



Perfectionism: A Guide for Mental Health Professionals

Michael Brustein Psy.D.

Download now

[Click here](#) if your download doesn't start automatically

Perfectionism: A Guide for Mental Health Professionals

Michael Brustein Psy.D.

Perfectionism: A Guide for Mental Health Professionals Michael Brustein Psy.D.

"When I read this book, I was struck by how perfectionistic traits permeate the lives of many of our patients in ways I had not previously considered. Dr. Brustein has done a great service for the therapist in their treatment of many of the patients they will encounter. His text is very well organized and facilitated being able to compare and contrast different approaches to the treatment of perfectionism. The clinical examples provide clear applications of the research material which is described at the beginning of each chapter. Dr. Brustein clearly has a mastery of not only the dynamics of perfectionism, but various philosophical approaches to understanding and treating patients in general. He's a skilled and masterful therapist."

Jacob Kader, PsyD

Director of Psychology, Manhattan Psychiatric Center

"Perfectionism is a prevalent issue that many of those I've treated have struggled with, to the point of serious impairment in daily functioning. This book is an excellent guide for any practitioner working with difficult perfectionist patients. It also provides rich case examples and applied theory that can be a useful tool for teaching purposes at any level."

Rick Barnett, PsyD, LADC

M.S. Clinical Psychopharmacology

President, Vermont Psychological Association

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 behavioral 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 defenses 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.

Key Features:

- Provides practical guidance from an experienced clinician
- Highlights the importance of addressing perfectionism as an underlying factor in psychopathology
- Presents a link between specific disorders and perfectionist traits
- Offers ways to create a positive therapeutic alliance with the resistant perfectionist client

 [Download Perfectionism: A Guide for Mental Health Professio ...pdf](#)

 [Read Online Perfectionism: A Guide for Mental Health Profess ...pdf](#)

Download and Read Free Online Perfectionism: A Guide for Mental Health Professionals Michael Brustein Psy.D.

From reader reviews:

Wanda Stamper:

As people who live in the actual modest era should be revise about what going on or info even knowledge to make these individuals keep up with the era which can be always change and progress. Some of you maybe will update themselves by looking at books. It is a good choice for yourself but the problems coming to a person is you don't know what one you should start with. This Perfectionism: A Guide for Mental Health Professionals is our recommendation to help you keep up with the world. Why, as this book serves what you want and need in this era.

Johnna Chapin:

Spent a free the perfect time to be fun activity to do! A lot of people spent their leisure time with their family, or their friends. Usually they accomplishing activity like watching television, going to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your personal free time/ holiday? May be reading a book may be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to try look for book, may be the guide untitled Perfectionism: A Guide for Mental Health Professionals can be good book to read. May be it might be best activity to you.

Nicholas Tapia:

You may spend your free time to see this book this guide. This Perfectionism: A Guide for Mental Health Professionals is simple to bring you can read it in the area, in the beach, train in addition to soon. If you did not possess much space to bring typically the printed book, you can buy often the e-book. It is make you easier to read it. You can save typically the book in your smart phone. And so there are a lot of benefits that you will get when you buy this book.

Guadalupe Hauser:

A lot of reserve has printed but it is different. You can get it by internet on social media. You can choose the most effective book for you, science, comedian, novel, or whatever by simply searching from it. It is referred to as of book Perfectionism: A Guide for Mental Health Professionals. You can add your knowledge by it. Without leaving the printed book, it may add your knowledge and make an individual happier to read. It is most critical that, you must aware about reserve. It can bring you from one place to other place.

Download and Read Online Perfectionism: A Guide for Mental Health Professionals Michael Brustein Psy.D. #8L3E4PBWXN0

Read Perfectionism: A Guide for Mental Health Professionals by Michael Brustein Psy.D. for online ebook

Perfectionism: A Guide for Mental Health Professionals by Michael Brustein Psy.D. Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Perfectionism: A Guide for Mental Health Professionals by Michael Brustein Psy.D. books to read online.

Online Perfectionism: A Guide for Mental Health Professionals by Michael Brustein Psy.D. ebook PDF download

Perfectionism: A Guide for Mental Health Professionals by Michael Brustein Psy.D. Doc

Perfectionism: A Guide for Mental Health Professionals by Michael Brustein Psy.D. Mobipocket

Perfectionism: A Guide for Mental Health Professionals by Michael Brustein Psy.D. EPub