Wednesday, August 5, 2020

You will need a computer with internet access and speakers to participate in the webinar.

Monday, August 10, 2020 – Thursday, September 10, 2020

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Monday, August 10 through Thursday, September 10, 2020. The program in-class exercises will be available in four convenient segments.

Home Study Recordings

Valid for CE until August 1, 2022.

You may listen or view the recorded lecture at your convenience and earn home study credit. Expiration date: August 1, 2022.

The Pathology of Perfectionism: How to Tame the Inner Critic

For a listing of available programs, please visit our website at www.ibpceu.com.

The Pathology of Perfectionism: How to Tame the Inner Critic

Wednesday, August 5, 2020, 9 AM – 4 PM EDT

You will need a computer with internet access and speakers to participate in the webinar.

On-Demand Webcast

Available for off-site work and continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program.

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing education for nurses through the American Nurses Credentialing Center’s Commission on Accreditation. Institute for Brain Potential is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP138966, and Florida Board of Nursing. This program provides 6 contact-hours.

The Pathology of Perfectionism: How to Tame the Inner Critic

On-Demand Webcast

Purchase of Recordings without CE Credit:

4 Audio-Visual DVDs

Purchase of Recordings with Home Study CE Credit: through August 1, 2022

Interactive Webcast with CE Credit: Wednesday, August 5, 2020

Interactive Webcast Schedule:

Interactive Webcast

The Pathology of Perfectionism: How to Tame the Inner Critic

Interactive Webcast: Wednesday, August 5, 2020, 9 AM, Eastern Daylight Time. Sign-up: 8:30 – 9 AM, program starts 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and sign in 30 minutes before the time of the webinar.

On-Demand Webcast: You may view the program in segments at your convenience from Friday, August 10, 2020 until Thursday, September 10, 2020. Registrants who sign up for the live webinar may elect to take the on-demand webinar.

Home Study Schedule:

You may listen to or view the recorded lecture at your convenience until the expiration date: August 1, 2022. Self-study credit is available for all California-licensed health professions listed on the brochure except dietitians and massage therapists.

Group Registrations: Rates apply for three or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can watch interactive or on-demand webinar, or order hard copy record of their program. For thirty or more, in-person programs may be customized to meet the needs of your group.

Confirmation Notices and Certificates of Completion: We will confirm your registration by email or by letter. Please attend even if you do not receive a confirmation. Successful completion includes full attendance, submission of the evaluation form, and for home study credit, submission of the post-test. No partial credit will be given. Certificates of completion for the live seminar are provided at the time of adjournment, and for the interactive webinar, live and on-demand webinar are provided by email upon receipt of the evaluation form and the post-test.

Transfers and Cancellations: Registrants can transfer to another live seminar or program or request a full refund less a $15 processing fee or an audio CD or DVD recording of the program with the instructional outline for home study credit. Alternatively, a full-value voucher can be obtained good for one year for a future program. In the unlikely event that the program cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled program or a full-value voucher, good for one year, for a future program. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance.

User-Friendly Technical Support: If you are not computer savvy, we can help. Just call us anytime at (866) 652-7414. We have presented webcasts to over 100,000 health professionals since 2013.

24/7 Customer Service: Call (888) 202-2938 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call (866) 652-7414.

Institute for Brain Potential: Since 1984, our non-profit organization (tax ID 77-0026330) has presented informative and practical seminars, IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.
FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy the webcasts without being at my computer for 6 hours? What if I am not free on any of the scheduled dates of the broadcasts?

Yes! First, register for the program. You will receive a link to view the program starting August 10 until September 10. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems IBP will provide registrants with a free set of 4 CDs of DVDs of the entire program.

Q: I’d like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

Q: Can I attend this program live?

Yes, but only if you live in a city where IBP is currently presenting this seminar.

Q: My profession is not included on the brochure. Can I receive continuing education credit?

Maybe. Please contact our customer service at (888) 202-2938.

Q: How long does it usually take to receive a certificate of completion?

Typically, within 3 or 4 business days.

Origins and Maladaptive Forms of Perfectionism

- **Origins:** how unrealistic expectations develop and what sustains them: parental expectations, social comparisons and personality type.
- **Self-Oriented Perfectionism:** having unrealistic self-standards (“I cannot relax until my work is perfect.”)
- **Other-Oriented Perfectionism:** having unrealistic standards for others (“People should never let me down.”)
- **Socially Prescribed Perfectionism:** others have unrealistic standards (“My family expects me to be perfect.”)
- **Positive versus Negative Perfectionism:** healthy and harmful forms of self esteem.

**Assessment:** key questions to ask to determine if a person exhibits perfectionistic traits. Are you a perfectionist?

Common Maladaptive Beliefs of Perfectionists

- Excessively high and inflexible standards
- Excessive need for control
- Unrealistic expectations of others
- Lack of trust of other people’s competence
- Double standards for self versus others
- Catastrophic thinking when one’s standards are unmet

Common Maladaptive Behaviors of Perfectionists

- Overcompensating to conceal one’s weaknesses
- Compulsive behaviors (e.g., checking and hoarding)
- Assurance-seeking
- Unnecessary correcting of others
- Excessive organizing and reorganizing
- Delaying making decisions
- Unwillingness to quit when an approach is not working
- Lack of trust when delegating
- Disordered eating
- Stress behaviors when unattainable standards are not met

Guidelines for Taming the Inner Critic

Cognitive-Behavioral Skills (CBT)

- Identifying automatic thoughts that trigger distress
- Identifying maladaptive consequences of perfectionism
- Reframing cognitive distortions to shift perspective
- Improving tolerance for uncertainty and ambiguity
- Revising beliefs to increase willingness to compromise
- Dealing with the most common obstacles that arise in CBT

Behavioral Strategies

- Limiting safety behaviors that are maladaptive
- Desensitization to extinguish fears
- Ritual prevention to reduce compulsive habits
- Strategies for maintaining gains

Interpersonal Skills for Perfectionists and Family or Peers

- Identifying social triggers that activate the inner critic
- Providing feedback to perfectionists to reduce their distress
- Reducing concern about making errors
- Reducing the need for social comparisons
- Improving body image satisfaction
- Preventing family members from undermining treatment
- Initiating difficult conversations and negotiating a solution
- Handling rude or disrespectful comments
- Communicating in a way that leads to meaningful change
- How to disarm a perfectionist: key words to use

Positive Psychology

- Applying mindfulness-based stress reduction
- Accepting traits in others that are unlikely to change
- Accepting one’s own limitations and imperfections

Martin M. Antony, PhD, is an internationally recognized expert in the assessment and treatment of anxiety and related disorders, and is the past president of the Canadian Psychological Association. Dr. Antony is Professor of Psychology at Ryerson University in Toronto. He has authored or co-authored leading texts and evidence-based scientific papers and chapters on the full range of anxiety-based disorders. Dr. Antony has authored or coauthored key texts including Social Anxiety Disorder, The Shyness and Social Anxiety Workbook: Proven Step-By-Step Strategies for Overcoming Your Fear (2nd ed.), The Oxford Handbook of Anxiety and Related Disorders, The Anti-Anxiety Workbook: Proven Strategies for Overcoming Worry, Panic, Phobias, and Obsessions, and When Perfect Isn’t Good Enough: Strategies for Overcoming Perfectionism.

An outstanding speaker, Dr. Antony may be the “perfect” presenter for this program. He has given over 500 presentations and seminars to health professionals around the world including highly presentations on OCD and perfectionism. Audiences highly recommend his presentations for their abundance of practical information, insightful case examples, and clinical wisdom. Participants receive a detailed outline prepared by Dr. Antony including key references and resources. In addition to Q & A in class, Dr. Antony will be available to answer your questions after adjournment. The program is designed for health professionals and educators, however, if you live with a perfectionist or have perfectionistic tendencies of your own, you are invited to enroll.