

# Managing Perfectionism Group

Tuesdays 12-12:50pm on Zoom

## Group Leader:



**Martha Falkenstein**

PhD

This psychologist-led group focuses on building awareness about perfectionistic behaviors, the thoughts driving these behaviors, and cognitive-behavioral strategies to address them. It is appropriate for adults who struggle with high standards and perfectionism in the workplace, school, social situations, or responsibilities at home. This group is best suited for individuals who:

- ▶ **Are adults (age 18+)**
- ▶ **Struggle with perfectionism in their everyday lives**
- ▶ **Have a primary therapist**
- ▶ **Live in Massachusetts**



This group meets online via Zoom every Tuesday from 12-12:50pm. The cost of each session is \$105. We ask that you attend the group regularly, so that participants feel more comfortable by having consistent group members each week. Enrollment is ongoing and new members can join at any time.

## What can you expect?

The group will use the following flexible structure:

- ✓ **Brief opening**
- ✓ **Member check-in**
- ✓ **Weekly discussion topic and skill share**
- ✓ **Closing**

This group offers both practical skills and supportive connection. Participants will learn cognitive-behavioral strategies for recognizing and responding to perfectionistic thoughts and behaviors, while also having space to share experiences, encourage one another, and reflect on progress. The aim is for members to leave each session with a greater sense of insight, community, and tools they can apply in daily life. If you're ready to better understand your perfectionism and learn strategies to manage it more effectively, we welcome you to join us.

