



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:

Alyssa Lewis:

The book Perfectionism: A Guide for Mental Health Professionals can give more knowledge and information about everything you want. Why must we leave the good thing like a book Perfectionism: A Guide for Mental Health Professionals? A number of you have a different opinion about guide. But one aim that book can give many information for us. It is absolutely proper. Right now, try to closer using your book. Knowledge or data that you take for that, you can give for each other; you can share all of these. Book Perfectionism: A Guide for Mental Health Professionals has simple shape but the truth is know: it has great and big function for you. You can look the enormous world by available and read a guide. So it is very wonderful.

Debbie Jackson:

In this 21st century, people become competitive in most way. By being competitive right now, people have do something to make them survives, being in the middle of the actual crowded place and notice through surrounding. One thing that oftentimes many people have underestimated it for a while is reading. Sure, by reading a publication your ability to survive enhance then having chance to remain than other is high. To suit your needs who want to start reading any book, we give you this particular Perfectionism: A Guide for Mental Health Professionals book as beginning and daily reading book. Why, because this book is more than just a book.

William Perrotta:

Reading a book can be one of a lot of pastime that everyone in the world really likes. Do you like reading book therefore. There are a lot of reasons why people enjoy it. First reading a reserve will give you a lot of new information. When you read a reserve you will get new information because book is one of several ways to share the information as well as their idea. Second, studying a book will make you actually more imaginative. When you reading through a book especially fictional book the author will bring someone to imagine the story how the personas do it anything. Third, you can share your knowledge to other people. When you read this Perfectionism: A Guide for Mental Health Professionals, you can tells your family, friends along with soon about yours guide. Your knowledge can inspire average, make them reading a book.

Molly Wilson:

The actual book Perfectionism: A Guide for Mental Health Professionals has a lot details on it. So when you read this book you can get a lot of benefit. The book was compiled by the very famous author. Mcdougal makes some research just before write this book. This kind of book very easy to read you can get the point easily after reading this article book.

**Download and Read Online Perfectionism: A Guide for Mental
Health Professionals Michael Brustein Psy.D. #SHD7PEA8LYM**

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