

American University Center for Well-Being Programs and
Psychological Services presents:

Understanding Perfectionism: Multicultural Conceptualizations and Clinical Applications

Tuesday, November 12th, 2024

12-2:00pm Eastern Time



Vicki Anagnostopoulos, PhD is a Licensed Psychologist and Executive Director of *The Perfect Therapy Group* - a specialty mental wellness practice that serves teens and adults with concerns around anxiety, perfectionism, and sport psychology. She has worked with perfectionists, high-striving individuals, current and former athletes, and third-culture kids (immigrants, first- and second-generation Americans, ex-pats) for several years. The increasing demand for expertise in these areas has led to the expansion of her practice to serve clients nationwide.

Dickson Tang, PhD is a Postdoctoral Fellow and Psychology Associate at *The Perfect Therapy Group*. He specializes in treating adults with anxiety, OCD, phobias, chronic insomnia, trauma, and career concerns. Dr. Tang works well with top performers and those needing support around career transitions, as he shifted from a 16-year career at the World Bank to the mental health field. As a Chinese-American immigrant from Hong Kong, he has a strong interest in helping clients navigate issues related to their cultural identities or adjusting to different cultural environments.

This seminar is free of cost and limited to current American University employees. The target audience is clinical psychotherapists and allied health professionals who currently work for the American University Center for Well-Being. This is an intermediate level clinical social work training. This live, in-person seminar will be offered in Butler Pavilion Board Room 600. At the completion of this training, participants will be able to:

- Describe the two primary models of perfectionism
- Identify important cultural, societal, and developmental factors contributing to perfectionism
- Apply treatment approaches for perfectionism to clinical cases

2.0 hours of CE are available for participants who attend entire program and complete the evaluation. Social workers receive 2.0 clinical credits. Certificates will be issued via email within 7 days of receipt of the completed course evaluation.

The registration deadline is 12:00pm Eastern Time on Monday, November 11th. Use the registration link here: https://american.co1.qualtrics.com/jfe/form/SV_3fvcMXbj4ds9Je6

American University Center for Well-Being Programs and Psychological Services. #1936, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 06/20/2024-06/20/2025. Social workers completing this course receive 2.0 clinical continuing education credits.

American University Center for Well-Being Programs and Psychological Services is approved by the American Psychological Association to sponsor continuing education for psychologists. American University Center for Well-Being Programs and Psychological Services maintains responsibility for this program and its content. Please see Grievance Policy at the following link: [grievance-policy-2023.pdf](https://american.edu/grievance-policy-2023.pdf) (american.edu).

To request accommodations, to file a grievance, or for or additional information please contact Continuing Education Director Dr. Marika Gilbert, 202-885-3500 (phone) or mgilbert@american.edu

