

AGENDA

When Perfect Isn't Good Enough: Clinical Strategies for Treating Perfectionism

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Note: All times are Pacific Time

10:00 – 10:10: Welcome and introduction

10:10 – 10:30: Overview of Perfectionism

- Definitions and diagnostic issues
- Descriptive models
- Recommended readings

10:30 – 11:30: Treating Perfectionism – Part I

- Introduction to CBT for perfectionism
- Cognitive strategies

11:30 – 11:45: Morning Break

11:45 – 1:15: Treating Perfectionism, Part II

- Exposure-based strategies
- Behavioral activation
- Mindfulness and acceptance-based approaches
- Case vignettes