

The schedule will be as follows:

The list owner, Sally_L will "Welcome the Kids and Teens also known as KATs" and instruct them to hold their posts until the guest expert posts his "Opening Statement". Dr. Greenspon will post a summary of what he has in mind when he describes perfectionism, a little bit about where it comes from, and a couple of exercises they can do (and then talk with their parents about) to get started thinking about this in a new way. They can read this and ask questions about it all during the day. At the end Dr. Greenspon will post his Closing Statement.

As list owner, I have talked with Tom about some parents' concern about approaching this topic with their kids and teens. Here is his response:

Tom wrote:

"It (the conference) would mainly be useful for kids who have thought about this topic, usually because their families have been discussing it. My book for kids has the same issue. In it, I suggest that if a young person is reading the book, it probably was given to him or her by a parent or other trusted adult, and that I hope such adults have also read the book or will be reading it with the child. It isn't the kind of topic that suggests itself out of the blue to younger kids. Older teenagers, maybe."