

IRENA MAKOWER

Self-esteem and perfectionism



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SELF-ESTEEM AND PERFECTIONISM

*From theory and research to clinical
application*

Low self-esteem and perfectionism have become key concepts for understanding the increasing mental problems in our society. In the western world, perfectionism has doubled since the 1980s and affects younger and younger persons.

Low self-esteem and perfectionism are transdiagnostic mental problems that appear to be part of a variety of psychiatric diagnoses and cause great suffering. Less well-known is that there are different types of self-esteem which require different understanding and treatment.

The book presents two different types of low self-esteem, genuine low self-esteem and uncertain low self-esteem accompanied by perfectionism, with underlying theories and how they can be treated therapeutically.

We will follow case descriptions, from the clinical assessment using modern measuring instrument to the practical application of a variety of treatment methods, primarily cognitive behavioral but also social psychological.

The book is aimed at psychologists, psychotherapists, social workers, educators, care workers and students in the same areas. However it is also excellent reading for anyone who wish to find more about low self-esteem and perfectionism, how they lead to mental problems and what is possible to do about it.

ABOUT THE AUTHOR

IRENA MAKOWER, PhD, is a lecturer in psychology, specialist in clinical psychology, a certified psychotherapist with 25 years of clinical experience. During these years, in addition to clinical practice, she has trained future CBT psychotherapists and done clinically relevant research.



WANT TO KNOW MORE ABOUT THE BOOK?

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