



Perfectionism : A Guide for Mental Health Professionals

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Compelling research has recently established the negative effects of perfectionism, yet until now, no serious texts have addressed the management of perfectionist traits as they arise in psychotherapy. This is the first professional volume to provide practical guidance in using psychodynamic and cognitive behavioural therapies to help clients who present maladaptive forms of perfectionism. The book uses an integrated approach to understand the etiology of perfectionism from the perspectives of respected researchers and theorists. It addresses the assessment of adaptive and maladaptive forms of perfectionism, how to manage the defences and ambivalence displayed by perfectionist clients, and their tendencies toward termination. Case studies will aid psychotherapists in understanding the complex transference and counter-transference issues that often arise with this population.

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