Overcoming Perfectionism through Self-Compassion

4-5PM, THURS, FEB 6 - APRIL 16, CAMHS RESOURCE ROOM, 6TH FLOOR HUHS

Join or one session or hop in at any time. You are more likely to experience the benefits by attending all sessions. Show up & sign in, or call ahead: 617-495-2042 or email Tara Cousineau, PhD.

What is the difference between perfectionism and striving for excellence? How much fear and anxiety is rooted in believing that you are never doing enough or not worthy enough? You are not alone. Learn how you can befriend your inner critic, build shame resilience, cultivate kinder self-talk, and resist the forces of a “rating and ranking” culture. Each week explores one of ten skills in overcoming perfectionism.

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