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Titolo	Cognitive-behavioral treatment of perfectionism // Sarah J. Egan [and three others]
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Nota di contenuto	Cover; Half Title Page; Title Page; Copyright Page; About the Authors; Preface; Contents; 1. Nature and Causes of Perfectionism; 2. Research on the Treatment of Perfectionism; 3. Perfectionism across Psychopathology; 4. Perfectionism as a Transdiagnostic Process; 5. Assessment of Perfectionism; 6. Treatment Planning, Homework, and Supervision; 7. The Cognitive-Behavioral Model of Perfectionism and Collaborative Formulation; 8. The Therapeutic Alliance and Engagement; 9. Self-Monitoring, Psychoeducation, and Surveys; 10. Thinking Errors; 11. Cognitive Strategies; 12. Behavioral Experiments 13. Self-Evaluation and Self-Criticism 14. Procrastination and Time Management; 15. Relapse Prevention; 16. Emerging Approaches in Treatment of Perfectionism; Appendix 1. Resources; Appendix 2. Handouts; Appendix 3. Self-Report Measures; References; Index
Sommario/riassunto	This practical resource provides an evidence-based framework for treating clients struggling with perfectionism, whether as the main presenting problem or in conjunction with depression, eating disorders, anxiety disorders, or obsessive-compulsive disorder. Using a case formulation approach, the authors draw on their extensive cognitive-behavioral therapy (CBT) experience to present specific

techniques and interventions. Coverage spans treatment planning, the therapeutic alliance, key obstacles that may arise, relapse prevention, and emerging research. Reproducible assessment scales and 36 p
