

Outline

Perfectionism Defined: Adaptive versus Maladaptive
Historical Rise of Perfectionism in United States
Function of Perfectionism within Family System
Cultural Factors within Perfectionist Families
Psychological Risks of Perfectionism: Individual and Family

Diagnostic Considerations

Issues Within Treatment:

Focus on Symptoms or Philosophical Structure
CBT with an Acceptance of Extreme Outcome

Goals

Review of Clinical Scenarios

The Presenter

Casey Cooper, Ph.D. is a sports psychologist in private practice within the ultra-competitive environment of Orange County, CA. She has a Masters in Marriage and Family Therapy and a Doctorate in Counseling Psychology from the University of Southern California. Dr. Casey has developed a brand of cognitive behavioral therapy to work with, not against the perfectionistic ideals of her high achieving clients and their families. She has supported clients and their families from dozens of Southern California elite clubs and professional NFL, NHL, NBA, MLB, MMA, USTA, and USOC athletes. In addition to sports culture, Dr. Casey has worked with professionals from the world of dance, theatre, art and business.

Working with Perfectionist Families: Effective Assessment and Treatment

Working with families raising millennial and post-millennial children can be very challenging for clinicians who cannot endorse the all-or-nothing parenting style that tends to dominate this competitive group. From 5.0 gpa goals to Division-I athletic scholarship dreams, many families are seeking help for their children who begin to show signs of expectation fatigue. This class will review the historical rise of perfectionism, cultural influences, clinical risk factors and treatment considerations when working with families. Participants will be provided with practical tools to incorporate into treatment goals and delivery.

Target Audience

Psychologists
Therapists
Social Workers
Psychiatrists
Counselors
Nurses
Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will be able to:

1. Identify the relevance of perfectionism within the family system from historical and adaptive points of view.
2. Identify the risk factors associated with perfectionism.
3. Create family and individual treatment goals that address covert and overt perfectionist ideals.
4. Explain a Progress Oriented approach for parents and children.
5. Identify three challenges and adjustments to CBT reframing when working with perfectionist families.

Seminar Schedule

Typically begins at 12:00 PM and ends at 3:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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