



Alleviating fear of failure and perfectionism

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Streaming videos Webcast Instructional films. Internet videos. Films
de formation. Vidéos sur Internet.

Material Proyactable

The client, a young African American woman, opens the session with her concerns about "sabotaging" relationships--romantic and work relationships. The client expresses her general "fear of failure" and perfectionism stemming from her being sexually assaulted two years before; she also expresses a fear of being alone because of her inability to "love herself" and, thus, love others. Dr. Hays uses her categorization of life problems to identify those that the client can change (via awareness and better communications skills) and those that the client can learn to accept (via changing her thinking, acceptance, awareness)

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Descripción física: 1 streaming video file (38 min., 19 sec.)

Detalles del sistema: Mode of access: World Wide Web

Materia: Perfectionism (Personality trait) Fear of failure Cross-cultural counseling Cognitive therapy Fear Personality Cognitive Behavioral Therapy Fear Personality Perfectionnisme Peur de l'échec Counseling transculturel Thérapie cognitive Peur Personnalité fear. Personality. Fear. Cognitive therapy. Cross-cultural counseling. Fear of failure. Perfectionism (Personality trait)

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