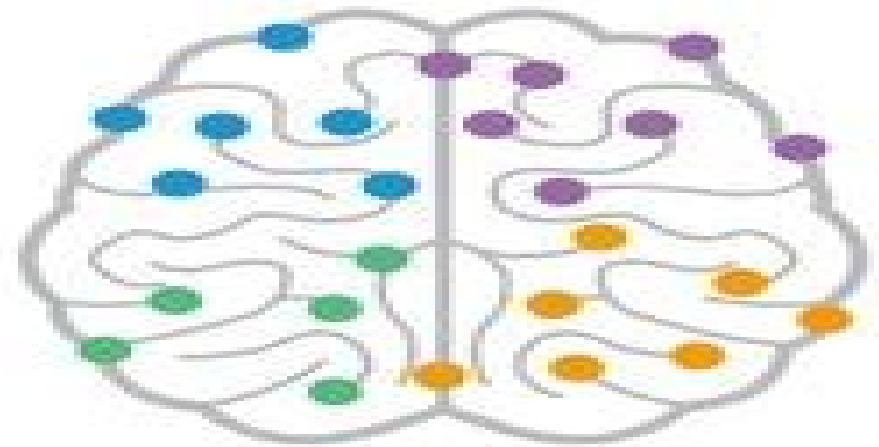


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Cognitive-Behavioral Treatment of Perfectionism Sarah J. Egan, Tracey D. Wade, Roz Shafran, Martin M. Antony, 2014-08-07 This practical resource provides an evidence-based framework for treating clients struggling with perfectionism, whether as the 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

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