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Perfectionism: A Guide for Mental Health Professionals

Michael Brustein Psy.D.

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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

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Galen Dent:

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Charlene Martinez:

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Juanita Stoneman:

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Richard King:

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