

Overcoming Perfectionism

A 10-WEEK VIRTUAL GROUP FOR HIGH ACHIEVING TEENAGERS STRUGGLING WITH PERFECTIONISM

Does your teen **struggle with perfectionism** related to school, their appearance, athletic performance, or in any other area of their life? This group will help high schoolers of all genders **reduce perfectionistic thinking and behaviours** and **increase confidence and self-worth**.

Each week for nine weeks, a small group of teens in **grades 9-12** will meet virtually for **90 minutes**. Following the last session with the youth, **caregivers** will meet virtually to review the content of the course and discuss how they can best **support their teen** with their perfectionism.

Participants will be provided with a **workbook** to use throughout the group. Registration is limited to the first 8 youth accepted.

GRADES 9-12

WEDNESDAYS, 6:30-8PM
BEGINNING JUNE 1, 2022

COST: \$1250 (\$125 PER SESSION)

***Note:** receipts will be provided, and the cost of the session will be **reimbursed by most comprehensive insurance plans**. Please check with your provider to see if your plan will cover the sessions.

**For more information, or if you would like to register, please contact:
Joana Mukunzi at jmukunzi@cafco-ceafo.ca**

additional details:

Perfectionism is fuelled by, and fuels, anxiety. The group will focus on **behavioural and mindfulness strategies** to help youth develop skills to cope with and **reduce perfectionistic thinking and behaviours**, and **increase confidence and self-worth**.

Amongst other topics, we will discuss unrelenting high standards, thinking errors, self-criticism, performance related behaviours (avoidance, procrastination, excessive checking, decision making, reassurance seeking, and many more), long-term costs and benefits of perfectionism, self-worth, and self-compassion.

Youth must:

- be in grades 9-12
- be motivated to work on their perfectionism

The group will be a **closed group**, meaning no one can join after the first week, in order to build cohesion, trust, and safety to share.



EVERYONE
is welcome here.

