

# HEALING for the HUNGRY SOUL

## Spirituality In Eating Disorder Recovery

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

*Developed and Presented by “Dr. Dorie” McCubbrey, PhD, MSEd, LPC, LAC*

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# *Dr. Dorie*

*The “Don’t Diet” Doctor*

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[www.EDITcertified.com](http://www.EDITcertified.com) • [DrDorie@EDITcertified.com](mailto:DrDorie@EDITcertified.com)

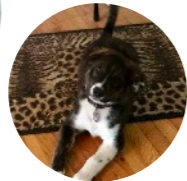
# About Dr. Dorie

- 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 (2014-2022)
- 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)<sup>™</sup>
- Founder and President – EDIT<sup>™</sup> Training Institute LLC



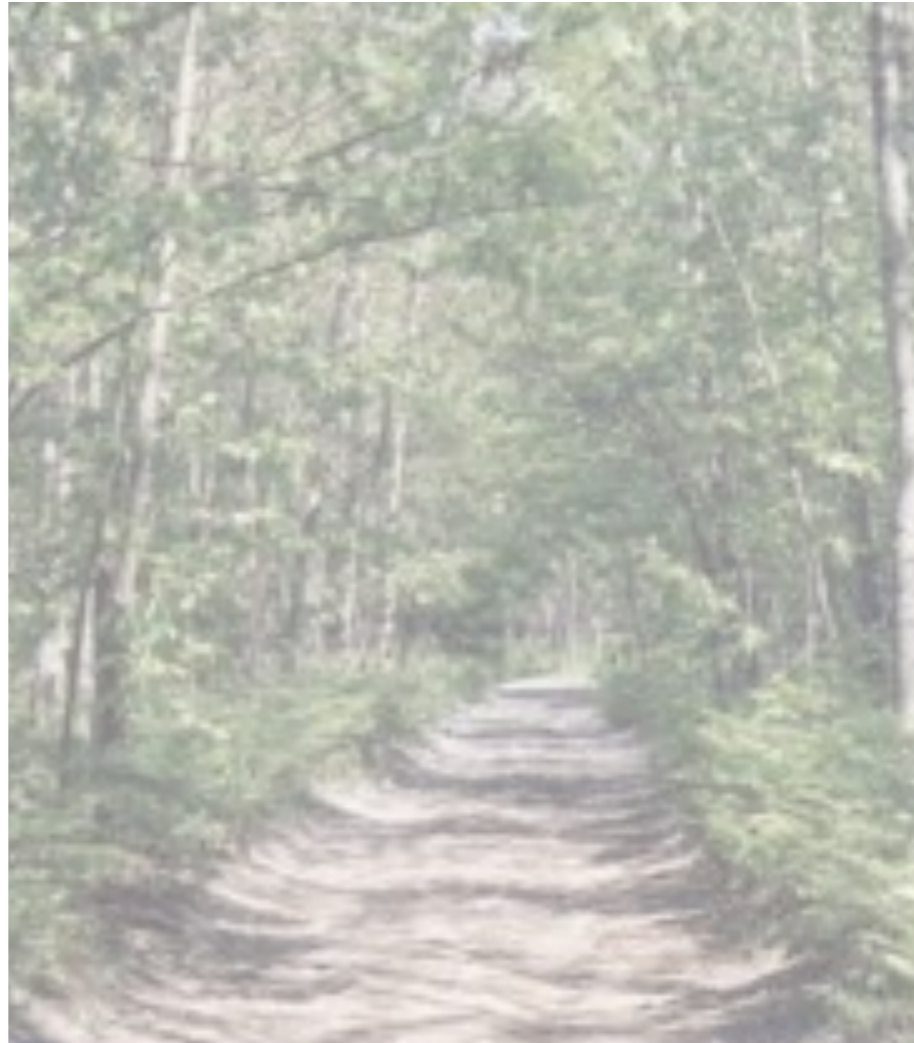
“Eating Disorder Intuitive Therapy (EDIT)<sup>™</sup> evolved from my own recovery, and my 25+ years of clinical experience helping thousands of clients.”

# Dr. Dorie's True Self



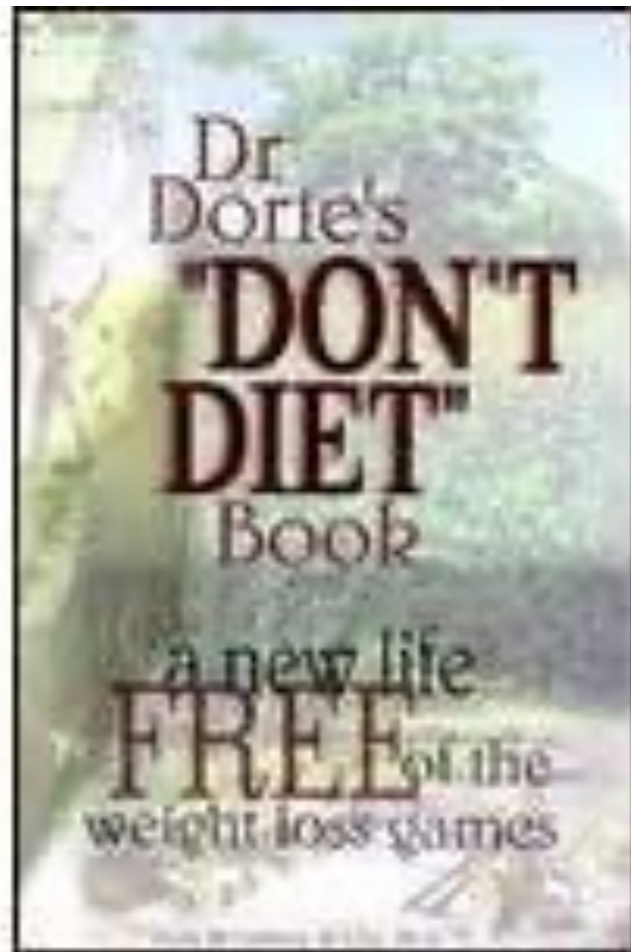
- loves animals – especially cats – and still dresses as one on Halloween!
- enjoys gardening – perennials, herbs, tomatoes, peppers, greens... and her favorite, cucumbers!
- started dieting at age 10... developed anorexia by age 11... “gained weight” but still struggled with chronic dieting, bulimia 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 dog Atman!
- leopard print is her “favorite color” – which she wears as a symbol of her recovery and being seen as her True Self!

# **My Positive Pathway of Recovery**



*This photo was taken on my hike across the state of Michigan in 1989.  
It is near Tawas, MI*

# Holistic Healing



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™

# Section II: Chapter 4

## Trust Walk

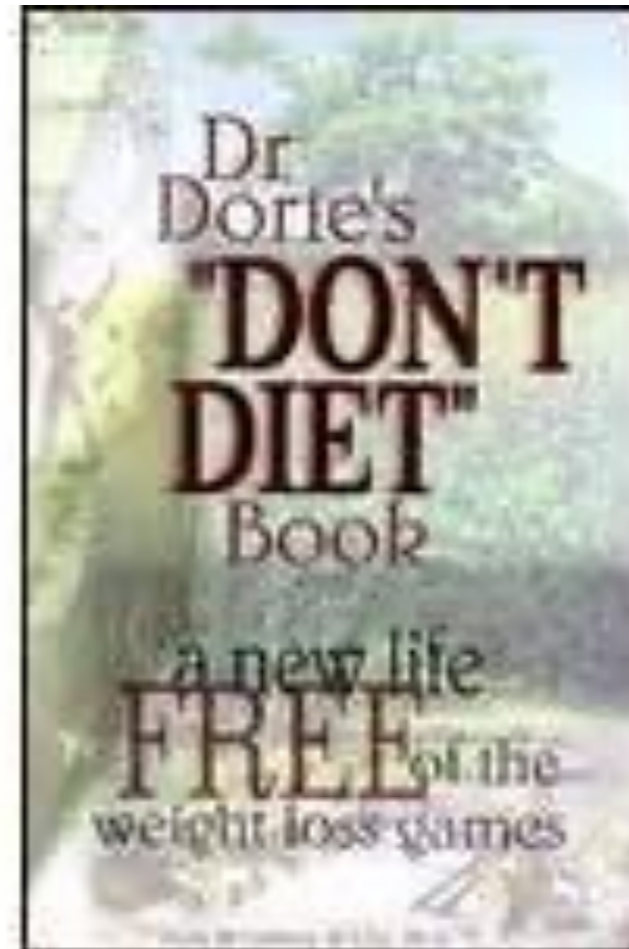
I have memories as a child of going on trust walks  
Blindfolded, I was led by the hand  
The leader served as my eyes for I could not see  
I was guided across the land

I had to place my faith and trust in my leader  
If I was to move it all  
By letting go of her hand and going on my own  
I would just stumble and fall

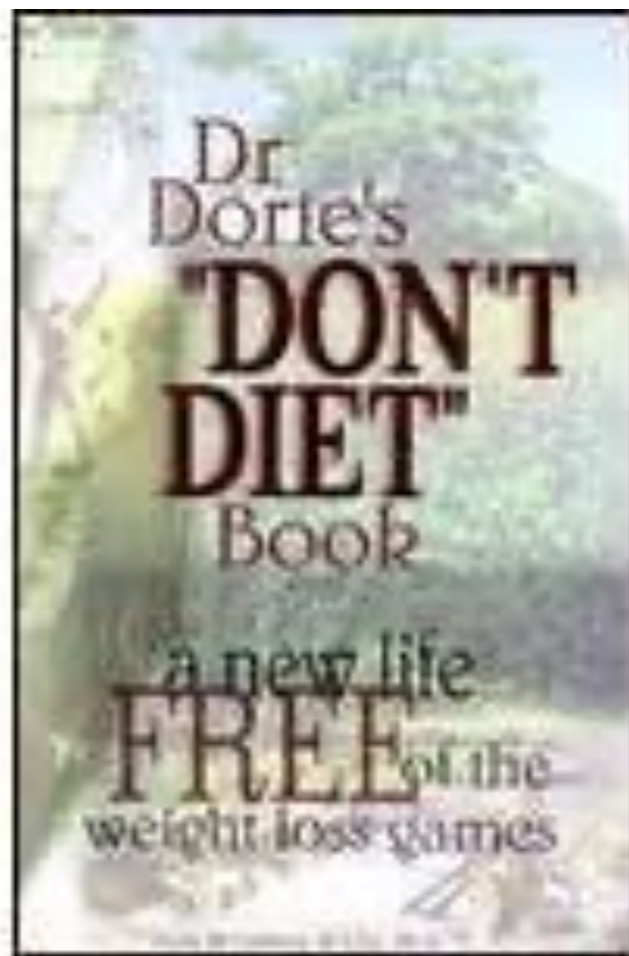
There are times when we all need guidance  
We're on a trust walk again  
But now the leader is not outside of us  
Our guide is within

Although the way may not seem clear at times  
Know that the direction is true  
If you trust in your Self you will see  
Your path is there in front of you

© 1998 Dorie McCubbrey



# Section II: Chapter 4



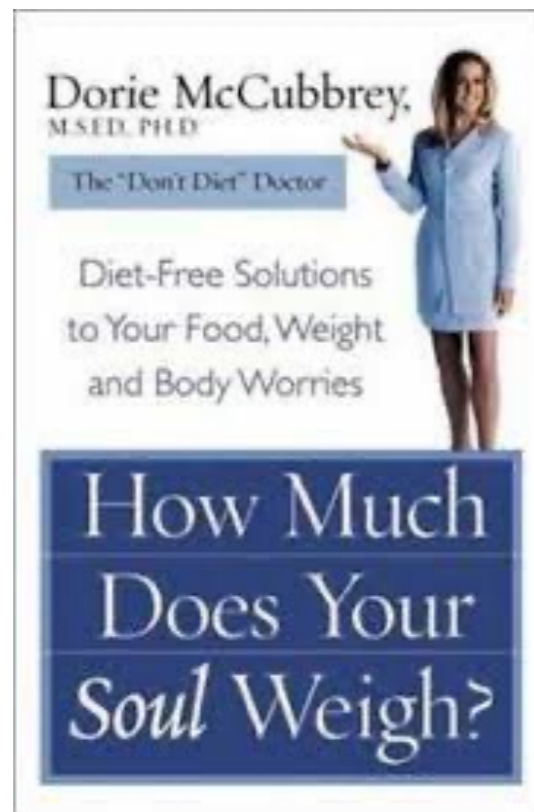
*Freedom from eating disorders needs to involve all parts of the Self: physical, intellectual, emotional, and spiritual.*

*The physical part of the Self includes the entire body.*

*The intellectual part of the Self involves learning and decision-making, and the emotional part of the Self involves feelings.*

*The spiritual part of the Self is the core of being.*

# 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)<sup>™</sup>

Chapter 8 is entitled, “Feed Your Hungry Soul”

- “Feed Your Hungry Soul” is also the working title for Dr. Dorie’s 3rd Book
- “Feed Your Hungry Soul” podcast coming soon!

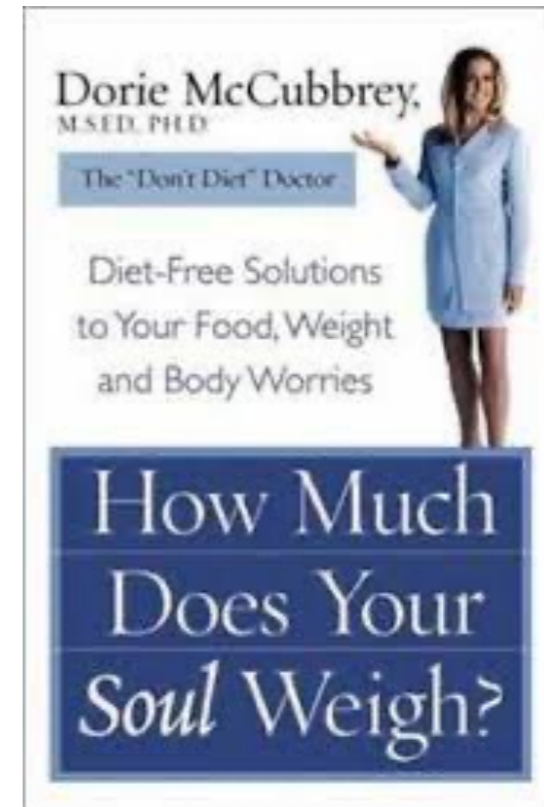
*“Self-Care for the Four Aspects of the True Self: Soul, Heart, Mind, Body.”*  
– Dr. Dorie



# Ch. 8: Feed Your Hungry Soul

“What is your soul ‘hungry’ for? *Your attention.* Your soul is ‘hungry’ for you to listen to its Voice, the guidance of your Intuition. Your soul is ‘hungry’ for you to shift from being outer-guided to being inner-guided, learning to live your life from the inside out. Your soul is ‘hungry’ for you to be your spiritually conscious Self, whole and complete as a Soul-Heart-Mind-Body. *Your soul is "hungry" for you to practice Intuitive Self-Care.*”

© 2002 Dorie McCubbrey



*“The central theme of Intuitive Self-Care is to ‘live from your soul’ – to see, think, feel, act and be from your spiritual consciousness.”*  
– Dr. Dorie

# The EDIT™ Principles

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



# Seven Thousand Ways To Listen: Staying Close To What Is Sacred

©2012 by Mark Nepo



## The Appointment

What if, on the first sunny day,  
on your way to work, a colorful bird  
sweeps in front of you down a  
street you've never heard of.

You might pause and smile,  
a sweet beginning to your day.

Or you might step into that street  
and realize there are many ways to work.

You might sense the bird know something  
you don't and wander after.

You might hesitate when the bird  
turns down an alley. For now  
there is tension: is what the  
bird knows worth being late?

You might go another block or two,  
thinking you can have it both ways.  
But soon you arrive at the edge  
of all your plans.

The bird circles back for you  
and you must decide  
which appointment you were  
born to keep.

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