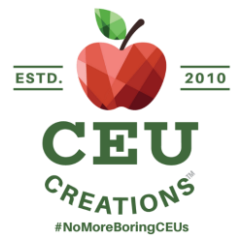


# When Anxiety Shows up as Perfectionism and People Pleasing: What Is It, Where Does It Come From, and How Can We Help Our Clients?



## FEATURING:

- Insights on perfectionism and people-pleasing as trauma responses, not just traits
- Strategies to reduce these behaviors and build self-trust

**Wednesday, August 20, 2025**  
**12:00 p.m. – 1:00 p.m. Eastern time**

Livestream Series  
(Online Synchronous Training)

**\$14.99 Early Bird Registration**  
*After August 6th, registration is \$19.99*

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and Save Members!**

Please scan QR Code  
or register online at  
[www.ceucreationsinc.com](http://www.ceucreationsinc.com)



## 1 CREDIT HOUR APPROVED FOR:

- **Social Workers**  
ASWB ACE – 1 Clinical CE credit  
New York State Education Department's State Board for Social Work – 1 Contact hour
- **Counselors**  
NBCC ACEP – 1 Contact hour  
NY State Education Department's State Board for Mental Health Practitioners – 1 Contact hour
- **Nurses**  
California Board of Registered Nursing – 1 Contact hour
- **Case Managers**  
CCMC – 1 Contact hour

Attendance or applied credit certificate available for other credentials.  
Please make sure to check with your own state board to ensure transferability of CE credit.

## PRESENTED BY:

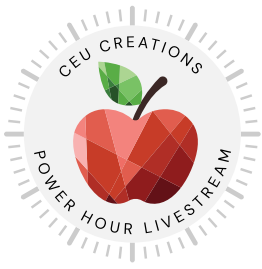


### **Bethany Comeau, MA, LPC**

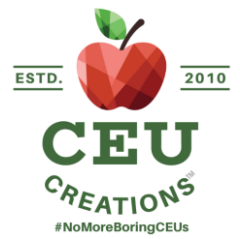
Bethany Comeau is a licensed professional counselor in private practice based in Americus, Georgia, with nearly 20 years experience in the mental health field. In addition to working with clients whose anxiety is rooted in perfectionism and people pleasing, her clinical areas of focus also include grief and loss, infertility, and The Highly Sensitive Person. Bethany is also a recovering perfectionist and people pleaser, and deeply passionate about helping others who are struggling with types of trauma responses learn how to find their way back to themselves.

*Thank you to our sponsors for your generous support!*

*For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations at [support@ceucreationsinc.com](mailto:support@ceucreationsinc.com).*



# When Anxiety Shows up as Perfectionism and People Pleasing: What Is It, Where Does It Come From, and How Can We Help Our Clients?



## AGENDA (all times are Eastern)

11:45 a.m. – 12:00 p.m.	Log in and Virtual Networking
12:00 p.m. – 1:00 p.m.	Presentation

This course aims to assist clinicians in recognizing that perfectionism and people pleasing are actually trauma responses and coping skills, not just personality quirks or behaviors that clients can easily "just stop doing if they tried hard enough." These are also behaviors that keep clients stuck and feeling unseen and unknown in their relationships. Participants will learn how and why these traits and behaviors showed up in the first place. They will also learn how to effectively support clients in beginning the shift toward reducing perfectionism and people-pleasing behaviors. By reducing these behaviors, clients will experience more authentic relationships, learn to trust themselves, increase self compassion, boost esteem and confidence, and decrease anxiety and depression.

### By the end of the session, the participant will be able to:

1. Recognize and identify behavioral patterns and triggers of people-pleasing and perfectionism-related anxiety in patients across various life domains.
2. Demonstrate proficiency in the application of evidence-based interventions tailored to address people-pleasing and perfectionism-driven anxiety.
3. Integrate strategies to promote healthier coping mechanisms and cultivate self-compassion in patients struggling with anxiety rooted in people pleasing and perfectionism.

*Course Interaction and Technical Requirements:* This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is not required. You will receive a reminder email approximately 24 hours prior to the start of the training and a link to the webinar will be in your CEU Creations account.

**To receive credit, you must log in on time, attend the entire presentation, and complete an online evaluation. Your attendance is calculated using Zoom analytics. Once your evaluation is complete, your certificate will be available in your CEU Creations account within 24 hours.**

Target audience: Social workers, counselors, nurses, case managers, and other healthcare professionals.

**SOCIAL WORKERS:** CEU Creations, #1239, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 11/22/24-11/22/27. Social workers completing this course receive 1 Clinical continuing education credit.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 1 Contact hour.

**COUNSELORS:** 1 Contact hour.



CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 1 Contact hour.

**NURSES:** 1 Contact hour. CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP17905. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

**Cancellation Policy:** Registrants **must** cancel via email at [support@ceucrationsinc.com](mailto:support@ceucrationsinc.com) (contacting other staff members/leadership does not guarantee your cancellation). No faxes or mail cancellations will be accepted. Cancellation Fee: \$25. Refunds will not be given for cancellations within five (5) business days prior to the workshop date.