

Perfectionism Theory Research And Treatment

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Perfectionism Theory Research And Treatment

Leading scholars reveal perfectionism as a personality style with multiple developmental influences that contribute to significant interpersonal problems. Their chapters combine the best current research with insights relevant to the treatment and origins of perfectionism.

Perfectionism: Theory, Research, and Treatment

This is an excellent - being both informative and well written- book about the theory and research on perfectionism. It is not a good resourse for treatment options or interventions. The theory and research portions of the book are useful in conceptualizing a psychological understanding of perfectionism, but for the treatment you would need another resource.

Perfectionism: Theory, Research, and Treatment: Flett ...

Perfectionism, the striving for flawlessness, can sometimes be a source of subjective strength enabling the achievement of terrific goals. This is the first distinction that needs to be grasped—adaptive versus maladaptive—a distinction that requires the adoption of a multidimensional rather than a unidimensional perspective.

Perfectionism: Theory, Research, and Treatment | American ...

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Perfectionism: Theory, Research, and Treatment: Theory ...

The final part of the book addresses perfectionism as it relates to clinical disorders in the therapeutic context. The goal of the book is to further research on the assessment, nature, and treatment of dysfunctional forms of perfectionism. (PsycInfo Database Record (c) 2020 APA, all rights reserved) Unique Identifier. 2002-02485-000. Title

Perfectionism: Theory, research, and treatment.

Request PDF | Perfectionism: Theory, research, and treatment. | This book integrates contemporary theory and research on the nature of perfectionism, with particular focus on perfectionism as ...

Perfectionism: Theory, research, and treatment. | Request PDF

G. L. Flett and P. L. Hewitt (Eds.) (2002) Perfectionism. Theory, Research and Treatment .American Psychological Association: Washington, DC, £42.50 (hard-back ...

G. L. Flett and P. L. Hewitt (Eds.) (2002) Perfectionism ...

Perfectionism: Theory, Research, and Treatment - Google Boeken. Annotation Most of these 16 offerings by PhDs and MDs from the US and Canada focus on perfectionism as maladaptive. Topics include assessing and conceptualizing perfectionism, its development, the role of emotion, perfectionism's irrational and adaptive sides, and its link to stress and interpersonal problems.

Perfectionism: Theory, Research, and Treatment - Google Boeken

Cognitive behavior therapy has been shown to be a viable treatment for perfectionism, both in terms of reducing levels of perfectionism and improving psychiatric symptoms.

(PDF) The psychology of perfectionism: Theory, research ...

The scholars reveal perfectionism as a personality style with multiple developmental influences that contribute to significant interpersonal problems. Their chapters combine research with insights that are relevant to the treatment and origins of perfectionism.

Perfectionism: Theory, Research and Treatment: Amazon.co ...

The scholars reveal perfectionism as a personality style with multiple developmental influences that contribute to significant interpersonal problems. Their chapters combine research with insights that are relevant to the treatment and origins of perfectionism. (source: Nielsen Book Data)

Perfectionism : theory, research, and treatment in ...

Abstract. Over 25 years of research suggests an important link between perfectionism and personality traits included in the five-factor model (FFM). However, inconsistent findings, underpowered studies, and a plethora of perfectionism scales have obscured understanding of how perfectionism fits within the FFM.

Perfectionism and the Five-Factor Model of Personality: A ...

Flett, Gordon L. (Ed); Hewitt, Paul L. (Ed). (2002). Perfectionism: Theory, research, and treatment , (pp. 5-31). Washington, DC, US: American Psychological Association, xiv, 435 pp. ISBN. 1-55798-842-0 (Hardcover) Publisher. Washington, DC, US: American Psychological Association. Format Covered. Print. Publication Type. Book; Edited Book. Intended Audience

Perfectionism and maladjustment: An overview of ...

Hewitt and Flett (1991) suggested perfectionism is made up of three elements: self-oriented perfectionism, which involves both setting high standards for achievement and self-criticizing when there is a perception these standards are unmet; other-oriented perfectionism, which involves setting unrealistically high standards for other people, and socially prescribed perfectionism, which involves a perception that others hold unrealistically high expectations about the self.

Perfectionism and Personality Disorders as Predictors of ...

The purpose of this project, including several studies, is to further develop and refine, as well as evaluate the effectiveness, of the psychotherapeutic treatment of perfectionism developed by Dr. Hewitt and colleagues. Both individual and group treatment programs have been developed and are currently being researched.

Psychodynamic Treatment of Perfectionism | Perfectionism ...

In this study of the discriminant, convergent, and incremental validity of the Almost Perfect Scale—Revised (APS-R), university students completed the APS-R, additional measures of perfectionism, the NEO Five-Factor Inventory—Form S, and measures of self-esteem and depression.

Perfectionism and the Five-Factor Model of Personality ...

The literature regarding effective psychological treatments distinguishes between low, moderate, and high levels of perfectionism. Individuals with low-to-moderate levels of perfectionism have been shown to be responsive to brief psychological treatment, such as Cognitive Behavioral Therapy [23].

The impact of perfectionism on anxiety and depression.

Perfectionism is often defined as a type of personality that seeks perfection and sets excessive standards, along with a tendency to over-evaluate one’s behavior [7]. Studies have shown that perfectionism can be divided into two dimensions: perfectionistic strivings and perfectionistic concerns [8].