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personality style with multiple developmental influences that contribute to significant interpersonal problems. Their chapters combine the best current research with insights relevant to the treatment and origins of perfectionism.

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The scholars reveal perfectionism as a personality style with multiple developmental influences that contribute to significant interpersonal problems. Their chapters combine research with insights that are relevant to the treatment and origins of perfectionism.

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The final part of the book addresses perfectionism as it relates to clinical disorders in the therapeutic context. The goal of the book is to further research on the assessment, nature, and treatment of

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dysfunctional forms of perfectionism.

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contemporary theory and research on the nature of perfectionism, with particular focus on perfectionism as maladaptive. Chapters are divided into four sections. The...

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G. L. Flett and P. L. Hewitt (Eds.) (2002)

Perfectionism. Theory, Research and
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This milestone text provides a

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comprehensive and state-of-the art
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Most of these 16 offerings by PhDs and MDs from the US and Canada focus on perfectionism as maladaptive.

Topics include assessing and conceptualizing perfectionism, its development, the role of emotion, perfectionism's irrational and adaptive sides, and its link to stress and

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Over 25 years of research suggests an important link between perfectionism and personality traits included in the five-factor model (FFM). However, inconsistent

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This is an excellent - being both

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Informative and well written- book about the theory and research on perfectionism. It is not a good resource for treatment options or interventions. The theory and research portions of the book are useful in conceptualizing a psychological understanding of perfectionism, but for the treatment you would need another

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Perfectionism, the striving for flawlessness, can sometimes be a source of subjective strength enabling the achievement of terrific goals. This is the first distinction

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that needs to be grasped—adaptive versus maladaptive—a distinction that requires the adoption of a multidimensional rather than a unidimensional perspective.

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Research on treatment interventions for

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perfectionism span from: The efficacy of given therapeutic approach factors pertinent to the efficacy of psychotherapy potential solutions to circumvent resistance to psychotherapy The purpose of this project, including several studies, is to further develop and refine, as well as evaluate the effectiveness, of the

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Finally, it considers how perfectionism
relates to physical health and
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Introduces new approaches to effective prevention and treatment. By increasing our understanding of perfectionism as a complex personality disposition and providing a framework for future explorations, this landmark publication aims to promote further research in this field.

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