHOOSE: JUNE 4-6, AUGUST 23-25, OCTOBER 29-31, 2021**
These events are held four times each year. Each event is limited to 20 participants, so enroll early to save your spot!
- LIMIT 20 PARTICIPANTS - ONLY 12 SPOTS LEFT IN MARCH!**
ENROLL NOW for the MARCH EVENT or SAVE YOUR SPOT for a FUTURE EVENT!

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