

Eating Disorder Intuitive Therapy (EDIT)™

A “Taste” of EDIT™ Webinar – Eating Disorders & Food Holidays

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 the EDIT™ Method to guide clients in freedom from eating disorder behaviors;
- Discuss how to use 5 EDIT™ Worksheets to guide clients during Thanksgiving and other “Food Holidays.”

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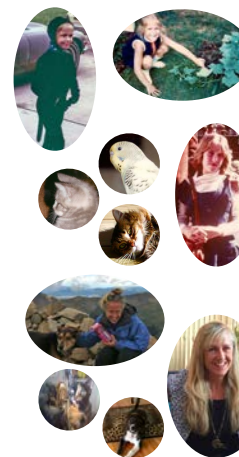
About Dr. Dorie

- 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™?

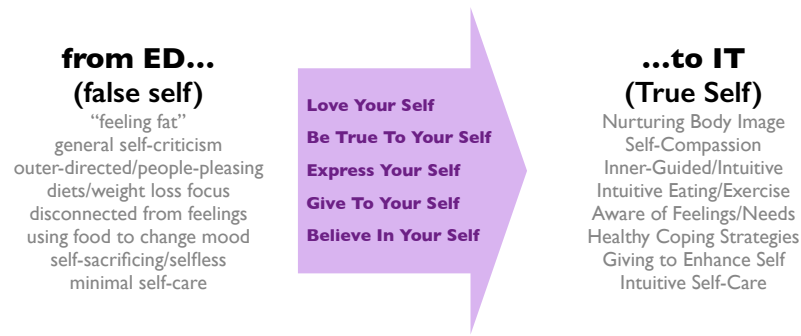
Feeding the Eating Disorder Mind with "Thought ED-ITs"



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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

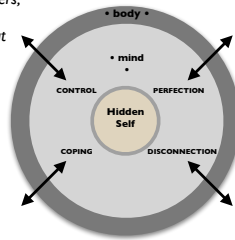


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What is the “false self”?

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

The ED mind looks to society's standards and opinions of others, then attempts to control the body with rigid demands about eating, exercise and weight



The ED body is like a shell, which is molded and shaped in attempts to achieve worldly ideals, while criticized by the ED mind, “not good enough!!!”

ED behaviors are used as a means of coping with perceived imperfection, possible past traumas, and false-self incongruence

The ED mind ignores feedback from the body, avoids awareness of emotions, and imposes ED behaviors which create social isolation

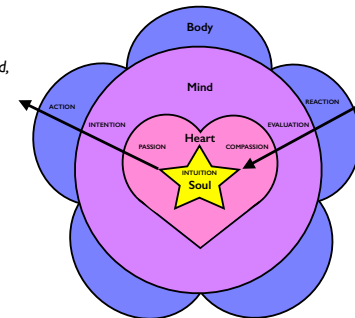
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What is the “True Self”?

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

The INTUITIVE THERAPIST (IT) offers “Self-Help” to facilitate full expression of the TRUE SELF, based on the Inner Wisdom of the “Soul-Heart-Mind” to guide the Body in the world

To interact in the world, the True Self is inner-guided, from Soul (INTUITION) to Heart (PASSION) to Mind (INTENTION) to Body (ACTION)



In response to world events, the True Self “goes within,” from Body (REACTION) to Mind (EVALUATION) to Heart (COMPASSION) to Soul (INTUITION)

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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.”*

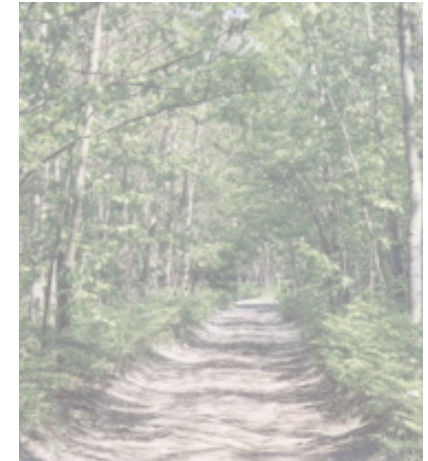
- p. 49, *How Much Does Your Soul Weigh?*



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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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Eating Disorders & Food Holidays:

From Halloween Candy, to Thanksgiving, and Beyond



**They Look So Happy!
...but are they?**

- Anorexia Nervosa (AN)
 - restrictive eating
- Bulimia Nervosa (BN)
 - binge eating & purging
- Binge Eating Disorder (BED)
 - binge eating

Help Your Clients Using EDIT™ Principles & Worksheets

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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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- ED can create a loss of a sense of one's True Self
- Holidays with family and friends can trigger a false self as a means of coping
- Emphasizing one's values can enhance one's True Self and reduce ED behaviors

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Love Your Self

Self-Image #5:
My Values



Scan the items in the two-column lists below, and consider what is currently most important in your life. Circle your TOP TEN VALUES, and then RANK 1-10 according to what you MOST VALUE NOW:

Adventure	Marriage/Partnership
Animals/Pets	Material Possessions
Art/Creative Expression	Music - Playing or Listening
Autonomy/Independence	Nature/Preservation
Beauty/Fashion/Image	Nutrition/Cooking
Career/Vocation	Organization/Structure
Children	Personal Growth/Self-Actualization
Eating Disorder Recovery	Philanthropy
Education/Credentials	Recreation/Play
Entertainment/Parties	Relaxation/Rest
Ethnicity/Cultural Heritage	Responsibilities/Getting Things Done
Etiquette/Respect	Safety/Protection
Exercise/Fitness	Social Status/Recognition
Family	Spirituality/Religion
Friendships	Technology/Conveniences
Health - Mental/Emotional	Travel
Health - Physical	Volunteering/Being of Service
Hobbies	Wealth/Financial Security
Ideal Weight/Size	Well-Being/Self-Care
Intimacy	Other:

Reflect about WHY these values are important to you — WHEN did they first become important, and WHO may have influenced you? Has your Eating Disorder (ED) influenced any of your values? Can you access your own Intuitive Therapist (IT) to discover your true values? What do you think will happen to your values as your recovery unfolds?

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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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- Complete this worksheet with clients before a Food Event
- Discuss how to set boundaries with trigger foods
- Explore action steps if boundaries with food are not maintained

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Be True To Your Self

Intuitive Eating #6:
Making Peace With Food



List your current SAFE foods in the inner circle. Next, list the foods which are SCARY but which you can eat with specific boundaries (list your boundary, i.e., "measure portion"). Finally, list your TRIGGER foods.

"TRIGGER" Foods
tend to binge/purge (I eat these so I try to abstain)

"SCARY" Foods
can eat with "safe boundaries"

"SAFE" Foods
can enjoy free of ED behaviors

How can you set boundaries with your TRIGGER foods, and move them into the middle circle?
How can your SCARY foods become SAFE foods, so that ALL FOOD is in your inner circle?

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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 5R's and 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
- Plan a REWARD after a Food Event

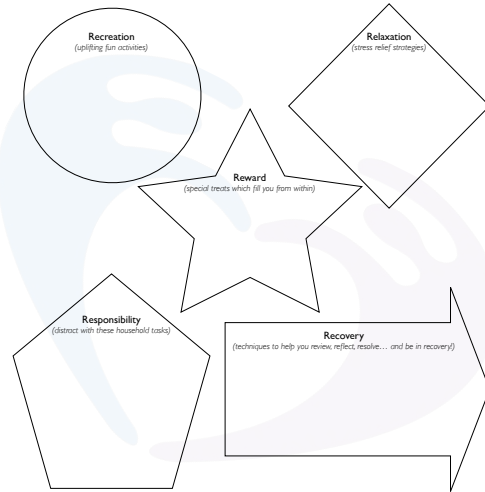
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Express Your Self

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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- Guide clients to list at least 25 things they are currently grateful for
- Include future ideas such as, "I am so happy I can share some of my values and gratuities with my family"

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Give To Your Self

Self-Care Practice #3:
Gratitude List



Write 50 GRATITUDES about your Self and your life... consider all aspects of your True Self – Body/Mind/Heart/Soul.
You can write this list a few at a time (consider writing 5 GRATITUDES for the next 10 DAYS).
Keep adding to this list until you have all 50!

1.	26.
2.	27.
3.	28.
4.	29.
5.	30.
6.	31.
7.	32.
8.	33.
9.	34.
10.	35.
11.	36.
12.	37.
13.	38.
14.	39.
15.	40.
16.	41.
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21.	46.
22.	47.
23.	48.
24.	49.
25.	50.

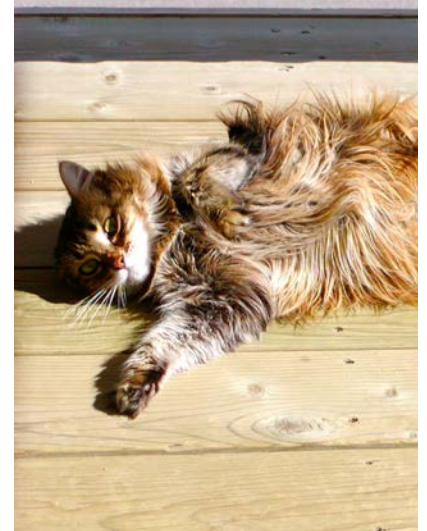
As you're writing your gratuities, notice how many you have for specific areas of your life (career, family, etc) as well as each aspect of your True Self (Body/Mind/Heart/Soul). Consider which areas/aspects you'd like to add more, to enhance life balance! Once you have all 50 GRATITUDES, how can you use this list support your recovery?

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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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- Guide clients to list 3 recovery skills under each EDIT™ Affirmation
- These can be intentions to practice during Food Events
- Emphasize strengthening one's "Recovery Muscle"

Believe In Your Self
Success #2:
Key Strategies



It's helpful to validate the strategies which you've learned on your journey of recovery. What strategies have been most effective to help you shift from ED to IT? List three strategies for each of the five principles of EDIT™ as a reminder to practice these principles in your everyday life. In this way, complete recovery is possible!

I LOVE MY SELF!
.....

I AM TRUE TO MY SELF!
.....

I EXPRESS MY SELF!
.....

I GIVE TO MY SELF!
.....

I BELIEVE IN MY SELF!
.....

How can you use this worksheet to support your ongoing success?
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Eating Disorder Intuitive Therapy (EDIT)™

Become EDIT™ Certified!

Want More than this "Taste" of EDIT™?



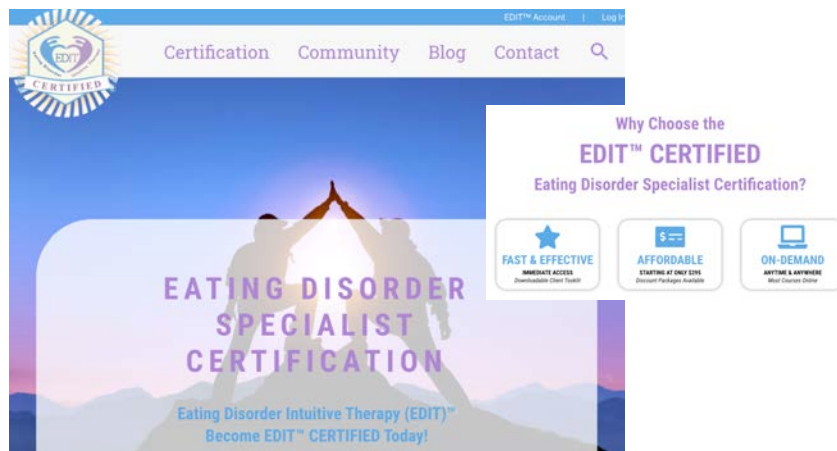
How to Become an EDIT™ Certified Professional

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

LEARN MORE & ENROLL VISIT: www.EDITcertified.com

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Questions? Dr. Dorie Has Answers!

Let's Connect!

Schedule a Call with Dr. Dorie



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EDIT™ Discovery Call (FREE)

- 15 min
- Phone call

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