

# **GUIDELINES**

for

## **EDIT™ Certified Eating Disorder Recovery Coach**



**©2020 Dr. Dorie McCubbrey, PhD, MSEd, LPC, LAC, CEDS**

President, EDIT™ Training Institute LLC

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## ABOUT THE CREATOR OF EDIT™ – “Dr. Dorie” McCubbrey

Eating Disorder Intuitive Therapy (EDIT)™ is the “complete recovery” treatment approach developed by “Dr. Dorie” McCubbrey, PhD, MSEd, LPC, LAC, CEDS – it was initially created in 1995, following her own journey of recovery from Anorexia, Bulimia, and Binge Eating Disorder. Dr. Dorie has been a specialist in the treatment of eating disorders for more than 25 years, during which time she has further refined her EDIT™ theory and techniques. She began teaching her methods in 2003, and in 2013 the EDIT™ Certified training program was launched, providing a standardized credentialing process for health professionals to guide clients in recovery from eating disorders.

In 2018, the EDIT™ Certified curriculum was updated and now features three tracks, based on level of experience. Track one is designed for those with no previous experience, providing basic tools to use in peer-led recovery activities, with the credential **EDIT™ Certified Eating Disorder Peer Support**. Track two is ideal for those with previous experience as a life coach, health instructor, or similar type of wellness professional. This enhanced training offers coaching techniques to use with individual clients or in group workshops, with the credential **EDIT™ Certified Eating Disorder Recovery Coach**. Track three is advanced training for licensed mental health professionals, providing clinical skills to diagnose and treat all types of eating disorders, with the credential **EDIT™ Certified Eating Disorder Treatment Clinician**.

Dr. Dorie holds a Doctorate in Biomedical Engineering from the University of Michigan, and a Master’s Degree in Counseling from the University of Akron. This unique combination of credentials allows her to address the complex psychological issues which underlie eating disorders, as well as physical issues including nutrition education, exercise physiology, and the biochemical aspects of addiction. She is a Licensed Professional Counselor (LPC.0002532) and Licensed Addiction Counselor (ACD.0000927) in the state of Colorado, and a Certified Eating Disorder Specialist (CEDS), which is a credential awarded by the International Association of Eating Disorder Professionals (iaedp).

Dr. Dorie’s outpatient counseling practice, Positive Pathways, is located in Evergreen, Colorado. At this location, she trains and supervises EDIT™ Certified practitioners, and she also provides treatment for clients in recovery from Eating Disorders and Substance Use Disorders. She offers outpatient therapy using the EDIT™ method, and experiential sessions including Intuitive Eating, Mindful Movement, and Wilderness Therapy.

Dr. Dorie is a nationally known retreat leader and keynote speaker, and a former board member of the National Speakers Association (NSA). She provides EDIT™ Certified training programs via Independent Study, Interactive Online, Women’s Retreats, 1-on-1 Mentoring, and On-Site Training. Her interactive programs empower participants through role plays and direct application of clinical skills.

She is the best-selling author of *Dr. Dorie’s Don’t Diet Book* (Positive Pathways Press, 1998), *How Much Does Your Soul Weigh* (HarperCollins, 2003), plus numerous workbooks, CDs and videos about eating disorders and addictions. Her expert commentary has been featured in *US News & World Report*, *Shape*, *Natural Health*, and many more. She has also been interviewed on ABC News, the FOX News Channel, and numerous others. She is currently finishing work on her third book, which illustrates the application of the EDIT™ treatment approach to clients with various types of eating disorders and other addictions.

## **EDIT™ Certified Eating Disorder Recovery Coach – DOs & DON'Ts**

One of the requirements to pursue this credential is that you currently have a credential as a Life Coach, Health Coach, or experience as a Health Instructor. You may want to expand your area of practice to include the emerging field of Eating Disorder Recovery Coaching. Or, you may have your own eating disorder recovery experience, and feel a calling to make a difference for others in a meaningful way. This credential equips you with tools and techniques to share with individual coaching clients, or through group workshops for your clients.

### **DO**

- keep your focus on the “here and now”
- use EDIT™ Worksheets as recovery tools
- refer to Mental Health Clinicians for diagnosis
- know your limits as a recovery coach
- partner with Treatment Professionals as needed (Mental Health Clinicians, Dietitians, Physicians)
- remember you can ONLY offer recovery coaching

### **DON'T**

- delve into your client's past issues
- offer in-depth interpretations of worksheets
- attempt to diagnose eating disorders yourself
- work with severe types of eating disorders
- avoid consultation and collaboration (Dr. Dorie is available for consultation)
- pretend you have advanced credentials

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*If you have any specific questions about what you can/cannot do with your credential **EDIT™ Certified Eating Disorder Recovery Coach**, consult an attorney near you.*

## **EDIT™ Certified Training Manual & Videos: LIABILITY WARNING**

Please note that all tracks and levels of EDIT™ Certified trainees receive the same training manual and videos for their Independent Study. The six 1-hour videos will walk you through the entire EDIT™ Certified Training Manual, which includes information about five principles of Eating Disorder Intuitive Therapy (EDIT)™ and the recovery areas these principles address:

*Love Your Self: Improving Body Image, Values Clarification, Developing a Holistic Sense of Self*

*Be True To Your Self: Accessing Intuition, Application of Intuition/Mindfulness to Eating & Exercise*

*Express Your Self: Identifying Emotions, Developing Healthy Coping Skills, Healing Core Issues*

*Give To Your Self: Developing Routines of Self-Care, Enhancing the Holistic Sense of Self*

*Believe In Your Self: Anchoring Success, Relapse Prevention, Strategies for Long-Term Recovery*

There are EDIT™ Worksheets which address each of these principles, as well as two screening tools (EDIT™ Assessments) which are also a part of the worksheet set. You may share any of these worksheets with your clients, but **DO NOT** offer in-depth interpretations or delve into clients' past issues, especially traumas. Without a clinical license, this is a serious liability issue for you.

Also note that the training manual and videos discuss eating disorder diagnosis. This is for your general information only, so that you can have a better understanding of the different types of eating disorders. However, **DO NOT** suggest a diagnosis for anyone – only a licensed medical or mental health professional can make a diagnosis, and your attempting to do so is a serious liability issue for you.

Eating Disorder Recovery Coaching is about providing tools and techniques to support clients in their "here and now" recovery experience. Use the EDIT™ Principles and Worksheets as recovery resources, and guide your clients to practice their recovery skills with you in your coaching sessions. You have an important role in supporting clients in their everyday life!

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*If you have any specific questions about what you can/cannot do with your credential  
**EDIT™ Certified Eating Disorder Recovery Coach**, consult your attorney.*

## **EDIT™ Worksheets: COPYRIGHT WARNING**

The EDIT™ worksheet set is designed for use by EDIT™ Certified practitioners – or those who are in process of becoming EDIT™ Certified.

Your purchase of this EDIT™ Certified training program allows you, a single user, to print any EDIT™ worksheets for distribution in your coaching sessions. You may also post images of any EDIT™ worksheets on your website and/or blog, which others may download for their personal use.

Please note that when reproducing these EDIT™ worksheets, you MUST include the footer of the worksheet, which states: ©2015 by Dr. Dorie McCubbrey, reprint only with permission • EDIT™ Worksheets (Version 3.0) • purchase your copy at: [EDITcertified.com](http://EDITcertified.com) (this website link forwards to [DrDorie.com](http://DrDorie.com)).

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*These worksheets are protected by International Copyright Law. It is an infringement of copyright terms to share the entire pdf file with another party.*

## EDIT™ Certified Eating Disorder Recovery Coach – WRITTEN TEST

In order to receive your certificate of completion, you MUST complete the EDIT™ Certified Test, and submit to Dr. Dorie for review and approval. Hand-written responses are requested; however, you may type your responses, as long as you provide your SIGNATURE for documentation.

**IMPORTANT NOTE:** Regarding Question 4, if you do not have a current client, please make up an example of a client you hope to work with someday, and show how you'll use EDIT™ to assist them.

An image of the test is below, and you'll find a PRINTABLEVERSION on PAGE 63 of the EDIT™ Worksheets.

### EDIT™ Certified Test

Required to become an EDIT™ Certified Practitioner  
Complete and Submit to Dr. Dorie for Evaluation



*Please note that this test is not “graded” – it is used as documentation of your completion of the EDIT™ Training. Your responses demonstrate your overall comprehension of the EDIT™ Theory, EDIT™ Principles, EDIT™ Worksheets and their application to the treatment of eating disorders. Please print this page and hand-write your responses, include your signature, then scan and return to: [DrDorie@EDITcertified.com](mailto:DrDorie@EDITcertified.com)*

1. How would you describe the overall EDIT™ Treatment approach?

2. What are the five EDIT™ Principles, and what is the focus of each (treatment areas)?

- 1.
- 2.
- 3.
- 4.
- 5.

3. What are your “favorite” EDIT™ Worksheets? Choose one for each of the EDIT™ Principles:

- 1.
- 2.
- 3.
- 4.
- 5.

4. Choose a client from your current caseload, and discuss how you'll use the EDIT™ Theory, EDIT™ Principles and EDIT™ Worksheets with this client:

5. Do you have any suggestions for improvement of the EDIT™ Worksheets? Please include your comments here (or email more detailed comments to Dr. Dorie):

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Name Printed

Signature

Date

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