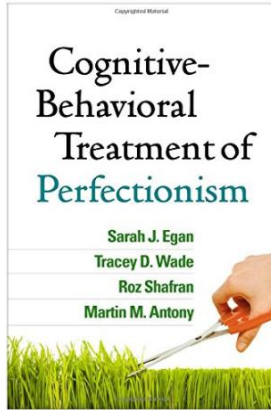


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COGNITIVE-BEHAVIORAL TREATMENT OF PERFECTIONISM



Guilford Publications, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. 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...

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- Authored by Sarah J. Egan, Tracey D. Wade, Roz Shafran
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