

Eating Disorder Intuitive Therapy (EDIT)[™]

Healing during the Holidays with EDIT[™]

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

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Learning Objectives

- List 3 issues often faced by people with eating disorders during the Holidays, and common coping skills
- Discuss the 5 Principles of Eating Disorder Intuitive Therapy (EDIT)[™] and their evidence-based foundations – how and why they work
- Describe how to use 5 EDIT[™] Worksheets to guide clients beyond using coping skills – to healing triggers and core issues during the Holidays

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Eating Disorders & Food Holidays:

Can You Tell Who Has an Eating Disorder in this Photo?



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

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

ANYONE Can Have an Eating Disorder!

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Common Struggles during the Holidays

“Everyone overeats at Thanksgiving, no one will know...”



“Uggh! My family is so triggering! I’m done eating...”

“If I exercise extra hard, then it’s OK to eat...”

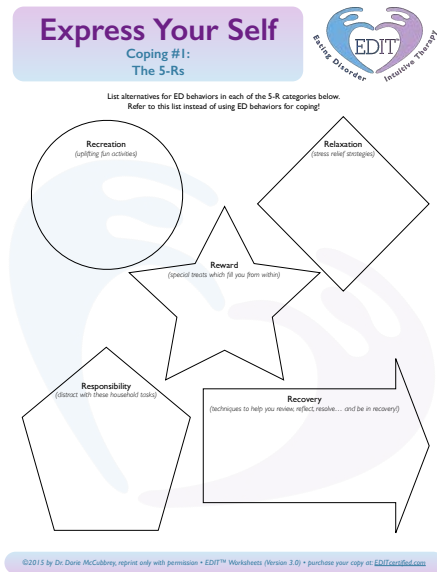


COPING SKILLS instead of ED Behaviors Can Help!

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- Complete this worksheet with client specifically for a Food Event
- Explain the 5R's and add at least 5 ideas in each
- Use phone to take a photo of the list
- Plan a REWARD after a Food Event

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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 sometimes shouts atop 14ers with her companion hiker dogs
- feels most connected with her intuitive wisdom when she's in nature, and loves hiking in the mountains of Colorado
- 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™

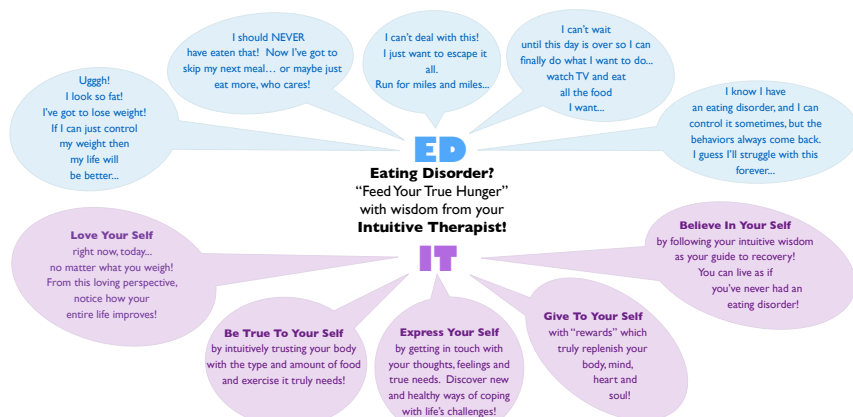
Dr. Dorie's Recovery Journey + 25 Years of Clinical Work

- 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 "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

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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”

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
Intuitive Eating/Exercise
Aware of Feelings/Needs
Healthy Coping Strategies
Giving to Enhance Self
Intuitive Self-Care

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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

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

EDIT™ techniques address:

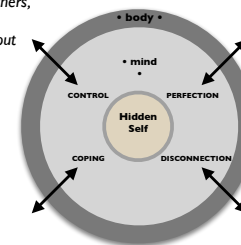
Values/Identity
Body Image
Nutrition/Fitness
Coping Skills
Core Issues
Holistic Self-Care
Relapse Prevention

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What is the “false self”?

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

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



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

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!!!”

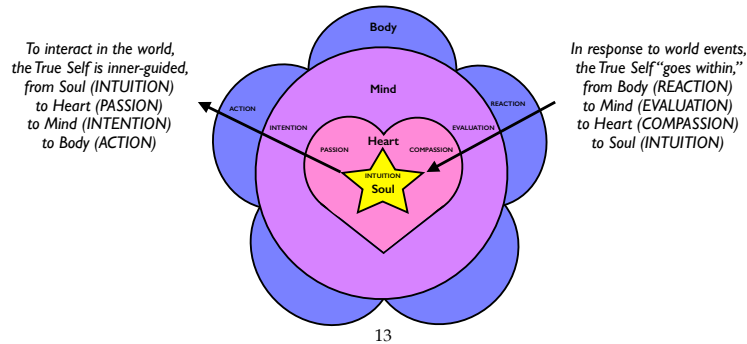
The ED mind ignores
feedback from the body,
avoids awareness of emotions,
and imposes ED behaviors
which create social isolation

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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



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.”*

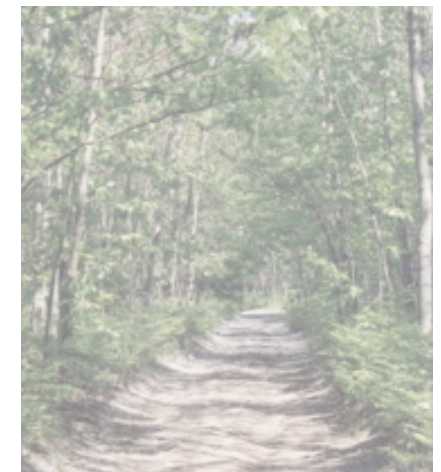
- p. 49, How Much Does Your Soul Weigh?



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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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- 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 enhances one's True Self and reduces ED behaviors

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
Etiquette/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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- Guide client how to use this worksheet **BEFORE** a Food Event
- Discuss how to access one's Intuitive Therapist (IT) to guide a workout
- Separate exercise from eating – it's **OK NOT** to exercise, **AND** eat

Be True To Your Self

Intuitive Exercise #3: Intuitive Workout Process



Relearn now to be an INTUITIVE EXERCISER as you pause to enjoy this workout process!

STEP 1 - Note WHEN you're beginning your workout (time) _____ and your thoughts about exercising now?

STEP 2 - Note WHY you're exercising (ED vs IT) _____ and your thoughts about exercising for this reason?

STEP 3 - Note your ENERGY LEVEL (0-10) _____ and your thoughts about exercising at this level? What other messages are you receiving from your Self (Body-Mind-Heart-Soul) as you prepare to exercise?

STEP 4 • Note **WHAT** exercise you want to do (type, amount), checking in with your **INTUITIVE WISDOM**:

STEP 5 - Pause after a few minutes, and reflect about your workout process. **HOW** are you doing (Body-Mind-Heart-Soul)? Notice the messages you are receiving. **HOW** would you like to proceed?

STEP 6 - Pause mid-way through your workout, and reflect. HOW are you doing (Body-Mind-Heart-Soul)? HOW would you like to proceed?

STEP 7 - As you conclude your workout, note time _____ energy level _____ and your thoughts about these? What other messages are you receiving from your True Self (SOUL-HEART-MIND-BODY)?

What action steps would you like to take to enhance your Intuitive Exercise abilities?

2.

3.

Dr. C.

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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 gratitudes with my family”

Express Your Self

Healing #5: From Triggering Thoughts to Healing Beliefs



As you've advanced on your journey of recovery, you now realize that Eating Disorder (ED) behaviors don't "just happen." There are triggering thoughts (cause) which lead to the ED behaviors (effect). BE CONSCIOUSLY AWARE of these thoughts and challenge them as untrue, from the healing perspective of your Intuitive Therapist (IT). Then, you can shift these thoughts into NEW BELIEFS (cause) to allow HEALING OUTCOMES (effect).



ED's triggering thoughts ("how it seems")	It's healing beliefs ("how it is NOW")
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

After you've finished, go back through your IT column. Use your **NEW BELIEFS** as **AFFIRMATIONS**!

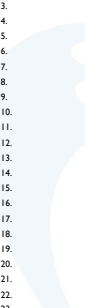
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Give To Your Self

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.
17.	42.
18.	43.
19.	44.
20.	45.
21.	46.
22.	47.
23.	48.
24.	49.
25.	50.

As you're writing your gratitude, 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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- Discuss this worksheet with client BEFORE guiding visualization
- Client may need extra time to process the first several questions
- As client is ready, guide them in a NEW LIFE VISION

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Believe In Your Self

Recovery #4:
My Future Life



What will your life be like – without your Eating Disorder (ED)? As much as you might feel ready to be free of your ED thoughts and behaviors, you might also feel afraid of the unknown, and what your new life of freedom will be like. These fears can trigger a return to ED as something that's "safe and familiar." Accessing your Intuitive Therapist's (IT) Wisdom, what seems to be the one underlying thought that triggered your Eating Disorder (ED) behaviors? Go beyond a past trauma, or other harmful life event. What THOUGHTS arose about that event? Did your ED behaviors arise as a means of a PROTECTIVE THOUGHT? Ironically, something that may have saved your life! Is that threat still here now? How can you create a new sense of safety and make your new life more inviting, as you embrace the wisdom of your own Intuitive Therapist (IT)? What would happen if you formed a NEW BELIEF about yourself, all people, and your life in WHOLENESS? Consider these questions for reflection, to explore your future life. Your EDIT™ Practitioner can guide a visualization for you:

Briefly notice the memories about your past, like a slideshow quickly playing; watch this from the perspective of your Intuitive Therapist (IT), who can notice events and the thoughts that followed, without judgment or attachment, simply observing. Briefly write what's coming up for you:

Did you have a "protector" in your past? What thoughts did this "protector" have? What actions and behaviors were an outcome?

Fast-forward to the here and NOW. Do you perceive any threats? Do you still need a "protector," here and now? What would happen if your NEW "protector" is your Intuitive Therapist (IT)? What beliefs does your IT hold – about you, all people, and all of life?

Knowing that ANYTHING is possible, imagine a "best case scenario" for your future. Describe your FUTURE VISION in as much detail as possible (note WHERE you are, WHO is in your life, and WHAT you notice about your new life of freedom from ED)...

Now, describe a TYPICAL DAY in your new life...

Note your FEELINGS about your future life, as if you are living it NOW...

What needs to be RELEASED to enjoy your vision?

What needs to be EMBRACED to enjoy your vision?

What is the KEY MESSAGE your Intuitive Therapist (IT) wants you to know about your future life?

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How to Become an EDIT™ Certified Professional

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

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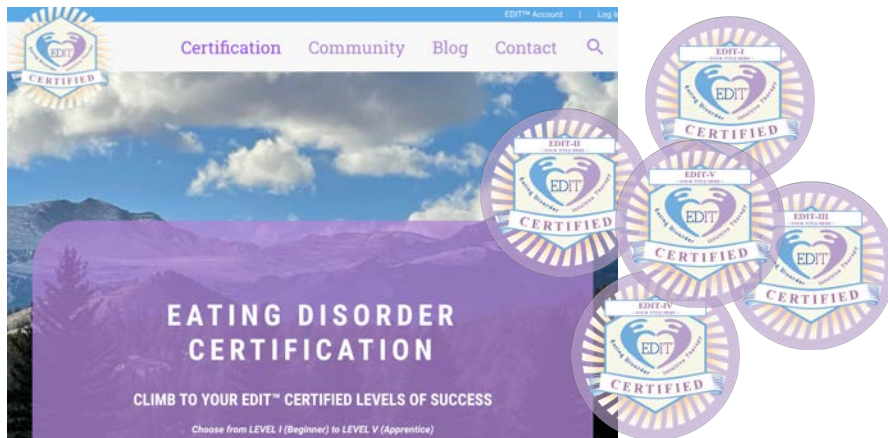
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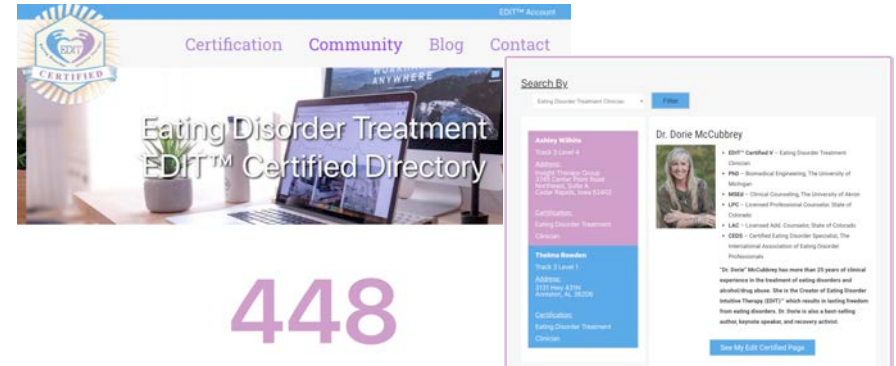
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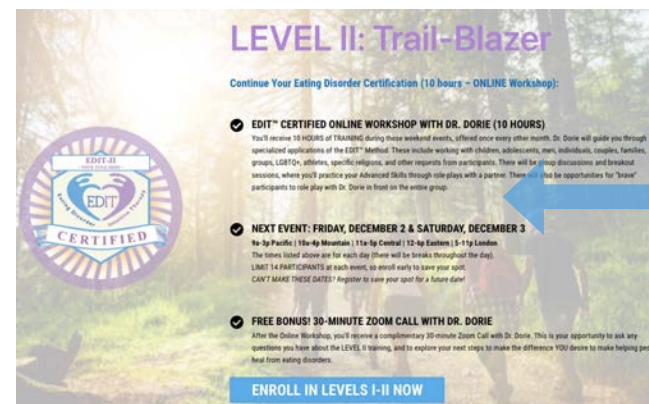
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