

## How to Register?

Please either mail in or drop off a cheque (payable to the UBC Psychology Clinic) or cash payment containing the exact registration fee. Please also clearly fill out the registration details indicated below and include it with your payment.

Name: \_\_\_\_\_

Occupation: \_\_\_\_\_

Degree: \_\_\_\_\_

Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone (Day): \_\_\_\_\_

Email: \_\_\_\_\_

## Contact Information:

UBC Psychology Clinic  
Room 1409A, Douglas T. Kenny Building  
2136 West Mall  
Vancouver, BC V6T 1Z4

Ph: 604-822-3005  
E: [clinic@psych.ubc.ca](mailto:clinic@psych.ubc.ca)  
Web: [clinic.psych.ubc.ca](http://clinic.psych.ubc.ca)

Registrations will be processed through the Clinic Assistant for the UBC Psychology Clinic, Armin Sohrevardi. Please feel free to contact Armin if you have any questions pertaining to this workshop.

## Registration

**Early Bird Workshop Fee (before April 1, 2016):**

Professionals \$175

Students/trainees \$75

**Workshop Fee (after April 1, 2016):**

Professionals \$225

Students/trainees \$90

No registration fee will be due for students in the UBC clinical psychology program and present/past practicum supervisors for this program.

The registration fee also covers two light refreshment breaks.

*Please note that no refunds will be issued under any circumstances after May 20, 2016.*



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA



UBC Psychology Clinic  
Workshop on:

# Perfectionism

Presenters:

Paul Hewitt, Ph.D., R. Psych.  
&  
Samuel Mikail, Ph.D., C. Psych.,  
ABPP

Saturday, June 4, 2016  
9:00 AM - 4:30 PM

University of British Columbia  
Vancouver Campus  
Room 2012, Earth Sciences  
Building (ESB)  
2207 Main Mall

*Advanced registration is required  
as space is limited.*

# General Overview

- This one-day workshop will provide an overview of perfectionism, a maladaptive personality construct that increases an individual's vulnerability to various forms of maladjustment including depression, anxiety, eating disorders, marital distress, and suicidal behaviour.

- A model of the treatment approach will be presented. The speakers will also elaborate on how to conduct this treatment in both individual and group settings.

- Much of the workshop will draw from their recently published work:

*Hewitt, Flett, & Mikail. (2016). Perfectionism: A Dynamic - Relational Approach to its Conceptualization, Assessment, and Treatment. New York: Guilford Press.*

Drs. Hewitt, Flett, and Mikail's new book discusses perfectionism as involving traits, including self-oriented, other-oriented, and socially prescribed perfectionism that drive and energize behaviour and both interpersonal and intrapersonal expressions of perfectionism that affect relations with others and with the self. The associations between these components of the perfectionism construct and numerous deleterious outcomes are explained and the development of perfectionism, which is pivotal in the treatment, is discussed by looking at the nature of early relationships, family constellations, and current relationships. Finally, the treatment model and use of the treatment in both individual and group psychotherapy is explicated.

# Speaker Bios



## Dr. Paul Hewitt:

Dr. Hewitt is a full professor in the department of psychology at UBC and a practicing clinical psychologist in Vancouver, BC. A Fellow of the Section on Clinical Psychology of the Canadian Psychological Association, he has been conducting research on perfectionism and psychopathology since his undergraduate training and has published over 150 refereed journal articles, 20 chapters, and 4 books. Dr. Hewitt's 30 years of clinical work has focused on individuals with perfectionism and their attendant difficulties, such as early trauma, depression, anxiety, and interpersonal problems. He conducts workshops, training seminars, symposia, and educational media presentations on perfectionism and clinical psychology more generally. He is asked regularly to speak at national and international conferences and meetings on his perfectionism research and experience in treating perfectionism.



## Dr. Samuel Mikail:

Dr. Mikail is an American Board of Professional Psychology certified clinical psychologist. He also serves as the senior consultant for mental health with Sun Life Financial. His clinical work and research publications have spanned the fields of mental health, health psychology, rehabilitation, and spirituality. Dr. Mikail also has extensive experience in the supervision and training of psychology and psychiatry residents and functioned as the Director of the Royal Ottawa Health Care Group Psychology Internship. He is a Fellow of the Canadian Psychological Association and the Section on Clinical Psychology. Dr. Mikail received the award for outstanding clinical supervision by the Canadian Council of Professional Psychology Programs.

# Professional Development Opportunity:

- We are a Canadian Psychological Association (CPA) approved sponsor of Continuing Education activities. Attendees will receive 6.5 CPA Approved CE credits.

- A certificate will be available to confirm attendance for continuing education purposes.

