# Workshop Description

## a. Description

This workshop will provide a broad overview of hoarding disorder and its treatment. Hoarding symptoms include acquiring too many things, difficulty discarding and excessive clutter that interferes with normal use of space and/or causes distress. A model for understanding these hoarding problems will be presented, including recent findings regarding hoarding behaviors, emotional attachments and beliefs about possessions. DSM-5 diagnostic criteria will be reviewed along with methods for assessing the severity of the problem. Intervention strategies will be reviewed in detail, including ways to enhance motivation among hoarding clients, how to establish goals for treatment, increase skills for organizing and problem solving, how to gain control over excessive acquisition, and how to change beliefs about possessions, foster imagined and experiential exposures to removing possessions by recycling, discarding, selling and giving away items as appropriate. Included in the expanded workshop will be role-play practice using the principles described in the workshop. Methods for adapting these principles to self-help support groups will also be presented. Potential roles for family members or friends as "coaches" will be described, along with strategies for preventing future clutter problems.

## b. Learning objectives

1. Identify specific problems associated with hoarding, including typical behaviors, impairments in functioning, especially with regard to health risks and housing problems, and consequences of hoarding.

2. Understand why hoarding occurs and persists using a cognitive, emotional and behavioral framework.

3. Learn assessment strategies to identify specific hoarding problems and associated features.

4. Learn intervention strategies, including motivational enhancement, skills training, cognitive and behavioral methods of treatment for hoarding.

5. Practice applying the treatment protocol to hoarding problems.

**One Day Workshop:** *Understanding and Treating Hoarding Disorder*

    What is hoarding?

    Diagnosis and Assessment
        DSM-5 Criteria
        Self-Report Questionnaires
            Symptoms
            Interference with activities of daily living
        Interview Assessment
        Observational Measures
            Clutter
            Interference with activities of daily living

    Conceptual model of hoarding
        Vulnerabilities (biological and psychological)
        Information Processing Deficits
        Emotional Attachments to Possessions
        Beliefs about Possessions
        Reinforcement Patterns

Treatment Overview
 Enhancing motivation
 Cognitive Behavior Therapy for hoarding
  For Excessive Acquisition
  For Difficulty Discarding
  For Clutter
 Self-help and other strategies
 Buried in Treasures Workshops

**Two-Day Workshop**
Day 1 – See Above
Day 2 – Specific Treatment Protocol for each section of treatment
 MI
 Getting control of acquisition
 Challenging Attachments to possessions
 Exposure challenges
 DeCluttering exercises

**Three-Day Workshop**
Day 1 – See above
Day 2 – See above
Day 3 – Practice, Role Play, & Trouble Shooting
 Case Consultation

## c. Recommended Reading:

Frost, R.O. (2010). Treatment of hoarding. *Expert Review of Neurotherapeutics, 10,* 251-261.

Frost, R.O., Ruby, D., & Shuer, L. (2012). The Buried in Treasures Workshop: Wait list control trial of facilitated self-help for hoarding disorder. *Behaviour Research and Therapy, 50,* 661-667.

Frost, R.O. & Steketee, G. (2010). *Stuff: Compulsive Hoarding and the Meaning of Things*. New York: Houghton, Mifflin, Harcourt.

Frost, R.O. & Steketee, G. (Eds., 2014). *Oxford Handbook of Hoarding and Acquiring*. New York: Oxford University Press.

Steketee, G. & Frost, R.O. (2nd ed., 2014). *Compulsive Hoarding and Acquiring: Therapist Guide*. New York: Oxford University Press.

Steketee, G. & Frost, R.O. (2nd ed., 2014). *Compulsive Hoarding and Acquiring: Workbook*. New York: Oxford University Press.

Tolin, D.F., Steketee, G., & Frost, R.O. (2nd ed., 2014). *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding.* New York: Oxford University Press.