

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.

CONTINUING EDUCATION



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. IBP is awarded "accreditation with distinction," the highest recognition awarded by the ANCC.

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



COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: IBP is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.



IBP, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/14 - 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCST030801, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #168.000183, and by TX State Board of Examiners of MFTs, Provider #830. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #102949. IBP is approved by provider by CCAPP-EI, Provider Number 45-09-128-1217. This program provides 6 CEHs.



PHARMACISTS AND PHARMACY TECHNICIANS: IBP 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: 0492-0000-16-055-H04-P and 0492-0000-16-055-H04-T.



DENTAL PROFESSIONALS: IBP 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/Mastership 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 12/01/14 - 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557.

IBP, 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 an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.



OCCUPATIONAL THERAPISTS: IBP 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 FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation, #245.000045. This course provides 6 CE hours. This course is approved for 6 hours of "General" CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAB, # PDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP's accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact 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: 08/30/2016 Expiration Date: 08/30/2019 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 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 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, insightful case examples, and clinical wisdom.