

INTENTIONAL EATING™

A New Process Beyond Intuitive Eating

Featuring Version 4.0 of Eating Disorder Intuitive Therapy (EDIT)™

Developed and Presented by “Dr. Dorie” McCubbrey, PhD, MEd, LPC, LAC, CEDS
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Learning Objectives

- Review the general process of Intuitive Eating as introduced by authors Tribole & Resch (1995-2020) – and its limitations;
- Discuss the main differences in the process of Intuitive Eating, as explained in Dr. Dorie's EDIT™ Method;
- List the key concepts of Dr. Dorie's new process of INTENTIONAL EATING™ – how and why it works.

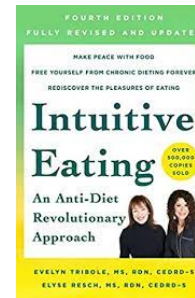
About Dr. Dorie

- 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; finishing Third Book
- Media Features – ABC News, US News & World Report
- Former Board Member – National Speakers Association
- Owner & Clinical Director – Positive Pathways Counseling
- Creator – Eating Disorder Intuitive Therapy (EDIT)™
- Founder and President – EDIT™ Training Institute LLC



“Eating Disorder Intuitive Therapy (EDIT)™ evolved from my own recovery, and my 25+ years of clinical experience helping thousands of clients.”

What is “Intuitive Eating”?

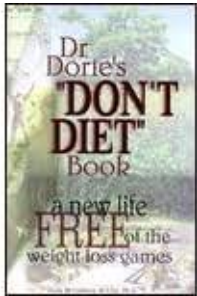


Book by Dietitians Tribole & Resch, 1st Edition published in 1995, currently in its 4th Edition published in 2020

- As the current subtitle states, “An Anti-Diet Revolutionary Approach,” with three main areas of focus:
 - Make Peace with Food
 - Free Yourself from Chronic Dieting Forever
 - Rediscover the Pleasure of Eating

“We define healthy eating as having a healthy balance of foods and having a healthy relationship with food.”
– Evelyn Tribole

Eating with “Inner Wisdom”



Book by Dr. Dorie McCubbrey, 1st Edition published in 1998 – 25th Anniversary Edition coming soon (May, 2023)

- As the subtitle states, “A New Life Free of the Weight Loss Games,” with three main areas of focus:
 - The “Games Dieters Play” – and Why None Works
 - A Holistic Solution (P-I-E-S)
 - Introduction to What Is Now Known as EDIT™

“Our bodies know what our bodies need, if we learn how to listen.”
– Dr. Dorie

Limitations of Intuitive Eating

Voice of ED

My intuition says
I’m not hungry

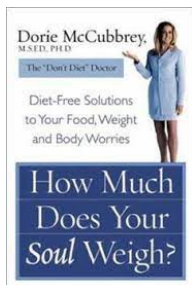
= Inhibitive Eating

My intuition says
I can eat whatever
I want

= Impulsive Eating

Dr. Dorie’s EDIT™ Method Addresses ED’s Justifications!

“Intuitive Self-Care”



Second Book by Dr. Dorie McCubbrey, *How Much Does Your Soul Weigh? Diet-Free Solutions to Your Food, Weight, and Body Worries* (HarperCollins, 2003)

- “Intuitive Self-Care” was the original name for what is now known as Eating Disorder Intuitive Therapy (EDIT)™
- Features the practice of five principles:
 - Love Your Self
 - Be True To Your Self
 - Express Your Self
 - Give To Your Self
 - Believe In Your Self

“Self-Care for the Four Aspects of the True Self: Soul, Heart, Mind, Body.”
– Dr. Dorie

The Evolution of EDIT™

Dr. Dorie’s Recovery + 27yr Clinician + EDIT™ Certified

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 “McCubbrey Method”

2008 - began supervising and training Counselor Interns & Mental Health Clinicians

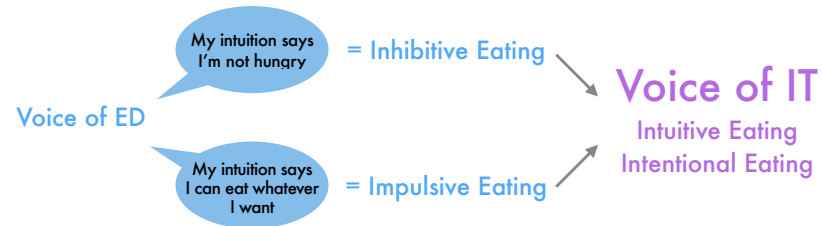
2012 - renamed her method – **Eating Disorder Intuitive Therapy (EDIT)™**

2013 - developed **EDIT™ Worksheets** and the **EDIT™ Certified** training program

2022 - currently hundreds of **EDIT™ Certified** practitioners, located around the world

What Is EDIT™ ?

Learn How to Listen to the Voice of the Intuitive Therapist (IT)



EDIT™ = Transformation from ED to IT (Healing with Intuitive Wisdom)

What Is EDIT™ ?

Change the “Eating Disorder” Mind with “Thought ED-ITs”



What Is EDIT™ ?

Holistic-Integrative-Comprehensive
Eating Disorder Treatment featuring Evidence-Based Practices

EDIT™ has roots in:

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

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

EDIT™ techniques address:

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

Intuitive Eating

Eating Disorder Intuitive Therapy (EDIT)™ Training Manual,
Dr. Dorie McCubbrey, PhD, MSEd, LPC, LAC, CEDS – EDIT™ Version 4.0, ©2022

- “Un-diet”– undo damage of diet mentality
 - Challenge food rules and nutrition myths
- Relearn how to eat based on body’s true needs
 - WHEN, WHY, WHAT and HOW
- Use “Intuitive Structure” for gradual changes
 - Ultimate goal: ability to enjoy MOST foods

- Give an overview of the three reasons we eat:

- **HUNGER**
- **CRAVING**
- **COMFORT**

- Discuss the “insatiable” extremes:

- **PHYSIOLOGICAL**
- **PSYCHOLOGICAL**

- Have **COMPASSION** for current behaviors while **SETTING INTENTIONS & CREATING STRUCTURE** for **FREEDOM** from ED

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. **CRAVING** – 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 CRAVING** (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 alcoholism 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 food”, 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-mood 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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- Discuss the concept of the **Hunger & Fullness Gauge** (like a gas gauge)

- What are client's **MODERATE** cues, before they become **EXTREME**?

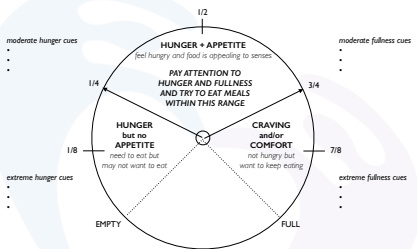
- Notice **Hunger + Appetite** cues, from **1/4** to **3/4** on the gauge

Be True To Your Self

Intuitive Eating #7: Hunger & Fullness Gauge



Imagine the fuel gauge on the dashboard of your car – and how you pay attention to this gauge to decide when you need to fill your tank with more fuel. Now, imagine that your body has its own fuel gauge – related to your body's need for nutrients from food. However, unlike your car (which you might only need to add fuel to once a week), your body burns its fuel stores and needs more fuel several times each day! Notice the different points on the Hunger & Fullness Gauge below, as it progresses from **EMPTY** to **FULL**. Note your hunger and fullness cues.



How can you compassionately encourage yourself to recognize and act on your hunger and fullness cues, so that you can start and stop your meals within the target range of 1/4 to 3/4 of your fuel level? List action steps:

- 1.
- 2.
- 3.

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- What is client's **ED voice** saying?

- Encourage and validate the revealing of “food rules”

- Assist client to develop **IT wisdom** for each rule

- Are some “rules” **PHYSIOLOGICAL ISSUES** to honor?

Be True To Your Self

Intuitive Eating #5: Challenging Food Rules



The voice of your **Eating Disorder (ED)** probably has more “food rules” than you can count – pause for a moment to notice all of the **do's/don'ts, good/bads, should/shouldn't's** that **ED** chatters on about when you're eating (or planning your next meal). These food rules are in the way of your needs for a variety of foods which truly satisfy all of the reasons why you eat. The inner wisdom of your **Intuitive Therapist (IT)** knows “food freedom”!

ED's critical thoughts (“Food Rules”)	IT's inner wisdom (“Food Freedom”)
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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INTENTIONAL EATING™

Eating Disorder Intuitive Therapy (EDIT)™ Training Manual, Dr. Dorie McCubbrey, PhD, MSEd, LPC, LAC, CEDS – EDIT™ Version 4.0, ©2022

- Internalize Insights from Intuitive Eating Practices
 - *YOUR “Way of Eating” for True Health*
- Set **INTENTIONS** for Conscious Choice
 - *WHEN, WHY, WHAT and HOW*
- Anchor **INTENTIONAL EATING™** Plans
 - *Freedom from ED with Freedom of Choice*

- Learn the client's attitudes towards specific foods:

- SAFE FOODS**
- EXPERIMENT**
- CURIOSITY**

- Guide client to set INTENTIONS to explore the incorporation of "can't have" foods

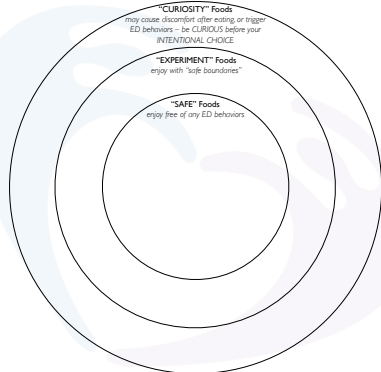
- Support client to gradually make most foods "safe foods"

Be True To Your Self

INTENTIONAL EATING™ #1: Making Peace With Food



Now that you've been practicing Intuitive Eating Skills for a while, you're ready to apply what you've learned about a "Way of Eating" that works best for you. Let's put this into practice with INTENTIONAL EATING™ – making conscious choices to make peace with food. List your current SAFE foods in the inner circle. Next, list your EXPERIMENT foods, exploring how to enjoy these foods with specific boundaries (list your boundary, i.e., "measure portion"). Finally, list your CURIOSITY foods, those which your body may not prefer – CAREFULLY consider your INTENTIONAL CHOICE about these foods.



How can you set boundaries with your CURIOSITY foods, and move them into the middle circle?
How can your EXPERIMENT foods become SAFE foods, so that MOST FOODS are in your inner circle?

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- Advanced Food Journal to PAUSE and set INTENTIONS BEFORE eating a meal or snack

- Practice with this journal until these check-ins become an internalized INTENTION
- Emphasize INTENTIONAL INSIGHTS

Be True To Your Self

INTENTIONAL EATING™ #2: Advanced Food Journal



As a more advanced step in being an INTUITIVE EATER, you can use this type of Food Journal to help you mindfully and soulfully pause to check in with your intuitive needs before, during and after your meals. This type of journal can help you practice INTENTIONAL EATING™ during your meals – and to live with CONSCIOUS CHOICE!

Today's Date: _____

INTUITIVE INSIGHTS WHEN AM I HUNGRY? ...do I really need? (describe details: HUNGER, using?)	INTUITIVE INTENTIONS I CAN and I HAVEN'T HUNGRY MEALS? (note meal portions - any food adjustments or SW)	INTENTIONAL INSIGHTS WHY? ...do I think, feel, need now? (transition AFTER meal time)

SOULFULNESS: note observations and feelings from the inside-out (SOUL-HEART-MIND-BODY)

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- Consider doing a meal session with your client

- Teach client the *Beginner's Mind* technique

- Normalize the eating experience with everyday conversation

Be True To Your Self

INTENTIONAL EATING™ #3: Intuitive Mindful Meal Process



Relearn how to be an INTUITIVE EATER as you pause to enjoy this meal process!

STEP 1 - Note WHEN you're beginning your meal (TIME) _____ and your thoughts about eating now?

STEP 2 - Note WHY you're eating (Hunger, Appetite, Comfort) _____ and your thoughts about this?

STEP 3 - Note your HUNGER & FULLNESS GAUGE _____ and your thoughts about this level?

STEP 4 - Note WHAT you want to eat (type, amount), using MY MENU or a check-in with your INTUITION.

STEP 5 - Fully experience your first bite of food, using the mindfulness technique of BEGINNER'S MIND – notice the color, shape, temperature, texture, scent, and other sensory information, and then take a taste. Be very curious, as if you've never tasted this food before. Record some notes about your first few bites. Pause to reflect about HOW would you like to proceed with the rest of your meal – setting an intention about your meal pace and process?

STEP 6 - Pause mid-way through your meal, and note your reflections, HOW would you like to proceed?

STEP 7 - As you conclude your meal, note TIME _____ GAUGE LEVEL _____ and your thoughts about these?

STEP 8 - Additional notes about your overall Intuitive Mindful Meal Process experience:

- What action steps would you like to take to enhance your Intuitive Eating abilities?
- 1.
 - 2.
 - 3.

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- ANCHOR client's INTENTIONAL "Way of Eating"

- Emphasize making CONSCIOUS CHOICE and enjoying a variety of foods

- This menu is not "set in stone" – it's to ANCHOR what reflects True Health NOW

Be True To Your Self

INTENTIONAL EATING™ #4: My "Way of Eating" Menu



Initially, as you explored Intuitive Eating you learned how to listen to the messages that your body was sending you, about the type and amount of food that helps you be free of ED behaviors, and feel your best. You also challenged any "Food Rules" which come from the voice of ED, and you've discerned how to listen to your Intuitive Therapist's (IT) wisdom about the different foods that you really enjoy and which help you feel your best, free of ED! This is YOUR "Way of Eating." Now, you can be an INTENTIONAL EATER™ as you anchor some of your favorite meal choices. The ideas here isn't to become rigid with a meal plan, but rather to have several selections you can choose from as an INTENTIONAL EATER™.

<p>BREAKFAST OPTIONS</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 	<p>LUNCH OPTIONS</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5.
<p>DINNER OPTIONS</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 	<p>SNACK OPTIONS</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5.

Consult with your EDIT™ Certified practitioner for NUTRITION WISDOM review and menu suggestions.
Consider a creative project to make MY MENU into something special!

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What Is EDIT™ ?

Release of the “false self” and Recovery of the “True Self”

from ED... (false self)

“feeling fat”
general self-criticism
outer-directed/people-pleasing
diets/weight loss focus
disconnected from feelings
using food to change mood
self-sacrificing/selfless
minimal self-care

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

...to IT (True Self)

Nurturing Body Image
Self-Compassion
Inner-Guided/Intuitive
Intentional Eating/Exercise
Aware of Feelings/Needs
Healthy Coping Strategies
Intuitive Self-Care
Freedom from ED Behaviors

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Want MORE than this “taste” of EDIT™ ? Become EDIT™ Certified!

3 TRACKS

- A = Eating Disorder Peer Support Specialist
- B = Eating Disorder Recovery Coach
- C = Eating Disorder Treatment Clinician



5 LEVELS

- I = Independent Study
- II = Online Workshop
- III = Group Coaching
- IV = In-Person RETREAT!
- V = Apprenticeship



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Benefit of Becoming EDIT™ Certified

Inclusion In Our EDIT™ Certified Community

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EDIT™ Certified Professionals

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Eating Disorder Intuitive Therapy (EDIT)™ EDIT™ Certified Package Discounts

LEVEL I Ground-Breaker Foundational Independent Study (10 Hours)	LEVEL I-II Trail-Blazer Advanced ONLINE Workshop (10+10 = 20 Hours)	LEVEL I-II-III Peak-Performer Expert Group Coaching (10+10+10 = 30 Hours)	LEVEL I-II-III-IV Mountain-Explorer 1-on-1 Mentoring (10+10+10+20 = 50 Hours)
\$495 SPECIAL! (\$595 regular rate)	\$995 SPECIAL! (\$1495 regular rate)	\$1995 SPECIAL! (\$2995 regular rate)	\$4995 SPECIAL! (\$9995 regular rate)
<ul style="list-style-type: none"> ✓ Downloadable EDIT™ Manual ✓ Downloadable EDIT™ Worksheets ✓ Online EDIT™ Training Videos ✓ Guidelines to Work with Clients 	<ul style="list-style-type: none"> ✓ Everything in LEVEL I PLUS... ✓ 2-day LIVE ONLINE Workshop ✓ Specialized EDIT™ Applications ✓ NEXT EVENT: October 7-8 	<ul style="list-style-type: none"> ✓ Everything in LEVEL I-II PLUS... ✓ LIVE Group Coaching Calls ✓ LIVE Webinars & Group Discussions ✓ Role-Plays & Advanced Skills 	<ul style="list-style-type: none"> ✓ Everything in LEVEL I-II PLUS PLUS ✓ EDIT™ Sessions with Dr. Dorie ✓ Customized Zoom Calls & Project ✓ Ideal to Grow Your Own Business
SAVE \$100 LEVEL I ENROLL NOW	SAVE \$500 LEVELS I+II ENROLL NOW	SAVE \$1000 LEVELS I+II+III ENROLL NOW	WOW - SAVE \$5000 LEVELS I+II+III+IV ENROLL NOW

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