



**SIERRA TUCSON PROFESSIONAL DEVELOPMENT LUNCHEON · AUGUST 28, 2015**

## **IS FOOD A DRUG?**

### **The Treatment of Food Addiction vs. Binge Eating Disorder**

*Presented by*

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Owner & Clinical Director, Positive Pathways  
Creator, Eating Disorder Intuitive Therapy (EDIT)™**

**Copy of Presentation Slides and Complete Reference List**

<http://PositivePathways.com/is-food-a-drug>

**Affordable Eating Disorder Treatment – as low as \$10/session, \$250/week IOP**

<http://PositivePathways.com/affordable-fees>

**Intuitive Eating Support Group – First Group FREE – Every Monday, 6:30-8pm**

<http://PositivePathways.com/workshops-and-groups>

**Additional Information about Eating Disorder Intuitive Therapy (EDIT)™**

<http://EDITcertified.com>

**WORKSHOP: A Taste of EDIT™ – Saturday, September 12 · 9am-noon**

<http://PositivePathways.com/edit-training>

**RETREAT: EDIT™ Certified – October 16-18, Winter Park CO**

<http://EDITcertified.com/eating-disorder-retreats>

**\*\*\* SPECIAL RATE – SAVE \$200 – THRU AUGUST 31 \*\*\***

**165 Cook Street, Suite 10, Denver CO 80206 – www.PositivePathways.com – 720-606-3242**

# Be True To Your Self

## Intuitive Eating #10: Craving Control



*Congratulations for completing this worksheet instead of impulsively indulging your craving for food!*

STEP 1 – WHAT specific food are you craving right now? Describe it in detail, including the quantity:

STEP 2 – WHY do you want to eat right now? Does your craving seem PHYSIOLOGICAL (a trigger related to your BODY: low blood sugar levels, really wanting the taste of something, seeking the overall sensory pleasure of eating)? Or is your craving PSYCHOLOGICAL (a trigger related to your MENTAL/EMOTIONAL state: can't stop thinking about food, attached to a specific food ritual (habit), seeking a food-mood effect ("self-medicating"), using food as a means to avoid feeling ("numbing"))? Describe:

STEP 3 – Pause to reflect about how you will FEEL AFTER indulging your craving. Really take yourself into the imagined experience, and notice how you'll feel IMMEDIATELY after you finish eating, 5 MINUTES after eating, a few HOURS after eating, and the NEXT DAY. Consider the positive/negative consequences:

STEP 4 – Try an ALTERNATIVE PLAN to address your true needs. For a PHYSIOLOGICAL craving, consider making a FOOD SUBSTITUTE which will support your BODY. For a PSYCHOLOGICAL craving, refer to your list of 5R's or try other healthy MENTAL/EMOTIONAL strategies. (Ask your EDIT™ Certified practitioner for help – make a list of 3-5 strategies to try when your next craving hits). What PLAN can you use NOW?

STEP 5 – These first 4 steps should have taken you at least 10 minutes to complete – way to delay the impulse to indulge your craving! You are now creating new craving control habits! Do you still want to indulge your craving? If so, make it a CONSCIOUS CHOICE to slow down and enjoy the food you crave! Note the final outcome and reflections:



EATING DISORDER TREATMENT CERTIFICATION

## EDIT™ CERTIFIED RETREAT

October 16-18, 2015  
Snow Mountain Ranch  
Winter Park, Colorado



Are you a wellness professional who is interested in the treatment of eating disorders – and a credential to enhance your credibility?

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Receive the EDIT™ CERTIFIED credential with 20 hours of training, plus resource materials and worksheets to use with your clients.

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Registration includes lodging and meals, plus time for recreation including horseback riding or hiking, as well as personal reflection.

### EDIT™ RETREAT PROGRAM FEATURES

Friday, Oct. 16, 3-9pm – Check-in is from 3-5pm at the retreat cabin at Snow Mountain Ranch. Evening program begins at 5pm, with dinner and an overview of the EDIT™ theory and techniques. Wrap-up with personal and professional goal-setting for the retreat weekend.

Saturday, Oct. 17, 7am-9pm – Morning meditation is at 7am, followed by visualizations, role plays and body psychotherapy techniques to illustrate the first EDIT™ Principle, *Love Your Self*. Enjoy Intuitive Eating and Mindfulness Meal techniques during lunch, followed by Intuitive Exercise recreation options to illustrate the second EDIT™ Principle, *Be True To Your Self*. Experience the third EDIT™ Principle, *Express Your Self* during our special group dinner meal preparation and interactive evening program, featuring art therapy techniques.

Sunday, Oct. 18, 7am-5pm – Morning meditation is at 7am, followed by other Self-Care activities to illustrate the fourth EDIT™ Principle, *Give To Your Self*. The afternoon features an exploration of relapse prevention with the fifth EDIT™ Principle, *Believe In Your Self*.

RETREAT PROGRAM CONCLUDES AT 5PM – OPTION TO STAY FOR DINNER & OVERNIGHT



Developed and Presented by Dr. Dorie McCubrey, MEd, PhD, LPC, CEDS  
EDIT™ is the treatment process developed by Dr. Dorie as a result of her own journey of eating disorder recovery. She has nearly 20 years of clinical experience using her method with clients, and has been training others in her method for more than 10 years. EDIT™ involves the practice of five principles using “thought ED-ITs” to replace the mindset of the *Eating Disorder (ED)* with wisdom of the *Intuitive Therapist (IT)*. This Client-Centered, Solution-Focused method combines aspects of Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Acceptance & Commitment Therapy, Transpersonal and Metaphysical principles.

<http://editcertified.com/eating-disorder-retreats/>

