

# Understanding & Treating Perfectionism and Related Disorders

## Workshop Details

**June 22-23, 2017**

**9am – 4pm**

## Location

**BEST WESTERN PLUS  
Arden Park Hotel  
552 Ontario Street  
Stratford, Ontario**

## Fees:

Early-Bird Rate: \$349 + HST

After May 21: \$379 + HST

*Fee includes lunch, morning and afternoon refreshments.*

*\*Discounted rates are available for groups of 5+ people registering together OR for individuals registering for more than one workshop\**

## Registration

Register online at  
**[missionempowerment.ca](http://missionempowerment.ca)**



## About the Workshop

Perfectionism is a tendency to hold standards for oneself or others that are unreasonably high and overly rigid. It is a transdiagnostic construct associated with a wide range of psychological problems, including depression, anxiety and related disorders, and others. This workshop provides an overview of pathological perfectionism and evidence-based strategies for assessing and treating this problem, with an emphasis on cognitive strategies, exposure-based strategies, and acceptance-based strategies. Techniques are based on a number of recent sources, including the presenter's evidence-based self-help manual, *When Perfect Isn't Good Enough* and a therapist manual written by the presenter and colleagues, *Cognitive Behavioural Treatment of Perfectionism*. In addition, strategies for treating selected associated disorders (e.g., obsessive-compulsive disorder, social anxiety disorder, depression) will be discussed and illustrated using videorecorded vignettes.

## Learning Objectives

1. Describe the nature of perfectionism, including definitions, causes, and correlates
2. Describe strategies for assessing perfectionism
3. Describe cognitive and behavioral strategies for treating perfectionism
4. Describe cognitive and behavioral strategies for treating selected disorders that are often associated with perfectionism, including OCD, social anxiety disorder, and depression

## About the Presenter

Martin Antony, PhD, is a Professor in the Department of Psychology at Ryerson University. He holds faculty appointments at McMaster University and the University of Toronto, and he is Director of Research at the Anxiety Treatment and Research Clinic at St. Joseph's Healthcare Hamilton, which he founded more than 15 years ago. Dr. Antony has published 30 books and over 200 scientific articles and book chapters on the topics of perfectionism, anxiety & related disorders; and he has received a number of career awards for his contributions to research, training and education. He is a Fellow of the Royal Society of Canada, a past president of the Canadian Psychological Association, and a Fellow of several national and international associations.

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