

EAGAN, MN
EAGAN COMMUNITY CENTER
1501 Central Pkwy, 55121
(651) 675-5550

Monday, October 23

ROCHESTER, MN
KAHLER APACHE
1517 16th St SW, 55902
(507) 289-8866

Tuesday, October 24

SAINT PAUL, MN
DOUBLETREE BY HILTON HOTEL ST. PAUL DOWNTOWN
411 Minnesota St, 55101. (651) 291-8800
Parking: \$8.50

Wednesday, October 25

MINNEAPOLIS, MN
DOUBLETREE BY HILTON MINNEAPOLIS - PARK PLACE
1500 Park Pl Blvd, 55416. (952) 542-8600

Thursday, October 26

MINNEAPOLIS, MN
DOUBLETREE BY HILTON MINNEAPOLIS NORTH
2200 Freeway Blvd, 55430. (763) 566-8000

Friday, October 27

Please do not contact the venues except for driving instructions.
Complimentary parking is available unless otherwise noted.

THE PATHOLOGY OF PERFECTIONISM: HOW TO TAME THE INNER CRITIC

✓ one:

- Eagan, Oct 23 Rochester, Oct 24 Saint Paul, Oct 25
 Minneapolis, Oct 26 Minneapolis, Oct 27

Name (PLEASE PRINT) _____

Home Address _____

City/State _____, _____ Zip _____

Work Phone (____) _____ Home Phone (____) _____

Fax (____) _____ (PLEASE PRINT EMAIL IF AVAILABLE)

Email _____

Profession(s) _____

PRE-REGISTRATION

- \$79 Individual Rate
 \$74 Group Rate (3 or More Persons Registering Together)
 \$89 On-Site Registration (if space is available)

FOUR WAYS TO REGISTER

1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

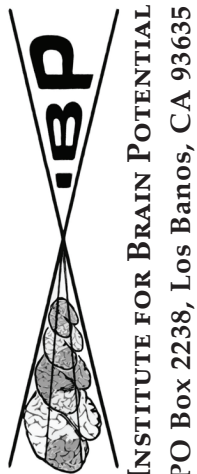
All major credit cards accepted: _____ Type of card _____

Card # _____ Exp Date _____ / _____

Signature _____



PLEASE POST



THE PATHOLOGY OF PERFECTIONISM: HOW TO TAME THE INNER CRITIC

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A New 6-Hour Seminar for Health Professionals, Fall, 2017 \$79

THE PATHOLOGY OF PERFECTIONISM: HOW TO TAME THE INNER CRITIC

A 6-Hour Seminar for Health Professionals

People who set unrealistic standards for themselves or others are at higher risk of developing disorders including OCD, social anxiety, generalized anxiety and worry, depression, body image problems, restricted eating, and professional fatigue and burnout.

This program describes familial and social origins, clinical features, and effective treatments for perfectionism in children, teens and adults. Emphasis is placed on how to live or work with people who have unrealistic expectations.

Participants completing this program should be able to:

1. Describe the origins and forms of perfectionism.
2. Distinguish between realistic and maladaptive beliefs that underlie perfectionism.
3. Identify common perfectionistic behaviors.
4. List effective evidence-based interventions that health professionals can apply when working with people with unrealistic standards in medical, dental, and behavioral practices.



Schedule: Check in: 8:15-9 AM, program starts: 9 AM, lunch (on own): 11:30 AM, Q&A and discussion with instructor: 12-12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and arrive before the start time. Space is limited.

Group Registrations: Rates apply for 3 or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can attend on different dates.

Confirmation Notices and Certificates of Completion: We will confirm your registration by email or by letter. Please attend even if you do not receive a confirmation. Registrants are responsible for parking fees, if any. Successful completion includes full attendance and submission of the evaluation form. No partial credit will be given. Certificates of completion are provided at the time of adjournment.

Transfers and Cancellations: Registrants can transfer to another seminar if space is available. Registrants canceling up to 48 hours before a seminar will receive a tuition refund less a \$15 administrative fee, an audio CD or DVD recording of the seminar with the instructional outline, if available, or if requested, a full-value voucher good for one year, for a future seminar. In the unlikely event that the seminar cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance. We anticipate that participants will have desks at most locations.

Customer Service: Call 888-202-2938 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call 866-652-7414.

Institute for Brain Potential: We are the leading provider of accredited programs on the brain and behavioral sciences. Our non-profit organization (tax ID 77-0026830) has presented cost-effective, informative and practical seminars by outstanding speakers since 1984.

THE PATHOLOGY OF PERFECTIONISM: HOW TO TAME THE INNER CRITIC



NURSES: Institute for Brain Potential (IBP) is *accredited with distinction* as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation**.

This program provides 6 contact hours for nurses.



PSYCHOLOGISTS: Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.



COUNSELORS & MARRIAGE AND FAMILY THERAPISTS: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours. Approval is pending by **MN Board of Marriage and Family Therapy** for 6 CE hours.



SOCIAL WORKERS: IBP, provider 1160, is approved as a provider for continuing education by the Association of Social Work Boards (**ASWB**), 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/2014 – 11/11/2017. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 clinical continuing education clock hours for participating in this intermediate-level course.

SUBSTANCE ABUSE PROFESSIONALS: IBP is approved by the **NAADAC** Approved Education Provider Program, Provider #102949. This program provides 6 continuing education hours (CEHs).



PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity provides 6 contact hours (.6 CEUs). UANs: 0492-0000-17-033-L04-P and 0492-0000-17-033-L04-T



Academy of General Dentistry
PACE
Program Approval for Continuing Education

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (**AGD**). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. Subject Code: 557. This program is 6 CE hours.



OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (**AOTA**) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement

of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Client Factors) and Professional Issues (Supervision).

NURSING HOME ADMINISTRATORS: IBP is a *Certified Sponsor* of professional continuing education with the **NAB** and has approved this program for 6 clock hours under its sponsor agreement with NAB/NCERS. State licensure boards, however, have final authority on the acceptance of individual courses.

PHYSICAL THERAPISTS: This program is pending approval by the **Minnesota Board of Physical Therapy** for 6 contact hours of continuing education credit.

SPEECH-LANGUAGE PATHOLOGISTS: This program is designed to meet the needs of speech-language pathologists. Participants will receive a certificate for completing this 6-hour program.

MASSAGE THERAPISTS: Institute for Brain Potential is approved by **NCBTMB** as a CE Approved Provider, #450939-09. This course is pending approval by NCBTMB for 6 CE hours.

CASE MANAGERS: This program has been submitted to the **Commission for Case Manager Certification** for approval to provide board certified case managers with 6 CE contact hours.

DIETITIANS: IBP is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 CPEUs for completion of this program. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 6010, 6020, 6070, and 7020.

EDUCATORS: This program provides 7.5 Clock Hours of professional development toward license renewal in MN through a cosponsorship agreement between IBP and Alliant International University, a regionally accredited institution by the Accrediting Commission for Senior Colleges and Universities. Contact your school district if you need prior approval.

Origins and Maladaptive Forms of Perfectionism

- **Origins:** how unrealistic expectations develop and what sustains them: parental expectations, social comparisons and personality type.
- **Self-Oriented Perfectionism:** having unrealistic self-standards (“I cannot relax until my work is perfect.”)
- **Other-Oriented Perfectionism:** having unrealistic standards for others (“People should never let me down.”)
- **Socially Prescribed Perfectionism:** belief that others have unrealistic standards (“My family expects me to be perfect.”)
- **Positive versus Negative Perfectionism:** healthy and harmful forms of self esteem.
- **Assessment:** key questions to ask to determine if a person exhibits perfectionistic traits. Are you a perfectionist?

Common Maladaptive Beliefs of Perfectionists

- Excessively high and inflexible standards
- Excessive need for control
- Unrealistic expectations of others
- Lack of trust in other people’s competence
- Double standards for self versus others
- Catastrophic thinking when one’s standards are unmet

Common Maladaptive Behaviors of Perfectionists

- Overcompensating to conceal one’s weaknesses
- Compulsive behaviors (e.g., checking and hoarding)
- Reassurance-seeking
- Unnecessary correcting of others
- Excessive organizing and reorganizing
- Delaying making decisions
- Unwillingness to quit when an approach is not working
- Lack of trust when delegating
- Disordered eating
- Stress behaviors when unattainable standards are not met

Guidelines for Taming the Inner Critic

- **Changing Perfectionistic Thinking**
 - Identifying automatic thoughts that trigger distress
 - Identifying maladaptive consequences of perfectionism
 - Reframing cognitive distortions to shift perspective
 - Improving tolerance for uncertainty and ambiguity
 - Revising beliefs to increase willingness to compromise
 - Conducting behavioral fact checks to challenge beliefs

- **Behavioral Strategies**
 - Limiting maladaptive safety behaviors
 - Extinguishing fears through exposure
 - Ritual prevention to reduce compulsive habits
 - Strategies for maintaining gains
- **Interpersonal Skills for Perfectionists and Family or Peers**
 - Identifying social triggers that activate the inner critic
 - Providing feedback to perfectionists to reduce their distress
 - Reducing concern about making **errors**
 - Reducing the need for social comparisons
 - Improving body image satisfaction
 - Preventing family members from undermining treatment
 - Initiating difficult conversations and negotiating a solution
 - Handling rude or disrespectful comments
 - Communicating in a way that leads to meaningful change
 - How to disarm a perfectionist: key words to use
- **Enhancing Motivation and Acceptance**
 - Enhancing motivation for change
 - Applying mindfulness-based stress reduction
 - Accepting traits in others that they are unlikely to change
 - Accepting one’s own limitations and imperfections

ABOUT THE INSTRUCTOR



Martin M. Antony, PhD, is an internationally recognized expert in the assessment and treatment of anxiety and related disorders, and is a past president of the Canadian Psychological Association. Dr. Antony is Professor of Psychology at Ryerson University in Toronto. He has authored or co-authored over 250 scientific papers and chapters on the full range of anxiety-related disorders as well as perfectionism. Dr. Antony has also authored or coauthored 30 books including When Perfect Isn't Good Enough, Cognitive-Behavioral Therapy for Perfectionism, The Shyness and Social Anxiety Workbook, The Anti-Anxiety Workbook, and The Oxford Handbook of Anxiety and Related Disorders.

An outstanding speaker, Dr. Antony may be the “perfect” presenter for this program. He has given over 300 presentations and seminars to health professionals around the world including highly regarded presentations on perfectionism and anxiety-related disorders. Audiences highly recommend his presentations for their abundance of practical information, insightful case examples, and clinical wisdom. Participants receive a detailed outline prepared by Dr. Antony including key references and resources. In addition to Q & A in class, Dr. Antony will be available to answer your questions after adjournment. The program is designed for health professionals and educators; however, if you live with a perfectionist or have perfectionistic tendencies of your own, you are invited to enroll.