

Don't Diet – EDIT™!

Complete Recovery from Eating Disorders is Possible
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Eating Disorder Intuitive Therapy (EDIT)™ was developed by “Dr. Dorie” McCubbrey, MEd, 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:



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™.
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