

INTERACTIVE WEBCAST

FRIDAY, FEBRUARY 1, 2019

INTERACTIVE WEBCAST

Friday, February 1, 2019, 9 AM – 4 PM PST

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

ON-DEMAND WEBCAST

Wednesday, February 6, 2019 – Wednesday, March 6, 2019

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, February 6, 2019 through Wednesday, March 6, 2019. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until August 30, 2019

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: August 30, 2019

THE PATHOLOGY OF PERFECTIONISM: HOW TO TAME THE INNER CRITIC

✓one:

Interactive Webcast with CE Credit: Friday, February 1, 2019

On-Demand Webcast with CE Credit: February 6, 2019 – March 6, 2019

Purchase of Recordings with Home Study CE Credit: through August 30, 2019

4 Audio CDs 4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

4 Audio CDs, \$50 4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) _____

Home Address _____

City/State _____, Zip _____

Work Phone (____) _____ Home Phone (____) _____

Fax (____) _____ (PLEASE PRINT EMAIL IF AVAILABLE)

Email _____

Profession(s) _____

PRE-REGISTRATION

- \$79 Individual Rate
 \$74 Group Rate (3 or more persons registering together)
 \$89 On-Site Registration (if space is available)

FOUR WAYS TO REGISTER

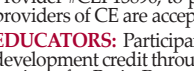
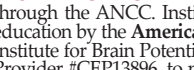
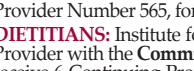
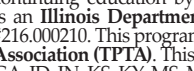
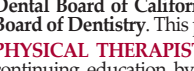
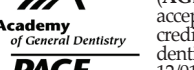
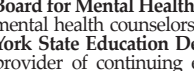
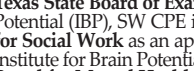
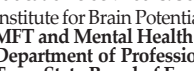
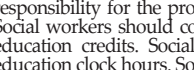
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

Type of Credit Card: Visa MasterCard AmEx Discover

Card # _____ Exp Date _____ / _____

Signature _____



NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by 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 #CEP13896, and **Florida Board of Nursing**. This program provides 6 contact hours.

PSYCHOLOGISTS: Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credits. Institute for Brain Potential is approved as a provider of continuing education by the **Florida Board of Psychology**. This course provides 6 hours of CE credit.

COUNSELORS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

Institute for Brain Potential, provider #1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by **Florida Board of Clinical Social Work, MFT and Mental Health Counseling**, by **Ohio CSWMFT Board**, Provider #RCST030801, by **Illinois Department of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183, and by **Texas State Board of Examiners of Marriage & Family Therapists**, Provider #830. Institute for Brain Potential (IBP), SW CPE is recognized by the **New York State Education Department's State Board for Social Work** as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential (IBP) is recognized by the **New York State Education Department's State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the **New York State Education Department's State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. This program provides 6 contact hours.

Institute for Brain Potential is an **American Occupational Therapy Association (AOTA)** Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Client Factors) and Professional Issues (Supervision). This course is approved by the **FL Board of Occupational Therapy** for 6 hours of credit.

CHEMICAL DEPENDENCY PROFESSIONALS: Institute for Brain Potential is approved by the **NAADAC Approved Education Provider Program**, Provider #102949. This program is 6 CEHs.

PHARMACISTS & PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-17-033-L04-P and 0492-0000-17-033-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-16-055-H04-P and 0492-0000-16-055-H04-T. Initial Release Date: 08/30/2016. Planned Expiration Date: 08/30/2019. This program provides 6 hours (.6 CEU). This program has been pre-approved by the **Florida Board of Pharmacy** for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Membership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/24. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 08/30/2016. Planned Expiration Date: 08/30/2019. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**. Institute for Brain Potential is an approved provider with the **Florida Board of Dentistry**. This program is 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by as a provider of the physical therapy continuing education by the **Physical Therapy Board of California**. Institute for Brain Potential is an **Illinois Department of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. This program is pending approval by the TX chapter of the **American Physical Therapy Association (TPTA)**. This program provides 6 CE hours. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as a CE provider by the **Illinois Department of Professional Regulation**, #245.000045, and by the **Florida Board of Massage Therapy**. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the **California Speech-Language Pathology and Audiology Board (SLPAB)**, # PDP247, and by the **Florida Board of Speech-Language Pathology and Audiology**. CE credit for SLPs in Florida is available for only the webcast of the program. This program provides 6 CE hours.

ACUPUNCTURISTS: This course is pending approval by the **California Acupuncture Board**, Provider Number 565, for 6 hours of Category I distance education credit.

DIETITIANS: Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the **Commission on Dietetic Registration (CDR)**. CDR Credentialed Practitioners will receive 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 6010, 6020, 6070, and 7020. CDR-approved credit is available for only the webcast of the program.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation (ANCC)**. Institute for Brain Potential is approved by the **California Board of Registered Nursing (CA BRN)**, Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the **Respiratory Care Board of California**.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and Institute for Brain Potential. Alliant International University's graduate programs are accredited by the **Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges**. Please contact your school district if you need prior approval for this program.

COLLEGE EDUCATED PUBLIC: This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.



THE PATHOLOGY OF PERFECTIONISM: HOW TO TAME THE INNER CRITIC

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: The date of the interactive webcast is Friday, February 1, 2019, 9 AM, Pacific Standard Time. Please register early and sign in 30 minutes before the time of the webcast.

On-Demand Webcast Schedule: You may view the program in segments at your convenience from Wednesday, February 6, 2019 until Wednesday, March 6, 2019. Registrants who sign up for the live webcast may elect to take the on-demand webcast.

Home Study Schedule: You may listen to or view the recorded lecture at your convenience until the expiration date: August 30, 2019. 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 webcast, or order home study recordings on different dates.

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 webcast, live webcast and on-demand webcast 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 webcast if space is available. Registrants canceling up to 48 hours before a seminar or webcast can 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.

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 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

THE PATHOLOGY OF PERFECTIONISM: HOW TO TAME THE INNER CRITIC

FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on February 1, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting February 6 until March 6. 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 or 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.

People who set unrealistic standards for themselves or others are at higher risk of developing disorders including OCD, social anxiety, generalized anxiety and worry, depression, body image problems, restricted eating, and professional fatigue and burnout.

This program describes familial and social origins, clinical features, and effective treatments for perfectionism in children, teens and adults. Emphasis is placed on how to live or work with people who have unrealistic expectations.

Participants completing this program should be able to:

- 1. Describe the origins and forms of perfectionism.*
- 2. Distinguish between realistic and maladaptive beliefs that underlie perfectionism.*
- 3. Identify common perfectionistic behaviors.*
- 4. List effective evidence-based interventions that health professionals can apply to help protect and enhance their health when working with people with unrealistic standards in medical, dental, and behavioral practices.*

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

ABOUT THE INSTRUCTOR



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 and Chair 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 300 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. .