



Psychology Clinic

# Perfectionism Group 2019

The Perfectionism Group is a low-cost program for people experiencing difficulties with perfectionism, including the constant pursuit of self-imposed high standards, and judging one's self-worth on the ability to meet these unreasonable benchmarks.

## What is Perfectionism?

Perfectionism can certainly have a positive impact on your life, helping you to set goals and motivating you to achieve your goals. However, perfectionism can become unhelpful and unproductive.

Perfectionists tend to be highly self-critical when they do not meet their standards, or will minimise their accomplishments and negatively compare themselves to others when they do achieve their goals. This way, perfectionists are more likely to suffer from depression or anxiety, and may demonstrate a variety of perfectionistic behaviours including checking, list making, organising, procrastination and difficulty making decisions.

## Program Outline

The perfectionism group is a low-cost group program that caters for people who would like some strategies to better manage perfectionism in their everyday life.

The group is a structured program that uses cognitive behavioural therapy, mindfulness and relaxation strategies. The program aims to teach group members about the different types of perfectionism (positive and negative), symptoms and causes of perfectionism, including its behavioural, physiological and cognitive components. The program also focuses on each participant's individual concerns and provides practical strategies to help participants have a more healthy relationship with perfectionism.

The perfectionism group is an 8-week program that runs for 90 minutes once a week. Participation in the program involves attending all sessions.

Follow-up individual counselling is available at any stage if required. This can also be arranged by contacting the Psychology Clinic's reception on **9214 8653** or email [psychclinic@swin.edu.au](mailto:psychclinic@swin.edu.au)

**To register your interest in this program or to find out more information please contact the Project Officer on 9214 5528 or email [psychprojects@swin.edu.au](mailto:psychprojects@swin.edu.au)**

## Eligibility and Application Procedure

Group members will be required to have an assessment interview to establish if the perfectionism group will appropriately meet your needs. This interview will take approximately two hours.

The assessment process is to commence early 2019 and the program runs on demand a number of times throughout the year.

## Fees for 2019

The cost for the assessment interview is \$25, and the cost for the perfectionism group program is \$210 for eight sessions. This fee is payable prior to the commencement of the group and is non-refundable.

## About the Psychology Clinic

The Psychology Clinic provides low-cost services to the community, such as individual counselling, group therapy programs and psychological assessment. As a part of Swinburne's postgraduate psychology programs in Counselling and Clinical Psychology, our staff include graduate students working as psychological counsellors, their supervisors and administration staff. The Psychology Clinic was established by Swinburne University of Technology in 1990. The Psychology Clinic was an initiative of Swinburne's psychology department that has achieved an enviable reputation for its teaching, training and research. Our patron is Allan Fels AO.

*Please note: Fees are subject to change without notice*

## Contact us

Swinburne Psychology Clinic

Level 4, The George

34 Wakefield Street

Hawthorn

VIC 3122

Telephone: (03) 9214 5528

Email: [psychprojects@swin.edu.au](mailto:psychprojects@swin.edu.au)

[swinburne.edu.au/lss/psychology/pc](http://swinburne.edu.au/lss/psychology/pc)