1. Title: *Understanding and Treating Hoarding Disorder*

2. Description of Workshop:

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. 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. Other non-therapy-based approaches such as harm reduction, will be described.

3. Course objectives: At the completion of this conference, participants should be able to:

   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. Use the new DSM-5 criteria to diagnose hoarding disorder.

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

   4. Administer assessment strategies designed to quantify specific hoarding problems and associated features.

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

4. Outline

   What is hoarding?
   - Acquisition
   - Difficulty Discarding
   - Clutter

   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

Enhancing motivation
Cognitive Behavior Therapy for hoarding
For Excessive Acquisition
For Difficulty Discarding
For Clutter

Self-help and other strategies
Buried in Treasures Workshops

5. **Bio: Dr. Randy O. Frost** is the Harold and Elsa Siipola Israel Professor of Psychology at Smith College. He is an internationally recognized expert on obsessive-compulsive disorder and hoarding disorder and has published more than 160 scientific articles, books, and book chapters on these topics. Dr. Frost serves on the Scientific Advisory Board of the International OCD Foundation, and co-edits the Hoarding Center on the IOCDF website. He has co-authored several books on hoarding including *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding* (Oxford University Press). *Buried in Treasures* received a **Self-Help Book of Merit Award** from the Association for Behavioral and Cognitive Therapy in 2010. He has also published the *Compulsive Hoarding and Acquiring Therapist Guide* and client *Workbook*, through Oxford University Press. Second editions of all three of these books were published in 2014. His best-selling book, *Stuff: Compulsive hoarding and the meaning of things* (with Gail Steketee), was published by Houghton, Mifflin, Harcourt in 2010 and was a finalist for the 2010 **Books for a Better Life Award**. *Stuff* was also a New York Times Bestseller and named a **Must Read Book for 2011** by Massachusetts Book Awards. *Stuff* has been translated into 4 languages. His newest work, the *Oxford Handbook of Hoarding and Acquiring* was published in 2014. His work has been funded by the International Obsessive Compulsive Disorder Foundation and the National Institute of Mental Health. Dr. Frost is one of the original members of the Hoarding of Animals Research Consortium and has served as consultant to numerous communities in setting up task forces to deal with the problem of hoarding. In 2012 he was awarded the Lifetime Achievement Award for excellence in innovation, treatment, and research in the field of hoarding and cluttering by the Mental Health Association of San Francisco. In 2013 he received a Career Achievement Award from the International OCD
Foundation for his work on hoarding. He has given hundreds of talks on hoarding and numerous workshops for clinicians, public health, housing, and elder service professionals, as well as people suffering from hoarding problems.

6. Recommended Reading


7. Schedule

8:00 am - 8:30 am  Registration and Coffee

8:30 am - 10:00 am  Phenomenology of Hoarding

10:00 am - 10:15 am  Break & Refreshments

10:15 am - 11:30 am  Diagnosis and Assessment

11:30 am - 11:45 am  Break & Refreshments

11:45 am - 12:45 pm  Cognitive Behavioral Model of Hoarding

12:45 pm - 1:45 pm  Lunch (included with registration)

1:45 pm - 3:45 pm  Interventions for Hoarding Disorder

3:45 pm - 4:00 pm  Participant question and answer session