

INTERACTIVE WEBCAST MONDAY, DECEMBER 6, 2021

INTERACTIVE WEBCAST

Monday, December 6, 2021, 9 AM – 4 PM (EST)

View the live presentation of this program on your phone, tablet, or computer to earn live CE credit.

ON-DEMAND WEBCAST

Saturday, December 11, 2021 – Tuesday, January 11, 2022

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Saturday, December 11, 2021 through Tuesday, January 11, 2022 to earn home study credit. Release Date: 08/01/19. Planned Expiration Date: 08/01/22.

HOME STUDY RECORDINGS

Valid for CE until August 1, 2022

Listen to the recorded lecture on audio CDs or view it on audio-visual DVDs at your convenience to earn home study credit. Release Date: 08/01/19. Planned Expiration Date: 08/01/22.

THE PATHOLOGY OF PERFECTIONISM: HOW TO TAME THE INNER CRITIC

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Interactive Webcast with CE Credit: Monday, December 6, 2021

On-Demand Webcast with CE Credit: December 11, 2021 – January 11, 2022

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

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) _____

TUITION

- \$79 Pre-Registration Rate
- \$89 Registration on the Day of the Program
- \$29 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages) – Perfectionism is a habit that is related to the spectrum of obsessive and compulsive disorders. Effective treatments are provided in the text entitled, "Training Your Brain to Adopt Healthful Habits: Mastering the Five Brain Challenges."

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 nursing continuing professional development 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 recognized by the **New York State Education Department's State Board for Psychology** as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by the **Florida Board of Psychology**. This course provides 6 contact 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 clock hours. The interactive webcast provides 6 clock hours of live CE credit. Note: NBCC credit is not available for the recordings of the interactive webcast.

Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. 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 **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) 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 #SW-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. The **Ohio CSWMFT Board** accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

OCCUPATIONAL THERAPISTS: 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 (.6 AOTA CEUs). 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: This course has been approved by Institute for Brain Potential, as a **NAADAC Approved Education Provider**, for 6 CEs. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its programing.

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 0492-0000-20-066-L04-P and 0492-0000-20-066-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-19-064-H04-P and 0492-0000-19-064-H04-T. Initial Release Date: 08/01/2019. Planned Expiration Date: 08/01/2022. 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: This program provides 6 CE hours. 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**.

PACE
ACADEMY of
GENERAL DENTISTRY
PROGRAM APPROVAL
FOR CONTINUING
EDUCATION

Institute for Brain Potential
Nationally Approved PACE Program Provider for
FAGD/MAGD credit.
Approval does not imply acceptance by any
regulatory authority or AGD endorsement.
12/01/18 to 11/30/24
Provider ID# 312413
AGD Subject Code: 557
Release Date: 08/01/19. Expiration Date: 08/01/22

PHYSICAL THERAPISTS: Institute for Brain Potential is approved 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. Institute for Brain Potential is recognized by the **New York State Education Department's State Board of Physical Therapy** as an approved provider of physical therapy continuing education. This program is pending approval by Texas chapter of the **American Physical Therapy Association (APTA)**. 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 interactive webcast of the program. This program provides 6 CE hours.

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: 1120, 5350, 6010, and 6020. CDR-approved credit is available for only the interactive 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 Monday, December 6, 2021, 9 AM, Eastern Standard Time. Sign-in: 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 webcast.

On-Demand Webcast Schedule: You may view the program in segments at your convenience from Saturday, December 11, 2021 until Tuesday, January 11, 2022. Registrants who sign up for the interactive 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 1, 2022.

Confirmation Notices and Certificates of Completion: Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

Transfers and Cancellations: Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at refund@ibpceu.com.

24/7 Customer Service: Call (888) 202-2938 to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: www.ibpceu.com/info/poxi.pdf

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 December 6, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting December 11 until January 11. 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 adults, teens, and children. Emphasis is also 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:** assuming that others have unrealistic standards (“My family expects me to be perfect.”)
- **Positive versus Negative Perfectionism:** healthy and harmful standards.
- **Assessment:** how to know 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)
- Reassurance 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 bases to shift perspective
- Improving tolerance for uncertainty and ambiguity
- Challenging beliefs to increase willingness to compromise
- Dealing with the most common obstacles that arise in CBT

Behavioral Strategies

- Limiting safety behaviors that are maladaptive
- Exposure - doing things that trigger fear and anxiety
- Response prevention to reduce maladaptive behaviors
- 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

Acceptance and Compassion

- 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 a past president of the Association for Behavioral and Cognitive Therapies and the Canadian Psychological Association. Dr. Antony is Professor of Psychology at Ryerson University in Toronto. He has authored or co-authored over 300 scientific papers and chapters on the full range of anxiety-related disorders as well as perfectionism. Dr. Antony has also authored or coauthored 33 books including When Perfect Isn't Good Enough, Cognitive-Behavioral Therapy for Perfectionism, The Shyness and Social Anxiety Workbook (3rd ed.), and The Anti-Anxiety Program.

An outstanding speaker, Dr. Antony may be the “perfect” presenter for this program. He has given over 400 presentations and seminars to health professionals around the world including highly regarded presentations on perfectionism and anxiety-related disorders. 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. 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.

In addition to Q & A sessions in class, Dr. Antony will answer your questions during the second half of the lunch break and by email after the program concludes.