

Sac State CCDS

FREE **Perfectionism** **Counseling Group**

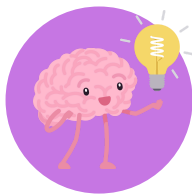


Scan to fill out our
interest form!

Learn about perfectionism, recognizing perfectionist thoughts and tendencies, and what to do about them in this **FREE** counseling group!

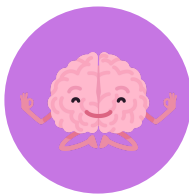
Have you ever felt an internal pressure to succeed? Mulled over assignments until you get things “just right”? Worried that others may see sides of you that you don’t like? Procrastinated until the last minute? Struggled to accept things as they are? THEN THIS GROUP MAY BE FOR YOU!

EXAMPLE SESSIONS



What is Perfectionism?

Learn about perfectionism in its adaptive and maladaptive forms. Gain an understanding of where some of these tendencies might come from and the benefit of engaging in group counseling to combat them.



Mindful Awareness

Learn about mindfulness and practice using an observer’s perspective to recognize unhelpful thoughts, allowing them to flow through the mind instead of getting stuck.



Radical Acceptance

Learn how to recognize when you are resisting the realities of a situation, and instead engage with the world by accepting things for what they are, without self-judgement.

GROUP INFO & HOW TO JOIN

The Perfectionism Counseling Group is based in psychoeducation and therapeutic processing, open to all students of the Sac State community. Members may join at any point throughout the 8 sessions. You can come to 1, 2, or all 8 sessions if you like!

The first of the weekly sessions will be held on Wednesday 3/12 from 1:00-2:00, on-campus location TBA. If you are interested in joining the group, please scan the QR code at the top of this flyer!

Contact Us!

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