

The CBT Workbook for Perfectionism

Evidence-Based Skills to
Help You Let Go of Self-Criticism,
Build Self-Esteem & Find Balance

A STEP-BY-STEP APPROACH TO HELP YOU:

Stop People-Pleasing • Avoid Stress & Burnout
Overcome Your Need for Control • End Procrastination
Find the Courage to Try New Things

SHARON MARTIN, MSW, LCSW
FOREWORD BY JULIE DE AZEVEDO HANKS, PhD

Cbt For Perfectionism Manual

Jennifer Kemp

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The CBT Workbook for Perfectionism Sharon Martin, 2019-01-02 If you feel an intense pressure to be perfect this evidence based workbook offers real strategies based in cognitive behavioral therapy CBT to help you develop a more balanced and healthy perspective Do you hold yourself and perhaps others to extremely high standards Do you procrastinate certain tasks because you're afraid you won't carry them out perfectly If you've answered yes to one or both of these questions chances are you're a perfectionist And while there's nothing wrong with hard work and high standards perfectionism can also take over your life if you let it So how can you find balance With this workbook you'll identify the causes of your perfectionism and the ways it is negatively impacting your life Rather than measuring your self worth by productivity and accomplishments you'll learn to exercise self compassion and extend that compassion to others You'll also learn ways to prioritize the things that really matter to you without focusing on attaining fixed goals Life isn't perfect and neither are we If you're ready to break free from out of control perfectionism and start living a richer fuller life this workbook will help you get started

The Oxford Handbook of Eating Disorders W. Stewart Agras, 2010-07-06 A comprehensive

and up to date review of the field provides detailed and thorough discussions of all the key topics in the study of eating disorders Zafra Cooper Department of Psychiatry Oxford University

Clinical Handbook of Obsessive-Compulsive and

Related Disorders Eric A. Storch, Adam B. Lewin, 2015-07-03 This handbook examines evidence based treatment of obsessive compulsive and related disorders for a broad clinical audience Focusing on both children and adults with these conditions it

discusses various manifestations of OCD e.g. contamination, perfectionism related conditions e.g. hoarding, trichotillomania and Tourette syndrome and cases with complicating factors Chapters describe case specifics, offer assessment guidelines and illustrate evidence based psychotherapy Case examples depict real life complexities of presentation notably in terms of

comorbid conditions and hard to treat subpopulations Topical areas addressed in the Handbook include Phenomenology, assessment and treatment of multiple types of OCD in adults and children Treating not just right experiences in children with OCD, Treating obsessive compulsive disorder in very young children, Treatment of OCD comorbid with other disorders like

depression and Autism Spectrum Disorder, Treatment of OCD when presenting with complicating factors like limited insight, extreme family accommodation and poor motivation The Clinical Handbook of Obsessive Compulsive and Related Disorders is an essential resource for clinicians and professionals as well as researchers and graduate students in clinical psychology, psychiatry, social work, counseling programs, pediatrics, public health and related disciplines

The Complete Overcoming Series Peter Cooper, 2012-11-01 The complete set of self help guides from the popular Overcoming series Each guide is based on Cognitive Behavioral Therapy CBT an evidence based therapy which is recommended by the NHS for the treatment of a

large number of psychological difficulties Each guide comprises a step by step self help programme based on CBT and contains useful information about the disorder Practical strategies and techniques based on CBT Advice on how to keep

useful information about the disorder Practical strategies and techniques based on CBT Advice on how to keep

recovery going Further resources The Complete Overcoming Series contains 31 titles Overcoming Anger and Irritability Overcoming Anorexia Nervosa Overcoming Anxiety Overcoming Body Image Problems including Body Dysmorphic Disorder Overcoming Bulimia Nervosa and Binge Eating Overcoming Childhood Trauma Overcoming Chronic Fatigue Overcoming Chronic Pain Overcoming Compulsive Gambling Overcoming Depersonalization Feelings of Unreality Overcoming Depression Overcoming Grief Overcoming Health Anxiety Overcoming Insomnia and Sleep Problems Overcoming Low Self Esteem Overcoming Mood Swings Overcoming Obsessive Compulsive Disorder Overcoming Panic and Agoraphobia Overcoming Paranoid and Suspicious Thoughts Overcoming Perfectionism Overcoming Problem Drinking Overcoming Relationship Problems Overcoming Sexual Problems Overcoming Social Anxiety and Shyness Overcoming Stress Overcoming Traumatic Stress Overcoming Weight Problems Overcoming Worry Overcoming Your Child's Fears Worries Overcoming Your Child's Shyness and Social Anxiety Overcoming You Smoking Habit *Overcoming Bulimia Nervosa and Binge Eating 3rd Edition* Peter Cooper,2012-11-01 As many as one in 20 women in the western world suffer bouts of uncontrolled binge eating Going without food for long periods making yourself vomit and taking laxatives you don't need are also common and are symptoms of bulimia nervosa Such illness costs lives if not successfully treated Now in its second edition Peter Cooper's sympathetic and highly acclaimed guide gives a clear explanation of the disorder and the serious health issues that can result from it He describes the treatments available today and most importantly sets out a self help guide for those who want to tackle their difficulties for themselves with a step by step programme This is a real chance for sufferers to take the road to recovery and will give their friends and family a much clearer understanding of the illness and its remedy *Comprehensive Handbook of Personality and Psychopathology, Adult Psychopathology* Frank Andrasik,2006-01-03 Adult Psychopathology presents an overview of the classification and diagnosis epidemiology genetic sociocultural and biological influences and research and behavioral considerations of psychopathology in adults This state of the art volume also includes the latest research on the major disorders and discusses the three most popular treatment approaches *Cognitive-Behavioral Treatment of Perfectionism* Sarah J. Egan,Tracey D. Wade,Roz Shafran,Martin M. Antony,2014-08-07 This practical resource provides an evidence based framework for treating clients struggling with perfectionism whether as the main presenting problem or in conjunction with depression eating disorders anxiety disorders or obsessive compulsive disorder Using a case formulation approach the authors draw on their extensive cognitive behavioral therapy CBT experience to present specific techniques and interventions Coverage spans treatment planning the therapeutic alliance key obstacles that may arise relapse prevention and emerging research Reproducible assessment scales and 36 patient handouts are included purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2 x 11 size

Annual Review of Eating Disorders Part 2 - 2006 Stephen Wonderlich,James Mitchell,Scott Crow,Liz Boath,Howard Steiger,2005-12 This book contains reviews from leading scientists and clinicians drawing together the latest developments

in the ten key topics covering the major areas of eating disorders including bulimia body image socio cultural issues and anorexia This volume compliments Annual Review of Eating Disorders Part 1 Together the two books cover the twenty main topics identified by the Academy of Eating Disorders as providing essential knowledge in the field It is ideal for busy clinicians with a clear emphasis on clinical implications and is supported by the American Academy for Eating Disorders Clinicians and health researchers involved in the area of eating disorders will find this review invaluable as will professional organisations for psychologists psychiatrists dieticians general practitioners paediatricians counsellors and educators

The CBT Workbook for Perfectionism Sharon Martin,2020-01-24 This evidence based workbook offers real strategies based in cognitive behavioral therapy CBT to help readers overcome perfectionism and create a more balanced perspective Readers will identify the causes of their perfectionism discover how perfectionism is negatively impacting their lives and gain invaluable skills for cultivating self compassion toward themselves and others

The ACT Workbook for Perfectionism

Jennifer Kemp,2021-12-01 Perfectionism can have a helpful upside when it contributes to achievement and success But unhelpful perfectionism can prevent us from taking risks or trying new things for fear of failure judgment or rejection and ultimately keep us from reaching our highest goals The innovative evidence based approach in this workbook will help readers struggling with perfectionism maintain their high standards while also accepting their mistakes with compassion and kindness

Psychodynamic Diagnostic Manual (PDM) American Psychoanalytic Association,Alliance of Psychoanalytic Organizations,2006 This manual is based on current neuroscience and treatment outcome studies that demonstrate the importance of focusing on the full range and depth of emotional and social functioning Beginning with a classification of the spectrum of personality patterns and disorders found in individuals and then describing a profile of mental functioning that permits a clinician to look in detail at each of the patient s capacities the entries include a description of the patient s symptoms with a focus on the patient s internal experiences as well as surface behaviors Intended to expand on the DSM Diagnostic and Statistical Manual of Mental Disorders and ICD International Statistical Classification of Diseases and Related Health Problems efforts in cataloging the symptoms and behaviors of mental health patients this manual opens the door to a fuller understanding of the functioning of the mind brain and their development

Overcoming Perfectionism Roz Shafran,Sarah Egan,Tracey Wade,2010-04-29 How to break the vicious circle of never good enough Perfectionism can be healthy but when it becomes unhealthy and turns into clinical perfectionism sometimes referred to as dysfunctional perfectionism it can cause serious problems It is associated with different mental health problems including depression anxiety eating disorders and chronic fatigue syndrome Those suffering from clinical perfectionism tend to judge themselves predominantly in terms of the pursuit and attainment of personally demanding standards and often feel unable to be flexible and change their goals despite the significant negative impact that the pursuit of perfectionism may have on their quality of life Includes Description of Clinical Perfectionism Clinical Perfectionism and depression anxiety eating disorders chronic

fatigue Identifying the problem and monitoring Overcoming perfectionism step by step self help course based on CBT principles Avoiding relapse Case studies Other treatments an overview **Handbook of Mental Health Interventions in Children and Adolescents** Hans Steiner,2004-03-29 The Handbook of Mental Health Interventions in Children and Adolescents is an essential guide for mental healthcare professionals to the theory and practice of mental health treatment for children up to age nineteen Written by a panel of the best known names in the field this systematic and comprehensive resource includes the most current information on developmental science as it pertains to treatment psychopharmacology psychotherapy sociotherapy and the integration of treatments **Handbook of Comparative Interventions for Adult Disorders** Michel Hersen,Alan S. Bellack,1999-08-04 Along with a comprehensive focus on DSM IV and a new subsection on prescriptive treatment and managed care the Second Edition offers the first comparative review of different approaches to specific mental disorders by leading scholars and represents the most current thinking in the field on disorders and treatment

BOOK JACKET **Handbook of Psychological Assessment, Case Conceptualization, and Treatment, Volume 1** Michel Hersen,Johan Rosqvist,2007-11-02 Edited by recognized experts Michel Hersen and Johan Rosqvist Handbook of Psychological Assessment Case Conceptualization and Treatment Volume 1 Adults is a thorough and practical reference for those working with adults Bringing together the most current theories and evidence based applications chapters address issues of importance including ethics medical issues panic and agoraphobia obsessive compulsive disorder and posttraumatic stress disorder Each chapter follows a structured format opening with an overview of assessment followed by case conceptualization and finally recommended treatment **The CBT Handbook** Pamela Myles-Hooton,Roz Shafran,2015-04-02 Overcoming app now available via iTunes and the Google Play Store Cognitive Behavioural Therapy or CBT is widely recommended nowadays in the NHS for the treatment of emotional and psychological problems such as depression low self esteem low mood chronic anxiety stress or out of control anger This thorough yet easy to read general self help guide is a must have for anyone experiencing these common problems Based on the popular and proven therapy CBT it is written by two of the UK s leading experts in the field of CBT It contains Case studies and step by step CBT based exercises Based on the very latest research into CBT Addresses problems associated with depression anxiety stress anger and low self esteem in individual chapters Both for those suffering from these issues and clinicians **Cognitive Behavior Therapy and Eating Disorders** Christopher G. Fairburn,2008-04-21 Written with the practitioner in mind this book provides the first comprehensive guide to the practice of enhanced cognitive behavior therapy CBT E the leading empirically supported treatment for eating disorders **Overcoming Perfectionism 2nd Edition** Roz Shafran,Dr.Sarah Egan,Tracey Wade,2019-04-30 How to break the circle of never good enough Striving for something can be a healthy and positive attribute it s good to aim high But sometimes whatever we do just isn t good enough we want to be too perfect and start setting unrealistic goals Such high levels of perfectionism often driven by low self esteem can turn against success and

develop into unhealthy obsession triggering serious mental health problems such as anxiety depression and eating disorders Cognitive behavioural therapy CBT on which this self help book is based has been found to be a highly effective treatment and provides relief from that disabling sense of not being good enough In this essential self help guide you will learn How clinical perfectionism manifests itself Effective coping strategies with invaluable guidance on how to avoid future relapse **OVERCOMING** self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme Series Editor Professor Peter Cooper **A Guide to Treatments that Work** Peter E. Nathan,Jack M. Gorman,1998 Numerous psychologists and psychiatrists most of whom work in the US collaborate on 28 articles about psychopharmacological or psychosocial treatments of DSM IV categories for which there are known treatments Contributors were asked to present the most rigorous scientifically based evidence for the efficacy of the treatments As a result readers can distinguish between those treatments that have been scientifically validated and those that are felt to be of value but have not been properly examined scientifically Annotation copyrighted by Book News Inc Portland OR

Cognitive-behavioral Therapy for Refractory Cases Derek Truscott,2010 Through exploratory reflection this book will help you find a theory that is compatible with your own worldview and will encourage you to be a more effective therapist by adapting it to honor the worldviews of your clients By understanding your values and those upon which the major systems of psychotherapy are based you can choose a model for practice that you believe in to maximize your satisfaction confidence and effectiveness as a therapist **BOOK JACKET**

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