

DYNAMIC-RELATIONAL THERAPY FOR PERFECTIONISTIC BEHAVIOUR






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OBJECTIVES

- Become familiar with the Comprehensive Model of Perfectionism.
- Be introduced to our model of case formulation used to guide treatment based on attachment, interpersonal, and psychodynamic theories.
- Be introduced to a comprehensive set of measures used in formulation and measurement of treatment progress and outcome.
- View and discuss the treatment in individual and group formats to enhance the understanding of the treatment approach.

This introductory course provides an overview of perfectionism, a maladaptive personality construct that increases vulnerability to psychiatric, psychological, physical, achievement and relational problems and describes our dynamic-relational treatment of perfectionism for individual or group psychotherapy formats (Hewitt, Flett, & Mikail, 2017). Participants will be introduced to our multidimensional model of perfectionism and its assessment and treatment that has evolved over 30 years of research and clinical work. The emphasis will be on clinical conceptualization, formulation, and treatment of perfectionism.

 **4 August 2023 Friday**
 **09:00 AM – 12:00 PM SGT**
 **LOCATION: ONLINE (ZOOM)**

STANDARD: SGD \$90
(3 CE CREDITS)

Dr. Paul L. Hewitt is a Full Professor in the Department of Psychology and Psychotherapy Program, University of British Columbia and a Registered Psychologist in British Columbia. He is a Fellow of the Canadian Psychological Association and recent winner of the Donald O. Hebb Award for Distinguished Contributions to Psychology. Dr. Hewitt is recognized for his seminal contributions to the theory and research on the role of perfectionism as a core vulnerability factor in psychopathology, physical health, relationship, and achievement problems. He has published well over 300 research papers, books, and chapters.

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