

The Pathology of Perfectionism: How to Tame the Inner Critic

A 6-Hour Home Study Program for Health Professionals

People who set unrealistic standards for themselves or others are at higher risk of 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.



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. IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP13896, and FL Board of Nursing. This program provides 6 contact hours.



COUNSELORS, PSYCHOLOGISTS, 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 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 credit.



ACE 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 clock hours. Content Level: Intermediate. This is a noninteractive course.

Institute for Brain Potential is approved as a provider of CE by FL Board of Clinical Social Work, MFT and Mental Health Counseling, by IL Dept. of Professional Regulation MFT CE Sponsor Program, Sponsor #168.000183, and by TX State Board of Examiners of Marriage & Family Therapists, Provider #830. 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. 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. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

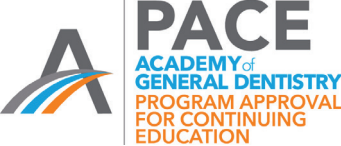


SUBSTANCE ABUSE PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEs. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its programming.



PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-19-064-H04-P and 0492-0000-19-064-H04-T. 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. IBP is approved as a provider of CE by the Florida Board of Dentistry.



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



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 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Client Factors) and Professional Issues (Supervision). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

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 NY State Education Department's State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program is approved by Texas chapter of the American Physical Therapy Association (APTA). Approval Expires: 06/15/2022. This program provides 6 contact hours.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education 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), # PPDP247. This program provides 6 CE hours.



EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. 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.

Initial Release Date: 08/01/2019 Expiration Date: 08/01/2022 Content Level: Intermediate

Origins and Maladaptive Forms of Perfectionism

- Origins
- Self-Oriented Perfectionism
- Other-Oriented Perfectionism
- Socially Prescribed Perfectionism
- Positive versus Negative Perfectionism
- Assessment

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

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 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 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 rated presentations on OCD and perfectionism. Audiences highly recommend his presentations for their abundance of practical information, case histories, and clinical wisdom.

Policies and Procedures

1. You may order the audio CDs or audio-visual DVDs before the planned expiration date listed on the program brochure. You will have at least one year from the date you placed your order to complete the program for continuing education credit.
2. Course materials including CDs or DVDs, course outline and handouts, evaluation form, and post-test are delivered to you within 5-7 days from the date we receive your order. You will need a CD player to listen to the lecture on CDs and a DVD player to view it on DVDs.
3. Successful completion to receive continuing education credit includes 1) watching or listening to the recorded lecture and reviewing the course handouts, 2) submission of the evaluation form and post-test, and 3) receiving a passing score of 70% on the posttest. No partial credit is given.
4. Post-tests are usually scored within 5 workdays of their receipt; please allow 10 workdays. You may retake the posttest without penalty or fee.
5. Course evaluation form and completed posttest can be submitted to us by email at ceu@4brain.org, fax at (209) 710-8306, or by mail at IBP Distance Learning, PO Box 2238, Los Banos, CA 93635.
6. A certificate of completion is provided upon successful completion. Please indicate whether you wish to receive the certificate by email, fax, or mail on the registration form.
7. If you are not completely satisfied, you may return the course materials in a resalable condition within 30-days of your purchase and exchange it for another home study program of equal value or obtain a full refund minus a \$15 processing fee by submitting a refund request in writing or by email at refund@ibpceu.com. Tuition for continuing education credit is not refundable. Course materials should be returned to us at IBP Distance Learning, 245 W Pacheco Blvd. Ste. C, Los Banos, CA 93635.

Dedicated Customer Service

Call (888) 202-2938 to inquire about course content, instructors, corrections, grading, or problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. Institute for Brain Potential complies with ADA requirements.

The IBP Experience

Our non-profit organization, tax ID 77-0026830, is the leading provider of accredited programs concerning the brain and behavioral sciences. We have been providing informative and practical continuing education programs since 1984. Our programs include fascinating and informative presentations by outstanding and highly qualified faculty.