



# Gifted WA

## Anxiety and Perfectionism in Gifted Children

Monday 27 March 2017, 5.45–7.00pm

(Registration from 5.30pm)

ECU Mt Lawley Campus, 2 Bradford St Mt Lawley

**TARGET AUDIENCE:** Teachers, parents and those in a counselling or pastoral role.

**Just Improve** ([www.justimprove.com.au](http://www.justimprove.com.au)) will also be on site to run a free workshop for any children over the age of 6.

Does your child or a child you work with have high expectations of self or others? Does he or she like things to be 'just so' or experience 'paralysis by over-analysis'? There is no wrath like that of a perfectionist child when things don't go to plan! Anxiety and perfectionism can be common problems in gifted children, and can sometimes present as anger, stubbornness or defiance. They can stop children from doing the things they want to do, and from speaking up when under pressure. They can also impact a child's motivation to learn new skills and prevent them from succeeding in the classroom.

In this session, we will look at the psychology of perfectionism and how to help a child increase resiliency and be less volatile when what happens in the real world does not match what they thought would happen in their head! We will explore the roots of anxiety and perfectionism, how this might present at home or in the classroom, and explore how anxiety relates to emotional regulation. We will also look at practical strategies to help – for parents and teachers.



Dr Kate Burton is a Psychotherapist and counsellor who specialises in assessing and providing therapeutic support to gifted and creative children, adolescents and their families. She has a special interest in anxiety, developmental trauma and emotional regulation, and the necessity of considering appropriate academic and psychosocial intervention. Kate is the founder of Mermaids and Mermen Gifted, is on the founding committee of Gifted WA and regularly presents to parents, schools and professionals on how to best meet the needs of gifted children.

[Just Improve™](http://www.justimprove.com.au), under the creative direction of Glenn Hall (Australian National Theatresports Champion and Western Australian Academy of Performing Arts improvisation lecturer), provides improvisation training and entertaining using the skills of improvisation and based on their philosophy of the [Hive of Nine Be's™](http://www.justimprove.com.au). Just Improve™ is a small, nimble Perth business that prides itself on tailor-making professional development improv programs for workplaces, and inspirational courses for everyday folks (adults, teens and kids).



**Cost: FREE to Gifted WA members, \$25 for non-members**  
**Afternoon tea provided. Please register for this event!**

To register for this event go to <https://www.stickytickets.com.au/49790>



If you have any questions, please email [info@giftedwa.org.au](mailto:info@giftedwa.org.au).

For more information about Gifted WA or to become a member, please go to [www.giftedwa.org.au](http://www.giftedwa.org.au)

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