

The UnDiet Solution™

Let's Help Clients Undo the Damage of Diets and
Achieve a Healthy Weight in a Healthy Way

Developed and Presented by "Dr. Dorie" McCubbrey, PhD, MEd, LPC, LAC, CEDS
©2022 by Dorie McCubbrey

DOWNLOAD HANDOUT HERE:
<https://editcertified.com/eating-disorder-webinars/>



1240 Bergen Pkwy Suite A250-7 • Evergreen CO 80439 • 303.494.1975
info@EDITcertified.com • www.EDITcertified.com

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



Weighty Issues

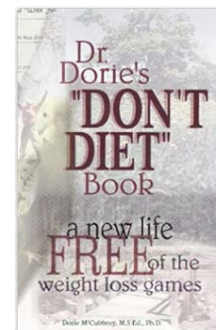
Eating Disorders, BMI, Obesity, Weight Loss

LEARNING OBJECTIVES

- Describe the main points of Body Positivity and HAES® and their limitations
- Discuss the “taboo topics” of Body Mass Index (BMI), obesity and weight loss, and how these topics can support recovery
- List the key aspects of The UnDiet Solution™ and the EDIT™ approach – how and why they work

Want to Lose Weight?

DON'T DIET! Why Not? Consider These Facts:



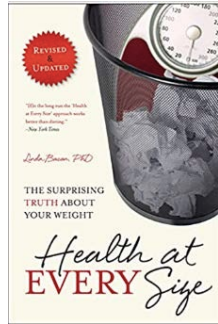
- every day, more than 100 million Americans are dieting to lose weight
- 95% of dieters regain any lost weight, and often more
- rebound weight gain leading to BMI of obesity is “diet induced obesity”
- 1/3 of people at weight loss centers have diagnosable eating disorders
- eating disorders affect 9% of the population worldwide
- 9% of the U.S. population (28.8 million) is lifetime incidence of EDs
- 42% of 1st-3rd grade girls want to be thinner
- 81% of 10 year old children are afraid of being fat
- 35-57% of adolescent girls engage in dieting, fasting, & bulimic behaviors

Sources: Gallup Polls (2008-2017), ANAD.org

Dr. Dorie is known as “The Don't Diet Doctor”

Health At Every Size (HAES)®

Book by Lindo Bacon, PhD (formerly Linda)



“We’re losing the war on obesity. Fighting fat has not made the fat go away. However, extensive “collateral damage” has resulted: Food and body preoccupation, self-hatred, eating disorders, weight cycling, weight discrimination, poor health. . . . Few of us are at peace with our bodies, whether because we’re fat or because we fear becoming fat. It’s time to withdraw the troops. There is a compassionate alternative to the war—Health at Every Size—which has proven to be much more successful at health improvement—and without the unwanted side effects. The scientific research consistently shows that common assumptions underlying the war on obesity just don’t stand up to the evidence.”

MORE INFO: visit <https://lindobacon.com/>

Limitations? People with Health Issues related to BMI

BMI, Obesity, Weight Loss

How Can these “Taboo Topics” Support Recovery?

Body Mass Index (BMI) - a current measurement for the diagnosis of obesity and anorexia nervosa., based on height and weight, although a revised version is being discussed, which will include body fat assessment.

Overweight and Obesity - defined as abnormal or excessive fat accumulation that presents a risk to health. A body mass index (BMI) over 25 is considered overweight, and over 30 is obese. The issue has grown to epidemic proportions, with over 4 million people dying each year as a result of being overweight or obese in 2017 according to the global burden of disease. (Source: World Health Organization)

Weight Loss - this can often be related to weight stigma, social pressures to achieve an “ideal body,” vanity, – and eating disorders. However, there are many people who desire weight loss to improve their health.



Let’s Openly Discuss these Topics with Clients!

Body Positivity

A Recent Movement to Promote Inclusion

The origins of the body positivity movement date back to the Fat Acceptance movement of the 1960s. The idea of ending fat-shaming served as the seed of a larger project of **accepting and celebrating all bodies and body types**.

In the past several years, the term “body positivity” has received much attention on social media, and other media sources. It’s a movement that promotes acceptance of all bodies, regardless of size, shape, skin tone, gender, and physical abilities.



Limitations? “Permission” to “Eat Whatever I Want”

The UnDiet Solution™

Undo Diet Damage & Enjoy the Healthy Way to a Healthy Weight

STEP I - Weigh In

No! Not on a scale!

*Weigh the effects of diets on the True Self – Body, Mind, Heart & Soul
Also consider effects on finances, relationships, and other areas of life*



STEP II - Set Goals

No! Not weight loss goals!

*What are True Self’s desires? Improved health, more energy, increased confidence...
The OUTCOME of these goals is the “Freedom Point” with weight*

STEP III - Start Diet

No! Not a weight loss diet!

What will nourish the True Self? Self-Love, Intuitive Wisdom, Emotional Balance, Self-Care and Lasting Freedom from the “diet mentality” and “voice of ED”

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

The UnDiet Solution™

6-Week Curriculum to Use with Groups or Individuals

Outcome Research - “Practice-Based Evidence”

EDIT™ Assessments I & II given before and after the 6-week program. Qualitative Data shows reduction of diet and ED behaviors, and improvement in recovery parameters.

Outcome Research - “Freedom Point” with weight

As clients focused on their goal of improved health – with concrete steps from the EDIT™ Principles – 95% reported weight loss as an outcome. They practiced “non-attachment” to any specific “goal weight” – instead, “allowing” their Freedom Point to be revealed in an “Intuitive Way.”

Outcome Research (Future) - “Evidence-Based” using ED Inventories

Future research includes the administration of the EDI-3 (Eating Disorder Inventory, 3rd Version), alongside the EDIT™ Assessments. Qualitative Data from the EDIT™ Assessments can be compared with Quantitative Data from the EDI-3.

The UnDiet Solution™

EDIT™ Principle #1 - Love Your Self

Love Your Self

Body Image #4:
Finding Your Freedom Point



You've probably heard of an “ideal weight” – which is usually a number from a chart, based on your height and a few other factors. But in the “ideal weight” trap, you let your “Freedom Point” weigh in.

STEP 1 - Recall your highest weight. How old were you, and what were your eating/exercise habits?

STEP 2 - Recall your lowest weight. How old were you, and what were your eating/exercise habits?

STEP 3 - Consider apathy. If you were sedentary and binged every day, what might you weigh?

STEP 4 - Consider obsession. If you were extremely rigid with eating and exercise, what might you weigh?

STEP 5 - Reflect about the weight your body wants to “prefer” – what you need to weigh when you're not trying to control your eating or exercise nor are you rebelling with complacency. This is the weight which may be your “Freedom Point” – a weight your body can readily maintain (no dieting/obsession). Your actual Freedom Point might be slightly higher/lower than what your body has preferred in the past.

STEP 6 - How does it feel to consider allowing your body to find its new Freedom Point? Are you willing to meet the process? Why or why not?

STEP 7 - Use the diagram below and record the various weights which reflect extremes, and your possible Freedom Point. This can give you a realistic “ideal weight” or consider (on your journey of recovery)



Finding Your Freedom Point:

- guide client to reflect about highest weight, lowest weight, apathy and obsession
- assist client to determine their Freedom Point with weight, which the body can easily maintain, free of diets and ED behaviors
- note that the Freedom Point may be higher or lower than “goal weights” in the past, it's important for the client to develop TRUST
- the EDIT™ Principles provide STRUCTURE

The UnDiet Solution™

EDIT™ Principle #2 - Be True To Your Self

Be True To Your Self

Intuitive Eating #4:
My Menu



Refer to NUTRITION WISDOM and reflect about the different types of food that you really enjoy and which help you feel your best. Next, make a list of a variety of complete meal ideas for Breakfast, Lunch, Dinner and Snacks – consider the foods that you usually have on hand or can access easily. The idea here is to become rigid with a meal plan, but rather to have several selections you can choose from in an INTUITIVE EATING.

When you make a PRACTICAL MENU to eat, please to eat OFF MENUS and then decide which of your menu selections will best satisfy your body's needs!

<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!

My Menu:

- as client moves away from rigid diets and meal plans, most clients need a lot of STRUCTURE to AVOID IMPULSIVE eating
- guide clients to select 3-5 items for Breakfast, Lunch, Dinner and Snacks; explore possible times for these
- use other Intuitive Eating worksheets from the curriculum to create INTUITIVE STRUCTURE customized for each client
- assist clients to TRUST their Intuitive Wisdom and find their “Intuitive Way” of eating and enjoying exercise (movement)

The UnDiet Solution™

EDIT™ Principle #3 - Express Your Self

Express Your Self

Healing #1:
Symptoms as Messengers



If you engage in ED behaviors, take the opportunity to learn what ED might be here to teach you. Remember your foundation of Self-Care as you complete the worksheet with compassion!

STEP 1 - Describe the ED event, specifically noting the type of ED BEHAVIOR you used, and to intensity.

STEP 2 - Identify any possible TRIGGERS for the ED event. Recall where you were, who you were with, and what you were doing right before the ED event.

STEP 3 - Recall your THOUGHTS and FEELINGS leading up to the ED event. Note whether you were aware of having these thoughts and feelings at the time, or if your awareness is only after the fact.

STEP 4 - Reflect about how the ED event began. Did it seem like you had NO CONTROL over it - suddenly you were engaged in ED behavior? Or did you have CONTROL - did you plan it? Describe.

STEP 5 - If you had a DO-OVER, when would you do differently to PREVENT the ED event? Consider where you could take based on steps you described in STEPS 2-4 above.

STEP 6 - What is your overall MESSAGE from ED? What might ED be here to teach you?

43

©2020 by Dr. Dorie McGilley, reprint only with permission - EDIT™ Handbook (Version 3.1) - purchase your copy at GoddessUnDiet.com

Symptoms as Messengers:

- this worksheet is on p.43 of the pdf file
- many clients feel guilty or ashamed if they engage in eating disorder behaviors
- if clients are able to objectively review what triggers the ED episode, they can learn from the experience and have hope to implement changes in the future
- deciding on a “do-over” is an important part of this process, along with a lot of Self-Compassion

The UnDiet Solution™

EDIT™ Principle #4 - Give To Your Self

Give To Your Self

Self-Care Practice #2:
Nurture Your Inner Child



Does Self-Care seem “selfish”? Have you noticed that there's always something you “should be doing” instead of what you want to do? Do you want to give to others first, and then Give To Your Self only? If you have enough love for you, you can give to others more effectively and completely, and more unconditionally when you Give To Your Self first. Here are some questions for reflection, to guide you to become stronger on your Self-Care intention.

Take a few minutes to reflect about yourself as a child. Recall some positive memories, and note how old you were at the time. Make a list of these different ages and memories.

Put your favorite memory from your list above. Now, close your eyes and imagine that child reaching further for your experience. Open your eyes, and write what he/she would say to you about it (write from the voice of your Inner Child).

Now that you feel a connection with your Inner Child - reflect about your Self-Care intention. Imagine that when you Give To Your Self, you give to your Inner Child. How does that feel to you in anticipation of being nurtured? How does that feel if you “don't have time” for your Self-Care?

Ask your Inner Child if there is anything that he/she wants or needs right now? As a nurturing “parent,” how would you like to respond to this request from your Inner Child?

How can you use your connection with your Inner Child to guide you to Give To Your Self more effectively?

52

©2020 by Dr. Dorie McGilley, reprint only with permission - EDIT™ Handbook (Version 3.1) - purchase your copy at GoddessUnDiet.com

Nurture Your Inner Child:

- clients often reject the idea of Self-Care because it's too “selfish”
- the concept of “re-parenting” oneself can give clients permission to care for themselves
- working with the “Inner Child” and his/her needs facilitates healing from within

The UnDiet Solution™

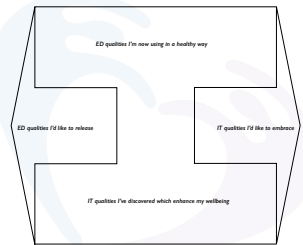
EDIT™ Principle #5 - Believe In Your Self

Believe In Your Self

Recovery #3:
ED-IT Integration



Your Eating Disorder (ED) has served a purpose — and what if the purpose of recovery isn't to “get rid of ED,” but rather to transform the quality of ED into a helpful form, and to gently release any qualities which do not serve you? When the unhelpful ED qualities point the way to release in the left arrow shape in the diagram below, and now the helpful qualities in the top of the **ED** shape. Recovery also involves the addition of new practices which you've learned from the wisdom of your own Intuitive Therapy (IT). List these enhancements in boxes of the **IT** shape. Also note IT qualities you'd like to add in the near future, being these in the right arrow shape.



Do you notice an overlap between ED and IT qualities in the **ED** part of the diagram? This is your ED-IT integration — how your “two voices” are becoming One!

58

©2020 by Dr. Dorie McGilley, reprint only with permission - EDIT™ Handbook (Version 3.1) - purchase your copy at GoddessUnDiet.com

ED-IT Integration:

- instead of “getting rid of ED,” consider whether there are some behaviors which can be transformed into something helpful
- also explore new areas of focus, things to learn to enhance recovery from ED and freedom from diets and the diet mentality

Hungry for More?

Three Special Offers for You - To Help the Clients You Serve

6-Week Group Training - \$100 OFF

Become EDIT™ Certified - \$100 OFF

The UnDiet Solution

6-Week Program to Undo the Damage of Diets and Achieve a Healthy Weight!

Have you ever tried a diet? Did it work? Most diets only work for a short time, and then you gain back the weight you lost, and often more. The UnDiet Solution is a 6-week program that helps you undo the damage of diets and achieve a healthy weight. It's a program that's been developed by Dr. Dorie McGilley, a leading expert in the field of eating disorders and intuitive therapy. The program is designed to help you understand the root causes of your eating disorder and to develop a healthy relationship with food. It's a program that's been developed by a woman who has lived with an eating disorder for over 20 years and who has helped thousands of women overcome their eating disorders. The program is designed to help you understand the root causes of your eating disorder and to develop a healthy relationship with food. It's a program that's been developed by a woman who has lived with an eating disorder for over 20 years and who has helped thousands of women overcome their eating disorders.

In this 6-week program, you'll learn how to:

Love Your Self - today, no matter what you weigh!

Be True To Your Self - trust intuition, your answers are wisdom!

Express Your Self - balance mood instead of coping with food!

Give To Your Self - nurture by feeding your true hunger!

Believe In Your Self - act as if you are free and so it shall be!

Program developed by Dr. Dorie McGilley, Ph.D., R.D., L.P.C., EDESS

©2020 by Dr. Dorie McGilley, reprint only with permission - EDIT™ Handbook (Version 3.1) - purchase your copy at GoddessUnDiet.com

Dr. Dorie

Invest in BOTH for MORE SAVINGS!

>>> email DrDorie@EDITcertified.com for more info <<<

