

Nobody's perfect: Understanding, assessing, and treating perfectionism and related problems

Dr. Simon Sherry

June 6, 2014 from 9:00 AM to 4:30 PM

Hampton Inn & Suites by Hilton
700 Mapleton Road, Moncton, NB

TO REGISTER: <http://personality.psychology.dal.ca/workshops.html>

There's nothing wrong with being a perfectionist—so long as everything is perfect.

Perfectionists often struggle greatly with their own and others' imperfections.

Perfectionism is a key contributor to stress, depression, interpersonal problems, treatment failure, suicide, anxiety, workplace difficulties and eating disorders.

Dr. Sherry, a Registered Clinical Psychologist, is an internationally recognized expert in perfectionism with more than 50 peer-reviewed publications on this topic. He is also a specialist in assessing and treating perfectionism. He is in clinical practice with Genest MacGillivray Psychologists, Halifax.

Dr. Sherry won the Canadian Psychological Association President's New Researcher Award (2009), the H. J. Eysenck Memorial Fund Award (2011), and the Discovery Centre's Emerging Professional of Distinction Award (2012). He is an Associate Professor in the Department of Psychology and Neuroscience at Dalhousie University.



Dr. Simon Sherry

Although perfectionism is common and destructive, healthcare professionals are very seldom trained how to understand, assess, or treat perfectionism. Dr. Sherry's workshop will fill this gap in your training. In fact, anyone who is concerned with perfectionists and their problems will find his workshop helpful. You will learn to treat perfectionism using evidence-based treatment strategies, including acceptance, self-compassion, mindfulness, behavioural activation, graduated exposure, in-session reinforcement, and situational analysis.

Topics	Learning Objectives
1. Etiological model	Participants will learn factors associated with developing perfectionism. They will also learn how perfectionism contributes to various medical and psychiatric problems.
2. Empirical research	Participants will learn the strengths and the limitations of empirical research on treating perfectionism.
3. Assessment and treatment tools	Participants will learn how to assess and treat perfectionism and related problems using cognitive, behavioral, and interpersonal strategies.
4. Troubleshooting	Participants will learn to recognize and to overcome common barriers to successfully assessing and treating perfectionists.
5. (Contra)indications and Limitations	Participants will learn to recognize which perfectionists will benefit the most and the least from treatment.
6. Emerging Directions	Participants will learn about recent theory and research on perfectionists and related problems.

Dr. Sherry will present a very practical workshop that is useful to healthcare professionals from many backgrounds. His workshop will address perfectionism in relation to a broad range of problems (e.g., stress, depression, anxiety, and eating disorders) and populations (e.g., children/adolescents, adults, and elderly). Dr. Sherry's workshop will involve **fun, dynamic, and interactive** strategies to help you consolidate your new learning, including: PowerPoint presentation, role-playing, live demonstrations, case studies, quizzes, and discussion questions.

Early registration rates (on or before May 29):

Non-student - \$250.00 CAD

Student - \$185.00 CAD.

Regular registration rates (after May 29):

Non-student - \$290.00 CAD

Student - \$235.00 CAD.

LUNCH and two refreshment breaks are included in the fee. Free parking is available on site.

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MORE INFORMATION: <http://personality.psychology.dal.ca/workshops.html>

Full refunds are available until May 29, 2014.

No refunds are available after May 30, 2014.

If you have any questions, please contact us at workshops2@gmPsychologists.com or 902-489-9419.

All clinicians—and their imperfections—are invited to attend.