

EDIT™ Skills Group

Eating Disorder Intuitive Therapy (EDIT)™ for Eating Disorder Recovery



Do you struggle with binge eating, emotional overeating, chronic dieting, restrictive eating, excessive exercise, purging by vomiting, food addiction, body image concerns, or other issues with food and weight? This group is for YOU! These confidential groups begin with a short check-in about your week. Then, we'll have discussion about an EDIT™ Skill to guide your recovery. You'll get a FREE download of the EDIT™ Worksheet.

FREE by ZOOM - Weekly on Monday, Wednesday or Thursday
3:30-4:30p Pacific | 4:30-5:30p Mountain | 5:30-6:30p Central | 6:30-7:30p Eastern



Love Your Self – today, no matter what you weigh!

From this place of Self-Love, you'll naturally take better care of yourself – and eating disorder freedom can be a natural outcome. You'll discover that you are much more than your body, finding compassion for your "flaws," and inspiration from your "hidden" assets. Let your true values lead you to your True Self!



Be True To Your Self – trust intuition, your answers are within!

Your intuition is that "gut feeling" or a "sixth sense," which goes beyond your logical mind. You've probably listened to your intuition to guide relationship decisions, or career choices – but what about eating, exercise, and the wisdom to overcome eating disorders? Discover how to use Intuitive Living as your guides!



Express Your Self – balance mood instead of coping with food!

Feeling stressed or depressed? Eating can be a way to deal with intense emotions. However, "feeding" your feelings can actually make things worse – with additional feelings of frustration, guilt, or shame. Break the food-mood cycle by discovering new and more effective ways to regulate your emotions!



Give To Your Self – nurture by feeding your true hunger!

Think about all of the different ways you give to others – your friends who need assistance, your work with endless to-do lists, your family who depends on you. Are these activities fulfilling? Or, do you seek FULL-FILLment through eating disorder behaviors? Discover your true needs, and how to meet them with regular practices of Self-Care!



Believe In Your Self – act as if you are free and so it shall be!

Imagine a day in the life of the person you will be when you are practicing the first four principles in your daily life. Notice how you feel from the "inside-out" – spiritually, emotionally, mentally, physically. In this fifth principle, you'll bring your visions of freedom into reality, one day at a time. Enjoy long-term success!

EDIT™ Developed by "Dr. Dorie" McCubbrey, MEd, PhD, LPC, CEDS

Dr. Dorie is an Eating Disorder Expert who has helped thousands of people overcome eating disorders, for nearly 30 years. She also knows what it's like to struggle with eating disorders, and hopes you'd find the same freedom she enjoys.

Dr. Dorie

The "Don't Diet" Doctor

REGISTER & GET ZOOM LINK

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