

Community Education Service



Improving emotional health and well being

Let me triple check that: Childhood Perfectionism and Bossing Back OCD

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This session offers an overview of child and adolescent perfectionism and how intrusive thoughts around “*getting it right*” can impact a child’s academic and social abilities. The Cognitive Behavioural Therapy technique of *Exposure and Response Prevention* for parents and/or school personal to help children and/or adolescence to fight back against their obsessive-compulsive symptoms will be discussed along with:

- **Background information of what Perfectionism and OCD is**
- **Ability to notice signs of perfectionistic tendencies within your child**
- **An understanding of Exposure and Response Prevention (ERP)**
- **Fun and exciting ways to tailor ERP to children/adolescence**

Tuesday April 13 2021
6:30 pm

**Click here to
register**
FREE
online event

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and the **University of Calgary Werklund School of Education**