

Always feeling like a Fraud! *Working with the Impostor Syndrome* Christiane Sanderson

Video Course
CPD/CE credits: 3

Price: £65



Online video access remains available for 1 year from the date you receive the video course.

We all want to be perceived as competent and capable and be held in high esteem by others. This can become problematic when our expectations of ourselves are set too high, or we believe that others perceive us as better than we really are. The belief that we are not good enough and that we **continuously need to fake it until we make it** underpins Impostor Syndrome which can prevent us from reaching our full potential, enjoying our success and impart an ongoing feeling of being undeserving as a romantic partner, a co-worker, a group member or a leader.

While aspects of impostor syndrome can lead to increased conscientiousness and greater effort, clients with Impostor Syndrome manifestations struggle with self-efficacy, perfectionism and neuroticism; tending to attribute their achievements to external or transient causes, such as luck, good timing or effort that they cannot regularly expend. The underlying fear that others will eventually unmask them as frauds never goes away.

Impostor Syndrome affects both men and women, across the age spectrum and often **coexists with depression, anxiety, low self-esteem, somatic symptoms and social dysfunction.**

This intellectually stimulating and contemporary workshop examines the nature and dynamics of impostor syndrome and how this can limit our clients in their lives, and how we can best support them. Clients who have unattainable expectations of themselves to succeed in every area of their life are often highly anxious and **riddled with fear of failure, self-doubt, low self-esteem and shame which can lead to self-sabotaging behaviour and an insatiable hunger for external validation of self-worth.** This is often masked by a high-functioning achievement orientation leading to working harder to prove their worthiness and disguise feelings of impostorism, which can lead to burnout and a range of mental health presentations. Through case examples, we will also ask the question whether impostor syndrome is a personality trait or situationally induced, or a self-preservation strategy.



To fully understand impostor syndrome, this workshop will identify the various types of impostors:

- The perfectionist
- The natural genius
- The individualist
- The expert
- and The superhero

We will examine how they present themselves and how to work with each effectively. We will also examine the origins of impostor syndrome and how this links to childhood and over critical or over praising parental practices, socio-cultural factors such as cultural expectations with regard to gender, ethnicity and culture, and high-achievement occupational and work practices. Equipped with a deeper understanding of the impostor syndrome, practitioners will be able to work more effectively with clients through building their self-esteem, reducing shame, increasing self-confidence, reducing the need for external validation, and setting healthier boundaries. We will also help our clients find ways to evaluate and identify personal values, hobbies and other activities to feel 'good enough' without relying solely on striving for achievement and success as determined by others.

Specifically, we consider:

- Understand the nature of Impostor Syndrome (IS)
- Identify the signs and symptoms of Impostor Syndrome
- **Examine whether it is state or trait phenomenon, or a self-preservation strategy**
- Identify positive and negative aspect of IS
- Link Impostor Syndrome to low self-esteem, self-doubt, comparison and shame
- Identify the types of *impostors* such as the perfectionist, the natural genius, the rugged individualist, the expert, the superhero
- Explore the **childhood origins of impostor syndrome** such as over critical or over praising parental input
- Identify socio-cultural factors such as cultural expectation with regard to gender, ethnicity and culture, and success and achievement driven cultural norms
- The impact of occupational and working practices
- Identify the Impact on mental health and burnout
- **How to work with impostor syndrome to build self-esteem, self confidence in abilities and skills**, set more appropriate boundaries, improve life work balance, and enhance feelings of being 'good enough'

Learning Objectives:

- Identify the signs and symptoms of Impostor Syndrome and types of *impostors* such as the perfectionist, the natural genius, the rugged individualist, the expert, the superhero
- Discuss the **childhood origins of impostor syndrome** and identify socio-cultural factors such as cultural expectation with regard to gender, ethnicity and culture, and success and achievement driven cultural norms
- **Explain how to work with impostor syndrome to build self-esteem, self confidence in abilities and skills**, set more appropriate boundaries, improve life work balance, and enhance feelings of being 'good enough'



About the speaker

Christiane Sanderson BSc, MSc. is an Honorary Senior Lecturer in Psychology at the University of Roehampton, of London with 35 years of experience working with survivors of childhood sexual abuse and sexual violence. She has delivered consultancy, continuous professional development and professional training for parents, teachers, social workers, nurses, therapists, counsellors, solicitors, the NSPCC, the Catholic Safeguarding Advisory Committee, the Methodist Church, the Metropolitan Police Service, SOLACE, the Refugee Council, Birmingham City Council Youth Offending Team, and HMP Bronzefield.

She is the author of *Counselling Skills for Working with Shame*, *Counselling Skills for Working with Trauma: Healing from Child Sexual Abuse, Sexual Violence and Domestic Abuse*, *Counselling Adult Survivors of Child Sexual Abuse*, 3rd edition, *Counselling Survivors of Domestic Abuse*, *The Seduction of Children: Empowering Parents and Teachers to Protect Children from Child Sexual Abuse*, and *Introduction to Counselling Survivors of Interpersonal Trauma*, all published by Jessica Kingsley Publishers. She has also written *The Warrior Within: A One in Four Handbook to Aid Recovery from Sexual Violence*; *The Spirit Within: A One in Four Handbook to Aid Recovery from Religious Sexual Abuse Across All Faiths* and *Responding to Survivors of Child Sexual Abuse: A pocket guide for professionals, partners, families and friends* for the charity *One in Four* for whom she is a trustee. Her next book, *The Taboo of Sibling Sexual Abuse: Working with Adult Survivors* is out soon with *nscience publishing house*.

© nscience UK, 2022 / 23

There is no known commercial support for this program

For more information on how to access webinar joining links, handouts and video recordings please visit <https://www.nscience.uk/faqs/>

Questions and requests for information: customerservices@nscience.co.uk

If you have a disability, please contact us in advance of the course so we can accommodate your needs:

customerservices@nscience.co.uk

US: +18337161044

UK/Europe:
+44(0)2070961722

Australia:
+1800861953



nscience UK is approved by the American Psychological Association to sponsor continuing education for psychologists. nscience UK maintains responsibility for this program and its content.