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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

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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

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This milestone text provides a comprehensive and state-of-the art overview of perfectionism theory, research, and treatment from the past 25 years, with contributions from the leading researchers...

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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

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 ...

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.

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Psychodynamic Treatment of Perfectionism | Perfectionism ...

Finally, it considers how perfectionism relates to physical health and psychophysiological processes and introduces new approaches to effective prevention and treatment. By increasing our understanding of perfectionism as a complex personality disposition and providing a framework for future explorations, this landmark publication aims to promote further research in this field.

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