



NSAB Self-Neglect and Hoarding Seminar

**Wednesday, 26 June 2019
09:00 - 13:00**

The ACT Centre, Aylsham

OCD Hoarding Agenda

- * What is a Hoarding Disorder?**
- * Understanding the reasons why people Hoard**
 - * Symptoms of Hoarding**
 - * Hoarding Cases**
- * Cognitive Behavioural Therapy (CBT) relating to Hoarding**
 - * Action to assist people that Hoard**
- * What the Norwich and Norfolk OCD Voluntary Support Group offers**
 - * Questions and Answers**



What is a Hoarding Disorder?

Hoarding is acquiring an excessive number of items usually resulting in extreme amounts of chaotic clutter.

These items may be of little or no use or monetary value.

Hoarding can very often be linked with Obsessive Compulsive Disorder (OCD)

OCD is an anxiety disorder whereby people feel compelled to perform a certain action, ritual, thought or thought ritual.

Initially this behaviour may be subtle and go unnoticed, subsequently increasing until life becomes extremely difficult.

Many people will not seek professional help with this anxiety disorder out of shame or embarrassment.

Understanding the reasons why people Hoard

Bereavement of a Loved One or of someone close

Sudden ill health or a diagnosis of ill health

Broken Marriage or Relationship

Psychological trauma or sudden unexpected changes

Family History

Earlier emotional experiences: Fire, Burglary, Theft, Poverty

People can feel comforted and safe by their belongings

Symptoms of Hoarding

The inability to throw away possessions.

Experiencing severe anxiety when attempting to discard items.

Great difficulty categorising or organising possessions.

Indecision about what to keep or where to put things.

Feeling distressed, overwhelmed or embarrassed by possessions.

Only using a small part of their dwelling due to lack of space.

Not being able to clean due to the enormity of belongings.

THESE SYMPTOMS CAN LEAD TO



Being overwhelmed by the Hoard



Procrastination



Avoidance

Clutter Image Rating: Living Room

Please select the photo below that most accurately reflects the amount of clutter in your room.



1



2



3



4



5



6



7



8



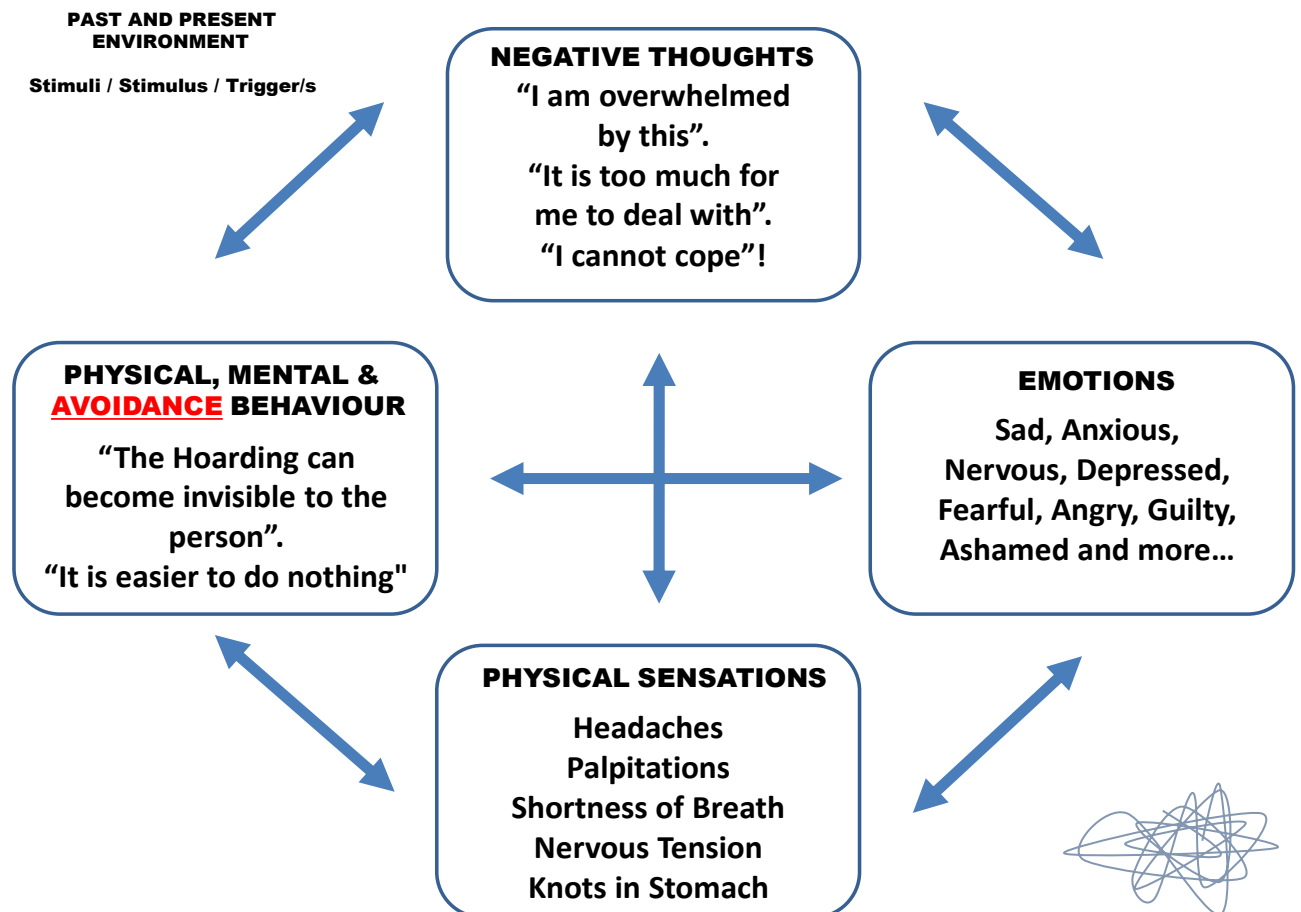
9

These pictures are published in (Compulsive Hoarding and Acquiring: Therapist Guide, Oxford University Press) and in (Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding, Oxford University Press).
Reference: International OCD Centre

It is our thoughts that produce, drive and steer our feelings and emotions.
The CBT Model consists of five aspects taking into consideration:

past and present environment. thoughts, feelings, physical sensations leading to physical, mental and avoidance behaviour.

THE COGNITIVE BEHAVIOURAL THERAPY (CBT) MODEL



Reference: Adapted from Padesky, C.A. & Mooney, K.A. (1990) Presenting the Cognitive Model to Clients, *International Cognitive Therapy Newsletter*, 6, 13-14. [http:// www.padesky.com/clinical_corner.htm](http://www.padesky.com/clinical_corner.htm)

Action to assist people that Hoard

It is vitally important that the person is put in charge of what they are prepared to release from their property!

Identify an area in the home to clear: a box, drawer, cupboard or even a whole room. Then categorise as follows:

Recycle - Donate - Throw Away - Maybe - Keep

**Recycling Paper, Recyclable Plastic, Food and Glass:
Bins will tell you what can be discarded in them**

Shred or conceal your name, address and any confidential information before recycling any written matter.

Donate

Donate what you don't need or wear to Charity Shops. It is giving it back to the Universe but **do resist any temptation to buy more.**

- * Have a timetable or goal to stick to**
- * Negative feelings when letting items go will subside**
- * Revisit the 'Maybe and Keep Pile' at the end of decluttering sessions as you may be able to release more**
- * Maintaining Momentum is Vital for Continual Success!**
- * Set items free and set yourself free in the process!**



UK Registered Charity

Our Monthly OCD Support Groups

You will find these popular, well-established and large groups very supportive and welcoming. We have a committee of dedicated Volunteers that will welcome you.

Our Voluntary Support Groups are open to those with OCD, carers and family members who want to gain a better understanding of this anxiety disorder. The group offers empathy, support and psychoeducation in a non-judgmental, confidential environment and an opportunity to share and communicate knowledge and personal experiences. We address Unwanted, Intrusive Thoughts, Hoarding, Rumination, Fear of Contamination, Symmetry and Checking. These group meetings are confidential and professionally led.

Our group meets on the first Tuesday of every month from
6:30pm - 8:30pm in central Norwich.

BREAKING NEWS!

Introducing our Weekly Groups

We have an additional weekly group in central Norwich and **these weekly groups are subject to funding**. Therefore, please check before attending the weekly groups. These sessions take place from 2pm - 4pm every Friday.

For queries, location or to confirm your interest in either group, please contact:

Mobile: 07432 655579

(This mobile number will NOT take voice messages)

Telephone: 01603 619246 (Confidential messages can be left)