

## Outline

### What Does Perfectionism Have To Do With Social Anxiety?

#### *The Survival Value of Fear and Fitting In*

Myths and realities of social anxiety  
The transdiagnostic nature of perfectionism

Best practice assessments for social anxiety and perfectionism

The impact of the COVID-19 pandemic on social anxiety

### So, Should I Help My Clients Lower Their Standards?

#### *Implementing Cognitive Strategies*

Common core beliefs, underlying assumptions, and automatic thoughts of socially anxious perfectionistic clients

How to catch distorted thinking:

- Probability overestimations
- Catastrophic thinking
- Double standards
- Overgeneralizations
- Should statements
- Selective attention

Cognitive restructuring done right – thought records and pie charts

How to design behavioral experiments and surveys that challenge clients unhelpful thought processes

Imagery rescripting to revisit and resolve painful social memories

Avoid common cognitive therapy mistakes and troubleshooting for common issues

Adaptations for working with children and adolescents

### Help Clients Confront What Scares Them

#### *Facilitating Successful Exposure*

Common client and therapist misconceptions about exposure-based strategies

Principles of effective versus ineffective exposure

How to choose and plan the best exposure modality for socially anxious perfectionistic clients

- In-vivo exposure
- Simulated exposure and social skills training
- Virtual reality
- Imaginal exposure
- Interoceptive exposure

The latest inhibitory learning approaches to maximize exposure therapy

Avoid common exposure therapy mistakes and troubleshooting for common issues

Adaptations for working with children and adolescents

### Fostering Non-Evaluation

#### *Mindfulness and Acceptance-Based Approaches*

Cultivate clients' self-compassion and willingness to have internal experiences that are "negative"

Strategies for facilitating clients' mindfulness skills

Facilitate behavioral change in line with clients' core values

### Motivational Interviewing for Socially Anxious Perfectionistic Clients:

#### *Honoring Clients' Ambivalence While Helping Them Change*

How to monitor for and facilitate change talk in clients' stories of social anxiety

Effective rolling with the resistance of perfectionism

Strategies for responding to discord in the therapy relationship

Tips to improve out-of-session assignments


### Limitations of the Research and Potential Risks

## Objectives

1. Evaluate the relationship between social anxiety disorder and perfectionism to inform clinical interventions.
2. Conduct interview-based, self-report, and behavioral assessments of social anxiety and perfectionism to inform the clinician's choice of treatment interventions.
3. Practice three cognitive therapy strategies targeting distorted thinking patterns relevant to social anxiety and perfectionism.
4. Differentiate effective versus ineffective principles for designing exposure assignments to alleviate symptoms of social anxiety and perfectionism.
5. Employ mindfulness practices to help clients shift from a control-focused state to an acceptance-focused state to improve treatment outcomes.
6. Construct effective strategies to defuse resistance to change and improve client engagement.

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# SOCIAL ANXIETY AND PERFECTIONISM

Clinical Tools to Let Go of Unrealistic Standards and Build Real Connections



Featuring  
**Martin M. Antony, PhD, ABPP**

International anxiety expert and best-selling author of *The Shyness and Social Anxiety Workbook* and *When Perfect Isn't Good Enough*

- Effective solutions for two widespread clinical issues that keep your clients trapped in a no-win situation
- Targeted interventions for toxic perfectionism - an important missing piece of treatment for social anxiety
- Cutting-edge strategies from CBT, ACT, and MI

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# SOCIAL ANXIETY AND PERFECTIONISM

## Clinical Tools to Let Go of Unrealistic Standards and Build Real Connections

Your clients with perfectionism are in a no-win situation, and it can feel like you're stuck there with them.

When perfectionism exacerbates social anxiety, your clients struggle to stand up for themselves – to assert their needs in high-stakes situations – and seek assistance from others. **Their lives are one missed opportunity after another.**

When your clients fail to meet their own unachievable standards, they maintain that being hard on themselves is necessary for success – despite your attempts to soften their self-criticism and educate them on how it impairs performance.

When you highlight their victories, they reset the bar and insist that the standards weren't demanding enough in the first place.

**The toolbox for social anxiety treatment that you already have is incomplete if it doesn't have strategies to shift perfectionism.**

Join distinguished expert Dr. Martin M. Antony for this unique one-day training that provides **practical, step-by-step, evidence-based strategies** for helping clients overcome perfectionism-driven social anxiety. You will learn to:

- Deliver concrete cognitive strategies tailored to **create positive change for clients** who struggle with unreasonable social standards
- Overcome common roadblocks to exposure therapy and **utilize exposure exercises** to increase social interaction
- Connect clients with their **values as a source of motivation** for shifting both their perfectionistic mindset and their social behaviors

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Other mental health professionals • Nurses  
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**Live Webinar Schedule**  
*(Times listed in Central)*

**8:00** Program begins

**11:50-1:00** Lunch Break

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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## Meet Your Speaker



**Martin M. Antony, PhD, ABPP**, is a clinical psychologist, professor in the department of psychology at Toronto Metropolitan University, and provincial clinical and training lead for the Ontario Structured Psychotherapy Program. He received his PhD in psychology from the University at Albany, State University of New York. Previously, he was founding director of both the Anxiety Treatment and Research Clinic and the Psychology Residency Program at St. Joseph's Healthcare Hamilton. He is a fellow of the Royal Society of Canada, and a past president of the Canadian Psychological Association and the Association for Behavioral and Cognitive Therapies. Dr. Antony has published 33 books and over 300 scientific articles and chapters in areas related to cognitive behavior therapy and anxiety-related disorders. He has given more than 425 presentations to audiences across four continents, and has been interviewed, featured, or quoted more than 450 times in various print, radio, television, and online media outlets, including *The Atlantic*, BBC, CBC, *Chatelaine* magazine, CNN, CTV, *Globe and Mail*, *National Geographic*, *National Post*, *The New York Times*, *O (The Oprah Magazine)*, *Prevention Magazine*, *Reader's Digest*, *Scientific American Mind*, *Time*, *Toronto Star*, *USA Today*, *The Washington Post*, WebMD, and many others.

Speaker Disclosure:  
Financial: Dr. Martin Antony has employment relationships with Toronto Metropolitan University, Ontario Health, McMaster University, and University of Toronto. He is a national speaker and receives royalties as a published author. Dr. Antony receives a speaking honorarium and recording royalties from PESI, Inc. He has no relevant financial relationships with ineligible organizations.  
Non-financial: Dr. Martin Antony is a fellow with the American Psychological Association, the Association for Behavioral and Cognitive Therapies, Association for Psychological Science, and the Canadian Psychological Association. He serves as a scientific committee member of Anxiety Canada. Dr. Antony is a member of Anxiety and Depression Association of America, the Association for Behavioral and Cognitive Therapies, and the International Association of Cognitive Behavioral Therapy.


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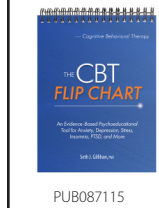
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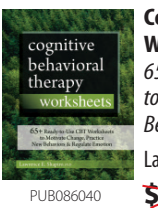
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