



GTH: GATEWAY TO HOPE

# Lunch & Learn: Imposter Syndrome

PRESENTED BY

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Community Education Coordinator

# Meeting Agenda

- Who we are – GTH and HHCI
- Today's topic:

## Introduction to Imposter Syndrome

- Next Topic: **Introduction to Social Anxiety– Nov 2nd**
- Questions
- Stay Connected
- Survey



# Hope and Healing Center & Institute

## Our four-part approach



### 01. Education

Raise awareness and educate community on relevant mental and behavioral health topics.



### 02. Training

Develop local networks of guidance and support with Gateway to Hope training.



### 03. Clinical Services

Provide personalized mental health care through dedicated professional services.



### 04. Research

Explore and advance new resources and approaches for unmet mental health needs.

# Our Goal

**Community  
Education &  
General  
Awareness**

**Address the  
stigma around  
mental health**

**Provide resources to  
equip you with the  
tools to respond to  
those in mental health  
distress.**



# The Four Rs

**RECOGNIZE** a mental health concept

**REFER** to a mental health professional

**RELATE** to those struggling

**RESTORE** through a supportive community



**RECOGNIZE**

a mental health concept

**Imposter** *Phenomenon*  
**Imposter** *Syndrome*  
**Imposter** *Experience*

# What is Imposter Syndrome?

- It's the false belief that we're not capable or qualified in our role as others think we are despite the success the individual has had in their field.
- It's a **constant self-doubt**, even in areas the individual typically excels at.
- It's a psychological thought pattern of being a **"fraud"**



# 5 Types of Imposter Syndrome

- The perfectionist
- The Expert
- The Natural Genius
- The Soloist
- The Super-person

# The Perfectionist

- Impossible Standards
- Obsessed with details
- Micromanaging tendencies
- High risk of burnout

## Psychological thought

**“You’re not as good as others might think you are”**

# The Expert

- Commonly with those holding Ph.D.
- Climbing the organization ladder and feeling like they don't know everything, but they are in a role where "they should"

## Psychological thought

**"You're not an expert because you don't know everything there is to know"**

# The Natural Genius

- Grew up believing they were smart or capable with little effort and then they reach a point of feeling like a fraud because they hadn't truly mastered the skill in the process.
- For them success is not optional

## Psychological thought

**“It’s shouldn’t be that hard the first time”**

# The Soloist

- It's only successful if they completed the task alone
- They believe they shouldn't have to ask others for help.

## Psychological thought

**“I can't take credit for this if someone helped me”**

# The Superperson

- Work hard to cover up for their insecurities
- Known as the workaholic.
- High risk of fracturing relationships with others

## Psychological thought

**“I have to work harder, or they will find out I’m a fraud”**



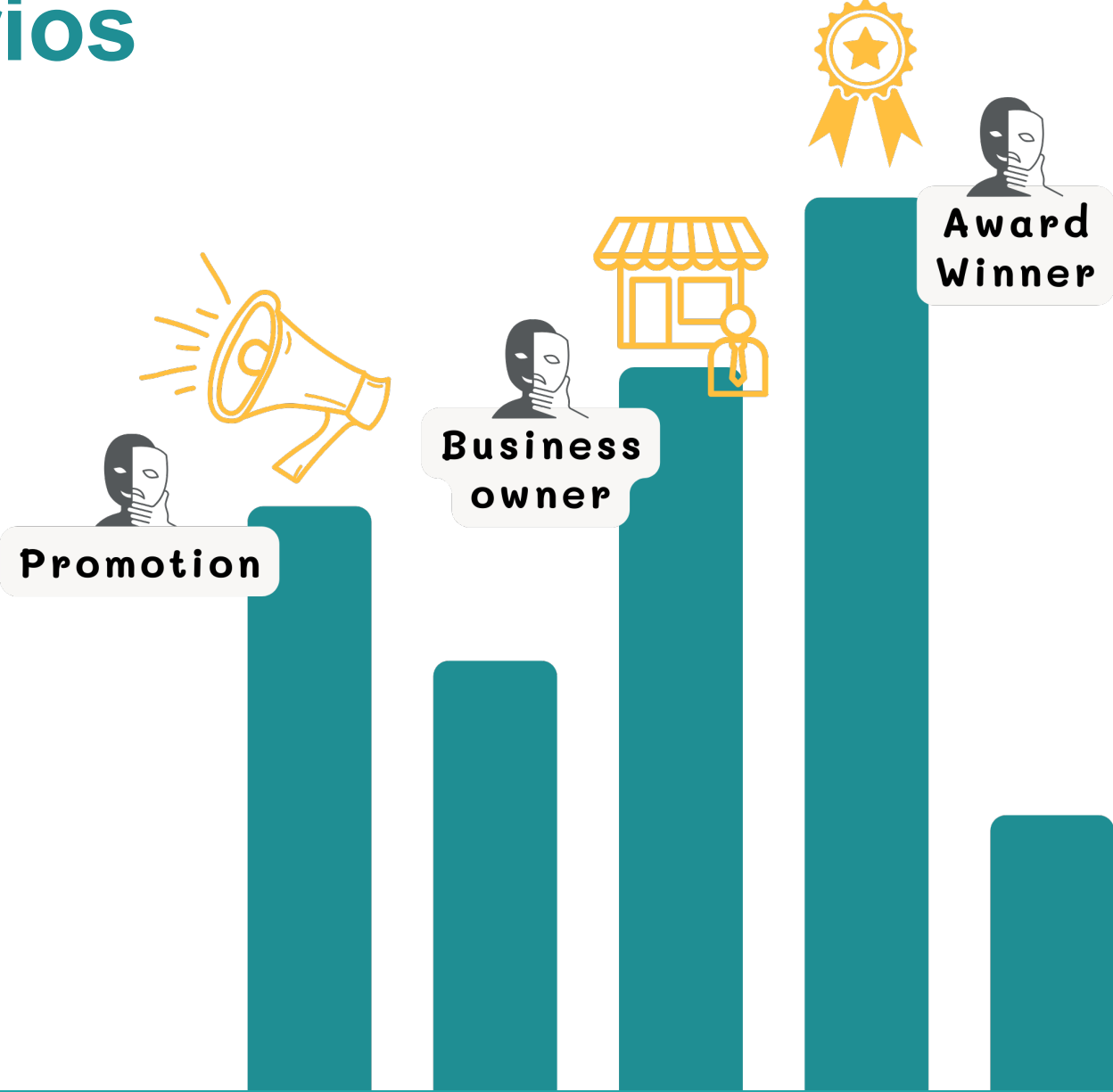
# 70%

of people will  
experience at  
least one episode  
of imposter  
syndrome in their  
lifetime.

# Characteristics of Imposter Syndrome

- An inability to realistically assess your competence and skills
- Attributing your success to external factors
- Berating your performance
- Fear that you won't live up to expectations
- Overachieving
- Sabotaging your own success
- Self-doubt
- Setting very challenging goals and feeling disappointed when you fall short

# Scenarios



# REFER

to a mental health professional



# Questions to reflect on and *recognize* an episode of Imposter Syndrome:

- Do you agonize over even the smallest mistakes or flaws in your work?
- Do you attribute your success to luck or outside factors?
- Are you sensitive to even constructive criticism?
- Do you feel like you will inevitably be found out as phony?
- Do you downplay your own expertise? Even in areas where you are genuinely more skilled than others?

# Factors to consider

- Family upbringing
- New roles in your career or school
- Low-self-efficacy personality traits

# Who can help?

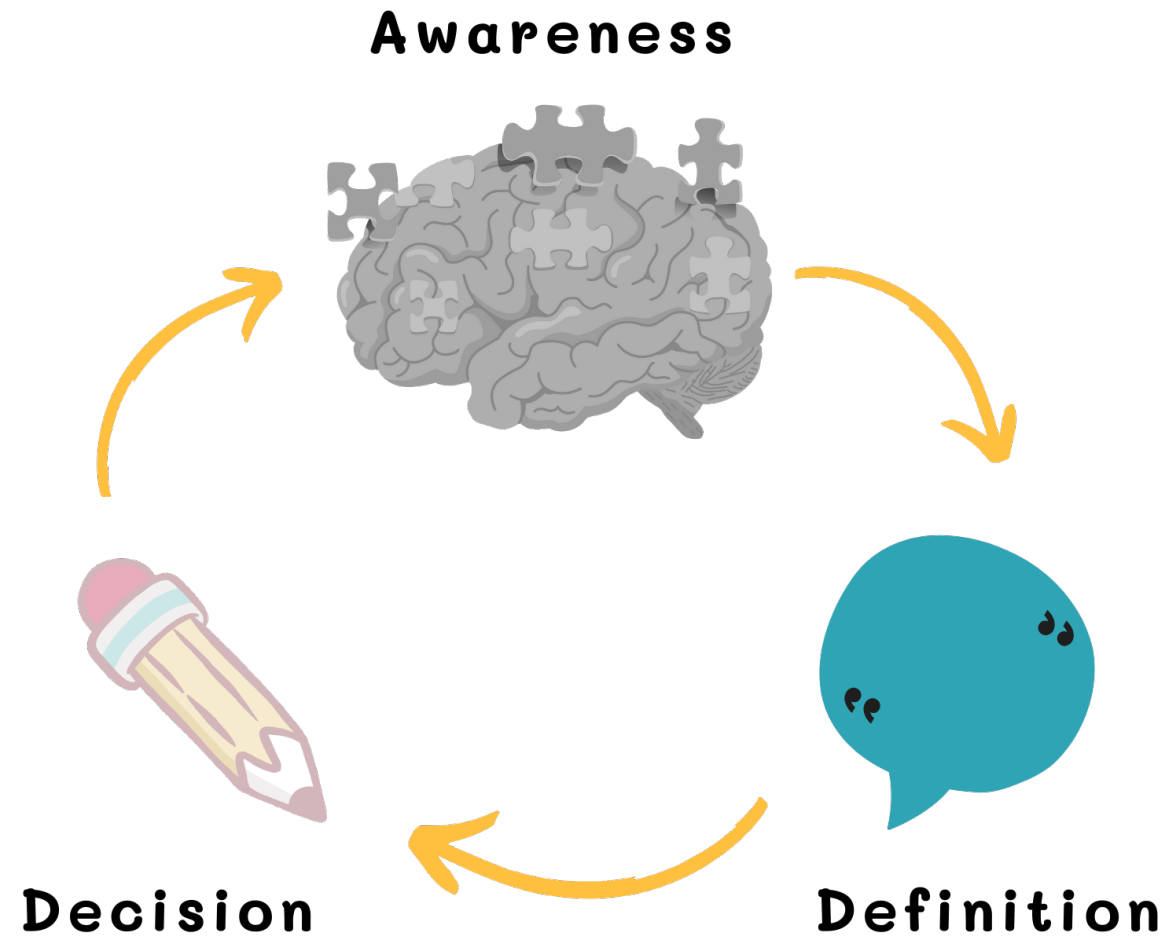
- **You** carry a lot of power!
- Mental Health professional is a great **ally**

# Mental Health Provider

- Primary Care Doctor (**Physical Exam**)
- Counselors (LPC)(LCDC)
- Social Workers (LCSW)
- Therapist (LMFT)
- **Psychologist** (PhD, PsyD)
- **Psychiatrist** (MD, DO)
- Hospital & Treatment Facilities



# How to overcome Imposter Syndrome



# Hope Line

**The Hope Line**  
**(832) 831-7337**  
**RELIEF. JUST A CALL AWAY.**

Open daily 5-8pm  
\*In case of emergency

 **HHCI** Hope and Healing  
Center & Institute

**YOU ARE NOT ALONE**



**(832) 831-7337**



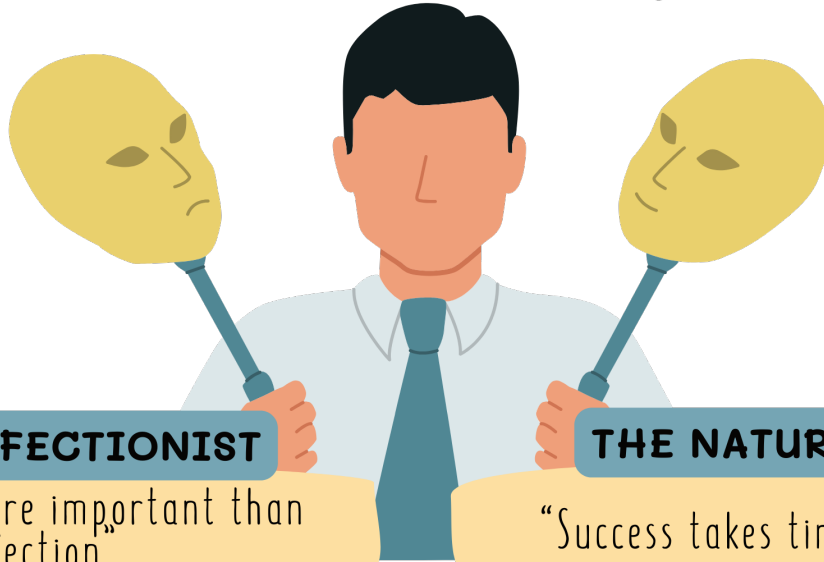
**RELATE**

to those in distress

# Coping Tools

- Coping affirmation statement
- Share your feeling
- Focus on others
- Assess your abilities
- Tackle one day at a time
- Question your thoughts
- Limit comparing yourself with others
- Moderate social media use
- Lean into acceptance with your feelings
- Don't set limitations for yourself

The Mantra  
*Reaffirm your thoughts with*



**THE PERFECTIONIST**

“Progress is more important than perfection”

**THE NATURAL GENIUS**

“Success takes time and effort”

**THE EXPERT**

“I’m already enough”

**THE SOLOIST**

“Asking for help is strength”

**THE SUPER-PERSON**

“I don't have to do it all”



**RESTORE**

through supportive  
community

# How to be supportive



- Create a safe space to talk
- Engage in positive affirmation
- Seek mentorship in someone who has also experienced Imposter syndrome.

# Strong Community

Individuals benefit from having a strong support system to deal with life challenges and struggles.

- Positive social interactions
- Teamwork mentality
- Encourage checking in with those who are struggling

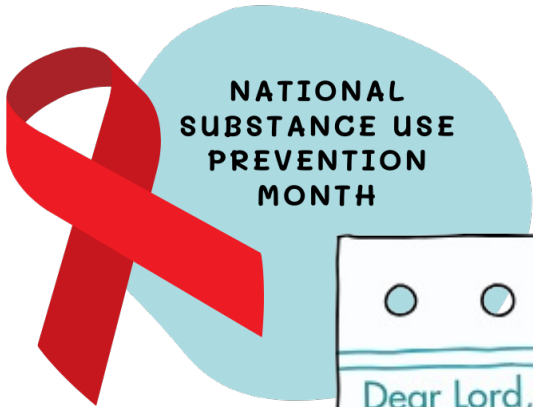
You have *Talent*  
You are *Capable*  
You are *Enough*

# Psychoeducation

Beneficial for those living with a mental health issue and their loved ones by providing them with information and support to better understand and cope with the disorder.

- Learn about the condition
- Interpersonal learning
- Support structure





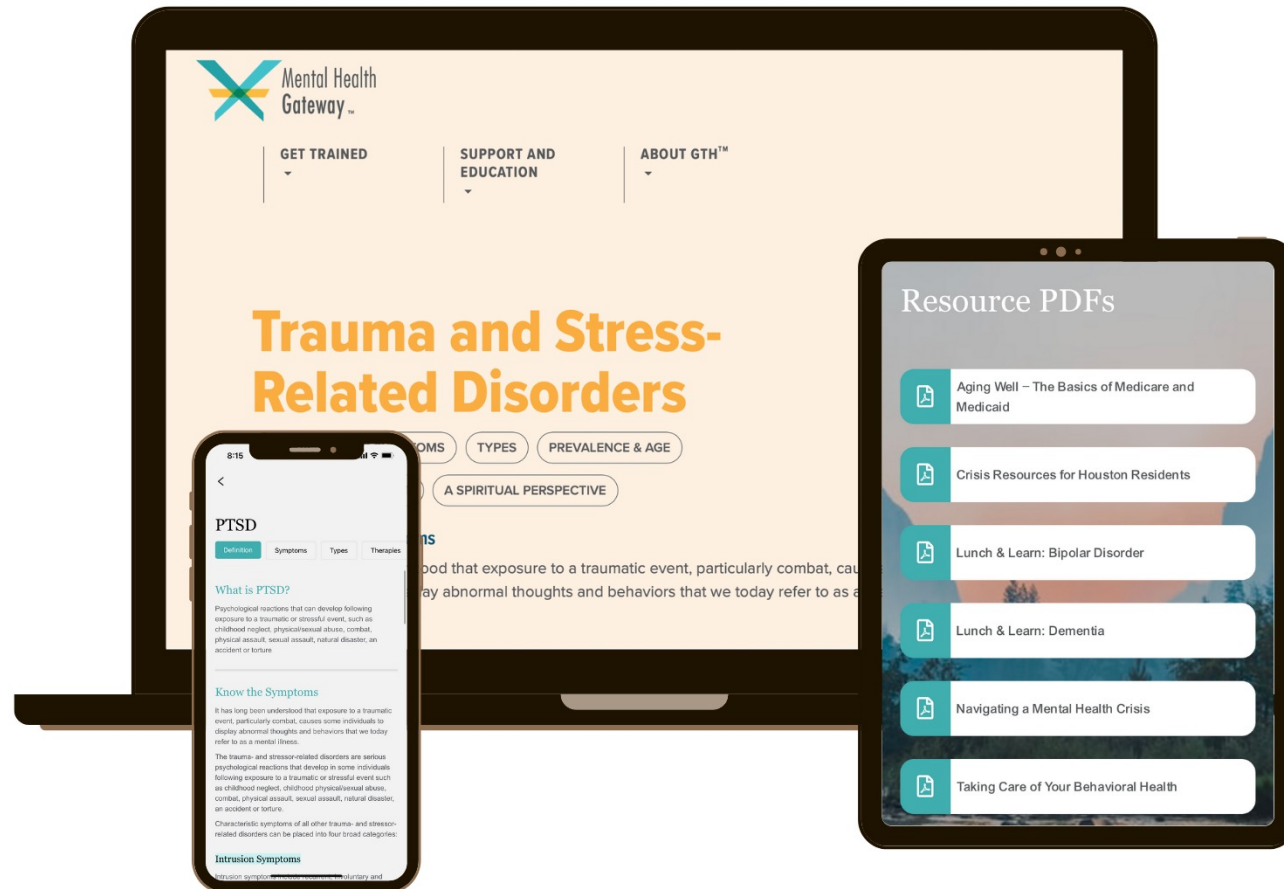
# October

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Dear Lord, We pray for those struggling with substance abuse and for their sober journey. We ask that You turn their suffering into compassion, sorrow into joy, and pain into comfort for others. Help them overcome their problems and fears and fill them with Your love and strength. In Your name we pray - Amen

2 Corinthians 12:9

# MENTAL HEALTH GATEWAY WEBSITE AND MOBILE APP



# Contact Us to Learn About Our Trainings!

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# Stay Up-to-Date

Follow us on social media!

[MentalHealthGateway.org](https://www.MentalHealthGateway.org)

