Don't Diet - EDIT™!

Complete Recovery from Eating Disorders is Possible "Dr. Dorie" McCubbrey, MSEd, PhD, LPC, CEDS



Eating Disorder Intuitive Therapy (EDIT)[™] was developed by "Dr. Dorie" McCubbrey, MSEd, PhD, LPC, CEDS as a result of her own recovery from anorexia, bulimia, binge eating disorder and obesity. Diets can lead to eating disorders and weight problems – the EDIT[™] solution can lead to complete recovery and an ongoing journey of freedom! EDIT[™] is an exploration of five principles, which can be illustrated as a dialogue between the voice of the Eating Disorder (ED) and the healing wisdom of the Intuitive Therapist (IT) within us all. Initially, you may only hear the voice of ED. Your EDIT[™] Certified practitioner models the voice of the IT until you can hear IT within yourself.:

I should NEVER have eaten that! Now I've got to skip my next meal... or maybe just eat more, who cares! I can't deal with this!
I just want to escape it all.
Run for miles and miles...

I can't wait
until this day is over
so I can finally do
what I want to do...
watch TV and
eat all the food
I want...

I know I have
an eating disorder, and I can
control it sometimes, but the
behaviors always come back.

I guess I'll struggle with this

forever...

Ugggh!
I look so fat!
I've got to lose weight!
If I can just control
my weight then
my life will
be better...

Love Your Self

right now, today...
no matter what you weigh!
From this loving perspective,
notice how your
entire life improves!



Eating Disorder?

"Feed Your True Hunger" with wisdom from your Intuitive Therapist!



Believe In Your Self

by following your intuitive wisdom
as your guide to recovery!
You can live as if
you've never had an
eating disorder!

Be True To Your Self

by intuitively trusting your body with the type and amount of food and exercise it truly needs!

Express Your Self

by getting in touch with your thoughts, feelings and true needs. Discover new and healthy ways of coping with life's challenges!

Give To Your Self

with "rewards" which truly replenish your body, mind, heart and soul!

The blue text bubbles show what the voice of ED might sound like. What does your voice of ED say? The purple text bubbles give examples of the voice of IT. Notice the specific examples for each of the five principles of EDIT TM . What is your voice of IT saying? Is your voice of ED "talking back" to IT? What does the dialogue sound like?

EDIT™ Treatment Goals: the Five Principles of EDIT™

from ED...

"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
attempts to control ED
tendency to relapse

Love Your Self

Be True To Your Self

Express Your Self

Give To Your Self

Believe In Your Self

...to IT

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 Freedom from ED Behaviors Complete Recovery