

# Learner Notification

## Psychwire

### ACT For Perfectionism and People Pleasing

Date of CE Release: 12-03-2024

Date of CE Expiration: 12-31-2025

Location: Online

### Acknowledgement of Financial Commercial Support

No financial commercial support was received for this educational activity.

### Acknowledgement of In-Kind Commercial Support

No in-kind commercial support was received for this educational activity.

### Satisfactory Completion

Learners must listen to each self-directed audio recording while following along with the visual slides/read the articles, pass the post-test with a score of 80% or higher and complete an evaluation form to receive a certificate of completion. Your chosen sessions must be attended in their entirety. You must participate in the entire activity as partial credit is not available. If you are seeking continuing education credit for a specialty not listed below, it is your responsibility to contact your licensing/certification board to determine course eligibility for your licensing/certification requirement.

### Joint Accreditation Statement



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by Amedco LLC and Psychwire. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Professions in scope for this activity are listed below.

Amedco Joint Accreditation Provider Number: 4008163

### Physicians

Amedco LLC designates this material for a maximum of 12.00 *AMA PRA Category 1 Credits™* for physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Nurses

Amedco LLC designates this activity for a maximum of 12.00 ANCC contact hours.

### Psychologists



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

This course is co-sponsored by Amedco and Psychwire. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and content. Maximum of 12.00 hours.

**The following state boards accept courses from APA providers for Psychologists/Counselors:** AK, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MD, ME, MO, NC, ND, NH, NE, NJ, NM, NV, OK\*, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

**MI:** No CE requirements.

**\*OK:** Accepts APA credit for live, in-person activities but not for ethics and/or online courses.

**The following state boards accept courses from APA providers for MFTs:** AK, AR, AZ, CA, CO, CT, DE, FL, GA, IA, ID, IN, KS, MD, ME, MO, NE, NC, NH, NJ, NM, NV, OK\*, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WDC, WI, WY

**AL MFTs:** Credits authorized by NBCC or any other state licensing agency will be accepted.

**MA MFTs:** Participants can self-submit courses not approved by the MAMFT board for review.

**The following state boards accept courses from APA providers for Addictions Professionals:** AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (held outside NY ONLY), OK\*, OR, SC, UT, WA, WI, WY

**The following state boards accept courses from APA providers for Social Workers:** AK, AR, AZ, CA, CO, DE, FL, GA, ID, IN, KY, ME, MN, MO, NE, NH, NM, OR, PA, VT, WI, WY

## Social Workers



As a Jointly Accredited Organization, Amedco is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Amedco maintains responsibility for this course. ASWB Content Level: Intermediate. Social workers completing this course receive up to 12.00 continuing education credits.

**The following state boards accept courses offering ASWB ACE credit for Social Workers:** AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, ID, IL, IN, IA, KS, KY, LA, ME, MD, MA, MI, MN, MS, MO, MT, NC, ND, NE, NH, NM, NV, OH, OK\*, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WV\*, WY

**\*OK:** Accepts ASWB ACE for live, in-person activities but not for ethics and/or online courses.

**\*WV:** Accepts ASWB ACE unless activity is held live in West Virginia.

**The following state boards accept courses offering ASWB ACE credit for Counselors:** AK, AR, AZ, CA, CO, CT, DC, FL, GA, IA, ID, IL, IN, KS, MA, MD, ME, MO, ND, NE, NM, NH, NV, OK\*, OR, PA, TN, TX, UT, VA, WI, WY

**MI:** No CE requirement

**The following state boards accept courses offering ASWB ACE credit for MFTs:** AK, AR, AZ, CA, CO, FL, IA, ID, IN, KS, MD, ME, MO, NC, NE, NH, NM, NV, OK\*, OR, PA, RI, TN, TX, UT, VA, WI, WY

**AL MFTs:** Credits authorized by NBCC or any other state licensing agency will be accepted.

**MA MFTs:** Participants can self-submit courses not approved by the MAMFT board for review.

**MI:** No CE requirement.

**The following state boards accept ASWB ACE credit for Addictions Professionals:** AK, CA, CO, CT, GA, IA, IN, KS, LA, MO, MT, ND, NM, NV, OK, OR, SC, WA, WI, WV, WY

## New York Social Workers



### NY-SW Credit Designation Statement

Amedco SW CPE 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 #0115. 12.00 credit hours.

## New York Marriage & Family Therapists



### NY-MFT Credit Designation Statement

Amedco 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 marriage and family therapists. #MFT-0032. 12.00 credit hours.

## New York Mental Health Counselors



### NY-MHC Credit Designation Statement

Amedco 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-0061. 12.00 credit hours.

## New York Psychologists



### NY-PSY Credit Designation Statement

Amedco is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0031. 12.00 hours.

## Objectives - After Attending This Program You Should Be Able To

1. Explain the ACT view of unhealthy perfectionism and unhealthy people pleasing. 2. Discuss how to identify cognitive fusion with self-judgment and rigid rules 3. Explain how to lay a foundation for cognitive defusion through the simple practice of "noticing and naming" difficult cognitions as they arise.
2. Explain how to employ methods to work with the common fears that underpin perfectionism and people pleasing (e.g. fear of rejection, disapproval, hostility) 5. Discuss the commonalities and differences between values and rules, and how to discriminate between them
3. Explain how to teach assertiveness skills to clients 7. Employ methods to help clients set boundaries 8. Explain how to help clients develop self-acceptance and self-compassion as an antidote to low self-worth.

## Disclosure of Conflict of Interest

The following table of disclosure information is provided to learners and contains the relevant financial relationships that each individual in a position to control the content disclosed to Amedco. All of these relationships were treated as a conflict of interest, and have been resolved. (C7 SCS 6.1-6.2, 6.5)

All individuals in a position to control the content of CE are listed below.

<b>Name</b>	<b>Commercial Interest:Relationship</b>
Russell Harris	NA
Marites Pacheco	NA
Taleigha Phillips	NA
Ryan Dixon	NA