

✓ **Treatments** *That Work*

Compulsive Hoarding and Acquiring

T h e r a p i s t G u i d e

Gail Steketee
Randy O. Frost

Compulsive Hoarding And Acquiring Therapist Guide Treatments That Work

Randy O. Frost, Gail Steketee



Compulsive Hoarding And Acquiring Therapist Guide Treatments That Work:

Compulsive Hoarding and Acquiring Gail Steketee, Randy Frost, 2006-12-07 Although most people enjoy acquiring and using their possessions and nearly everyone keeps some things they don't need or use people with compulsive hoarding carry this to an extreme For them ridding themselves of extra possessions is emotionally exhausting Organizing is difficult and resisting the impulse to acquire new things is almost impossible This book represents more than a decade of research and practice to understand hoarding and develop an effective treatment program that address its many components Used in conjunction with the treatment described in the therapist guide this workbook teaches people how to minimize the negative effect clutter has on their lives as well as the lives of those close to them Using effective and practical techniques and skills this program helps people get used to the idea of sorting organizing and gradually removing their unwanted possessions People who hoard tend to overvalue the importance of the things they own and keep This book will also help people to recognize errors in their thinking and modify their thoughts and beliefs to more accurately reflect the value of their belongings Worksheets for developing a personal organization plan and determining categories for filing are also included in this interactive easy to use workbook With these books users can be active participants who successfully overcome their compulsive hoarding TreatmentsThatWork represents the gold standard of behavioral healthcare interventions BL All programs have been rigorously tested in clinical trials and are backed by years of research BL A prestigious scientific advisory board led by series Editor In Chief David H Barlow reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date BL Our books are reliable and effective and make it easy for you to provide your clients with the best care available BL Our corresponding workbooks contain psychoeducational information forms and worksheets and homework assignments to keep clients engaged and motivated BL A companion website www.oup.com/us/ttw offers downloadable clinical tools and helpful resources BL Continuing Education CE Credits are now available on select titles in collaboration with PsychoEducational Resources Inc PER

Treatment for Hoarding Disorder Gail Steketee, Randy O. Frost, 2013-10-10 The relationship people have with their possessions ranges from purely utilitarian to intensely emotional For most people their personal possessions provide them with a sense of security comfort and pleasure However if someone loses the ability to distinguish useful or important possessions from those that make life overly complicated the objects can become a prison For people who suffer from Hoarding Disorder HD the process of getting rid of unneeded objects is not easy For them possessions never feel unneeded and trying to get rid of them is an excruciating emotional ordeal This Second Edition of Treatment for Hoarding Disorder is the culmination of more than 20 years of research on understanding hoarding and building an effective intervention to address its myriad components Thoroughly updated and reflective of changes made to the Fifth Edition of the Diagnostic and Statistical Manual for Mental Disorders DSM 5 this second edition of the client Workbook and accompanying

Therapist Guide outlines an empirically supported and effective CBT program for treating hoarding disorder This Workbook is meant to guide clients through their treatment for hoarding disorder with their clinician It includes homework forms exercises and behavioral experiments for clients to test their personal beliefs about possessions develop an organization plan and filing system and sort and organize items room by room A major goal of the treatment is to recapture the positive role of possessions in the lives of people with hoarding problems and strategies are outlined for sustaining gains and making further progress as well as for managing stressful life events that can provoke problematic acquiring and difficulty discarding

Compulsive Hoarding and Acquiring Gail Steketee, Randy O. Frost, 2007 The problem of compulsive hoarding and acquiring is more widespread than commonly believed It often goes undiagnosed either because sufferers are ashamed of their compulsions or because they don't believe it is a problem that merits professional attention As much as two percent of the U S population suffers secretly from this condition Written by the developers of the ground breaking treatment this manual is the first to present an empirically supported and effective CBT program for treating compulsive hoarding and acquiring This guide gives clinicians the information to understand hoarding and proven tools to help clients overcome their compulsive behaviors It teaches individuals how to recognize errors in thinking and uses both imagined and real exposures to teach them the skills they need to manage their problem Homework exercises include behavioral experiments to test personal beliefs about possessions developing an organization plan and filing system and sorting and organizing items room by room Designed to be used in conjunction with the corresponding workbook this therapist guide provides numerous assessment and intervention forms to help clients use the methods described in the program Complete with case examples and strategies for dealing with problems this user friendly guide is a dependable resource that no clinician can do without

Group Treatment for Hoarding Disorder Jordana Muroff, Patty Underwood, Gail Steketee, 2014-02-26 For the first time Hoarding Disorder HD is now recognized as a distinct disorder in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders DSM 5 separate from OCD HD has also received much more attention and exposure in recent years Consequently more people will be recommended for treatment increasing the demand and need for clinicians who deliver this specialized intervention Group Treatment for Hoarding Disorder Therapist Guide outlines a cognitive behavioral therapy program for HD using a group model Clinicians deliver group therapy over 20 weekly sessions of 1.5 to 2 hours each A single experienced clinician can lead the group or a co therapy model can be used with two clinicians one experienced and one in training Groups of 6 to 8 participants receive education about HD and about the CBT model discuss therapy goals and personal values practice motivational enhancement methods including identifying barriers to progress receive training in organizing and problem solving about hoarding problems learn cognitive therapy strategies to reduce problematic hoarding beliefs and to replace acquiring with more adaptive behaviors practice sorting removing clutter and not acquiring beginning with easier tasks and identify in home supports Final sessions focus on reviewing the most effective therapy methods coping

with change and highlighting strategies for maintaining gains Group members use the Treatment for Hoarding Disorder Workbook Second Edition to assist with practice exercises All of the necessary forms and worksheets are provided in the books and online Treatment proceeds in a flexible session by session fashion with attention to group process Written for psychologists social workers psychiatrists counselors and psychiatric nurses this Therapist Guide will promote effective group treatment of people with hoarding disorder Compulsive Hoarding and Acquiring Gail Steketee,Randy O. Frost,2006-12-07 The problem of compulsive hoarding and acquiring is more widespread than commonly believed It often goes undiagnosed either because sufferers are ashamed of their compulsions or because they dont believe it is a problem that merits professional attention As much as two percent of the U S population suffers secretly from this condition However compulsive hoarding can be an emotionally exhausting uncontrollable and sometimes dangerous problem Written by the developers of this groundbreaking treatment this manual is the first to present an empirically supported and effective CBT program for treating compulsive hoarding and acquiring This guide gives clinicians the information to understand hoarding and proven tools to help clients overcome their compulsive behaviors It teaches individuals how to recognize errors in thinking and uses both imagined and real exposures to teach them the skills they need to manage their problem Home visits by the clinician are a part of the treatment as well as consultations with other professionals who might assist if necessary Homework exercises include behavioral experiments to test personal beliefs about possessions developing an organization plan and filing system and sorting and organizing items room by room Designed to be used in conjunction with the corresponding workbook this therapist guide provides numerous assessment and intervention forms to help clients use the methods described in this program Complete with case examples and strategies for dealing with problems this user friendly guide is a dependable resource that no clinician can do without TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions All programs have been rigorously tested in clinical trials and are backed by years of research A prestigious scientific advisory board led by series Editor In Chief David H Barlow reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date Our books are reliable and effective and make it easy for you to provide your clients with the best care available Our corresponding workbooks contain psychoeducational information forms and worksheets and homework assignments to keep clients engaged and motivated A companion website www.oup.com/us/ttw offers downloadable clinical tools and helpful resources Continuing Education CE Credits are now available on select titles in collaboration with PsychoEducational Resources Inc PER **Clinical Obsessive-Compulsive Disorders in Adults and Children** Robert Hudak,Darin D. Dougherty,2011-02-17 Clinical Obsessive Compulsive Disorders in Adults and Children is a complete comprehensive overview of OCD covering its underlying causes manifestations and treatment The book begins by covering the basic science of OCD and its biological basis and mechanisms It discusses the treatment for both adults and

children with an emphasis on providing information for clinicians to use in their everyday practice Using the latest information regarding evidence based treatments it takes the reader through medication options including behavioural therapy support groups and recent developments in surgical treatment The clinical manifestations of OCD are covered as well as the differentiation between OCD and other neuropsychiatric disorders with similar presentations Chapters on spectrum illnesses including body dysmorphic disorder impulse control disorders such as trichotillomania and hoarding are also included This book will appeal to all mental health professionals from practitioners to researchers working in the field of compulsive disorders

The Wiley Handbook of Obsessive Compulsive Disorders Jonathan S. Abramowitz, Dean McKay, Eric A. Storch, 2017-06-13 The Wiley Handbook of Obsessive Compulsive Disorders 2 volume set provides a comprehensive reference on the phenomenology epidemiology assessment and treatment of OCD and OCD related conditions throughout the lifespan and across cultures Provides the most complete and up to date information on the highly diverse spectrum of OCD related issues experienced by individuals through the lifespan and cross culturally Covers OCD related conditions including Tourette s syndrome excoriation disorder trichotillomania hoarding disorder body dysmorphic disorder and many others OCD and related conditions present formidable challenges for both research and practice with few studies having moved beyond the most typical contexts and presentations Includes important material on OCD and related conditions in young people and older adults and across a range of cultures with diverse social and religious norms

The Complete Adult Psychotherapy Treatment Planner David J. Berghuis, L. Mark Peterson, Timothy J. Bruce, 2014-01-28 A time saving resource fully revised to meet the changing needs of mental health professionals The Complete Adult Psychotherapy Treatment Planner Fifth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions including anger control problems low self esteem phobias and social anxiety Organized around 43 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem or DSM 5 diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA

The Oxford Handbook of Hoarding and Acquiring Randy O. Frost, Gail Steketee, 2014 Hoarding involves the acquisition of and inability to discard large numbers of possessions that clutter the living area of the person collecting them It becomes a disorder when the behavior causes significant distress or interferes with functioning Hoarding can interfere with activities of daily living such as being able to sit in chairs or sleep in a bed work efficiency family relationships as well as health and safety Hoarding behavior can range from mild to life threatening Epidemiological findings

suggest that hoarding occurs in 2-6% of the adult population making it two to three times more common than obsessive compulsive disorder. The fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) now includes Hoarding Disorder as a distinct disorder within the OCD and Related Anxiety Disorders section, creating a demand for information about it. The Oxford Handbook of Hoarding and Acquiring is the first volume to detail the empirical research on hoarding. Including contributions from all of the leading researchers in the field, this comprehensive volume is divided into four sections in addition to introductory and concluding chapters by the editors: Phenomenology, Epidemiology and Diagnosis, Etiology, Assessment and Intervention, and Hoarding in Special Populations. The summaries of research and clinical interventions contained here clarify the emotional and behavioral features, diagnostic challenges, and nature of the treatment interventions for this new disorder. This handbook will be a critical resource for both practitioners and researchers, including psychiatrists, psychologists, neurologists, epidemiologists, social workers, occupational therapists, and other health and mental health professionals who encounter clients with hoarding problems in their practice and research.

The Hoarding Handbook Christiana Bratiliotis, Cristina Sorrentino Schmalisch, Gail Steketee, 2011-06-22. Hoarding is a serious, time-consuming, and expensive problem for virtually every community across the United States. First responders often encounter hoarding unexpectedly and are confused about how to resolve the wide range of problems from public health and fire safety violations to housing violations to concern for the welfare of children, elders, and animals. Sometimes solutions must be coordinated across several human service disciplines. The first of its kind, this handy guide is a nuts and bolts resource filled with case studies, tips, and strategies and easy-to-use suggestions for professionals responding to hoarding situations. Organized around the common ways hoarding captures the attention of social service providers, this user-friendly guide provides tools to assess the problem, to coordinate and delegate tasks among helping professionals, and to work directly with reluctant hoarders and those affected by the hoarding. Chapters give hands-on guidance and decision trees for who should be involved and what strategies are needed for each case. This book is compassionate and comprehensive, an invaluable reference for social workers and human service providers in a broad range of fields.

Clinical Guide to Obsessive Compulsive and Related Disorders Jon E. Grant, Samuel R. Chamberlain, Brian L. Odlaug, 2014-05-02. Clinical Guide to Obsessive Compulsive and Related Disorders is a complete, comprehensive overview of OCD and related disorders: trichotillomania, excoriation disorder, hoarding disorder, body dysmorphic disorder, and tic disorders. The book covers underlying causes, clinical presentations, and treatments. The book serves as a primer for clinicians in training and those already in practice who have little if any background in these disorders. It discusses the pharmacological and psychosocial treatments for both adults and children, with an emphasis on providing practical information for clinicians to use in their everyday practices. Based on the DSM-5, the book uses the latest evidence-based information regarding treatments, including medication options, behavioral therapies, alternative treatments, and recent developments in surgical treatment. This book will

provide students residents interns and even veteran clinicians with a basic understanding of OCD and disorders that are often associated with OCD In addition members of the public and those affected by these disorders may use this book to enhance their personal knowledge of the subject matter presented

Evidence-Based Treatment Planning for Obsessive-Compulsive Disorder Facilitator's Guide Timothy J. Bruce, David J. Berghuis, 2011-04-26 This DVD Facilitator's Guide to the Evidence Based Psychotherapy Treatment Planning for Obsessive Compulsive Disorder DVD sold separately is designed to help teachers or trainers conduct lectures or training sessions on the content of the DVD The guide follows each section of the DVD providing succinct summaries of key section content section review test questions and answers and test style questions and answers covering key concepts Online links are provided to client homework exercises consistent with the therapeutic techniques described and demonstrated on the DVD References to empirical work supporting the treatments clinical resource materials and training opportunities are also cited The DVD Companion Workbook and Facilitator's Guide are designed so that instructors can cover only the content of the DVD or springboard into further coverage of any of the concepts Optional topics for further discussion with talking points are provided in each chapter of the Facilitator's Guide Designed to be used in conjunction with the DVD and its Companion Workbook this guide includes Summary highlights of content shown in the DVD Chapter review questions and answers summarizing key concepts Test style questions and answers on selected chapter concepts Optional topics for further discussion with talking points Scripts and critiques of the role played scenarios demonstrating selected aspects of the ESTs References to empirical support clinical resources and training opportunities for the treatments discussed Online links to client homework exercises consistent with the therapeutic techniques described and demonstrated Explanations of correct and incorrect answers to the test style questions from each chapter

A Transdiagnostic Approach to Obsessions, Compulsions and Related Phenomena Leonardo F. Fontenelle, Murat Yücel, 2019-01-03 Using a transdiagnostic framework this book describes how mental health professionals can diagnose and treat OCD and related disorder

Group Treatment for Hoarding Disorder Jordana Muroff, Patty Underwood, Gail Steketee, 2014 Group Treatment for Hoarding Disorder Therapist Guide outlines a cognitive behavioral therapy program for HD using a group model

The Handbook of Adult Clinical Psychology Alan Carr, Muireann McNulty, 2016-03-31 The second edition of the Handbook of Adult Clinical Psychology An Evidence Based Practice Approach like its predecessor provides clinical psychologists in training with a comprehensive practice handbook to help build the skills necessary to complete a clinical placement in the field of adult mental health While practical in orientation the book is based solidly on empirical evidence Building on the success of the previous edition this handbook has been extensively revised in a number of ways Throughout the book the text references and website addresses and have been updated to reflect important developments since the publication the first edition Recent research findings on the epidemiology aetiology course outcome assessment and treatment of all psychological problems considered in this volume have been incorporated into the text

Account has been taken of changes in the diagnosis and classification of psychological problems reflected in the DSM 5

Chapters on ADHD in adults emotion focused therapy radically open dialectical behaviour therapy and schema therapy have been added

The book is divided into 6 sections

Section 1 covers conceptual frameworks for practice lifespan development classification and epidemiology CBT psychodynamic emotion focused systemic and bio medical models and general assessment procedures

Section 2 deals with mood problems depression bipolar disorder suicide risk and anger management

Section 3 focuses on anxiety problems social phobia generalized anxiety disorder panic disorder obsessive compulsive disorder post traumatic stress disorder and depersonalization disorder

Section 4 deals with psychological problems linked to physical health health anxiety somatization chronic pain adjustment to cancer and eating disorders

Section 5 focuses on other significant psychological problems that come to the attention of clinical psychologist in adult mental health services

ADHD in adults alcohol and other drug problems psychosis and psychological problems in older adults

Section 6 contains chapters on therapeutic approaches to psychological distress related to complex childhood trauma dialectical behaviour therapy for borderline personality disorder racially open dialectical behaviour for over controlled presentations and schema therapy

Each of the chapters on clinical problems explains how to assess and treat the condition in an evidence based way with reference to case material

Interventions from cognitive behavioural psychodynamic interpersonal systemic and biomedical approaches are described where there is evidence that they are effective for the problem in question

Skill building exercises and further reading for psychologists and patients are included at the end of each chapter

This book is one of a set of three volumes which cover the lion s share of the curriculum for clinical psychologists in training in the UK and Ireland

The other two volumes are the Handbook of Child and Adolescent Clinical Psychology Third Edition by Alan Carr and the Handbook of Intellectual Disability and Clinical Psychology Practice Second Edition edited by Alan Carr

Christine Linehan Gary O Reilly Patricia Noonan Walsh John McEvoy *Treatment for Hoarding Disorder* Gail Steketee, Randy O. Frost, 2013-11-21

The relationship people have with their possessions ranges from purely utilitarian to intensely emotional

For most people their personal possessions provide them with a sense of security comfort and pleasure

However if someone loses the ability to distinguish useful or important possessions from those that make life overly complicated the objects can become a prison

For people who suffer from Hoarding Disorder HD the process of getting rid of unneeded objects is not easy

For them possessions never feel unneeded and trying to get rid of them is an excruciating emotional ordeal

This Second Edition of *Treatment for Hoarding Disorder* is the culmination of more than 20 years of research on understanding hoarding and building an effective intervention to address its myriad components

Thoroughly updated and reflective of changes made to the Fifth Edition of the Diagnostic and Statistical Manual for Mental Disorders DSM 5 this second edition of the Therapist Guide and accompanying client Workbook outlines an empirically supported and effective CBT program for treating hoarding disorder

This Therapist Guide is written for mental health clinicians psychologists social workers psychiatrists counselors

and psychiatric nurses to guide effective treatment of people with hoarding disorder It provides numerous assessment and intervention forms to help clients use the methods described in the intervention A major goal of the treatment is to recapture the positive role of possessions in the lives of people with hoarding problems and strategies are outlined for sustaining gains and making further progress as well as for managing stressful life events that can provoke problematic acquiring and difficulty discarding Reclaim Your Life From Hoarding Eileen Dacey, 2020-07-07 Declutter your life create space and find peace with your belongings Our possessions can be a fun window into the past who we are and what we hold dear but sometimes all that stuff can get in the way of everyday life If you identify as a clutterbug or are feeling a little overwhelmed with all your stuff the straightforward guidance in this book will help you get organized and feel more in control of your home and your life This easy to follow hoarding workbook gives you strategies for decluttering prioritizing your goals and building a support team before walking you through the process room by room With advice on both how to sort through your items and change the way you acquire things you ll gain the confidence you need to succeed Inside this standout among hoarding books you ll find Real talk Read stories about how other people who struggle with clutter have found ways to cope and reduce their belongings Self care strategies Each chapter has a tip to help you focus on taking care of yourself with thoughtful stress relieving suggestions Action plan Simple but productive exercises will help you make lasting changes through manageable steps and everyday actions Take control of the possessions in your life with this book s gentle guidance

Translating Psychological Research Into Practice Lisa Grossman, Lisa R. Grossman, Steven Walfish, 2013-11-15 It is only through the development of true partnerships between researchers and clinicians that mental health treatment can achieve an optimal level of success This highly accessible desk reference will assist clinicians in easily incorporating findings from current evidence based research into their day to day practice It bridges the gap between empirical research and the needs of practicing clinicians and clinicians in training The guide brings together respected researchers and clinicians to discuss approaches to treating over 60 problem areas for adults adolescents and children It provides concise easily digestible summaries of the most current evidence based research regarding interventions for many of the most common clinical disorders and mental health issues encountered in everyday clinical practice These summaries present research that has been translated by experienced clinicians into practical applications that can be easily incorporated in therapeutic practice Research coverage of each problem area includes Brief description Incidence prevalence data Summary findings of best practices for treatment Suggestions for research directions Key references for further consultation The corresponding clinical application includes Response to the research summary Case example that applies the evidence based research to clinical practice Identification of challenges and cultural considerations in applying these interventions Suggestions for future research Key references By presenting the perspectives of the mental health researcher and clinician side by side this reference facilitates an important dialogue that narrows the gap between research and practice and ultimately fosters better

mental health outcomes for clients Key Features Covers over 60 of the most frequently encountered disorders and issues for both adult and pediatric clients that mental health clinicians face today Brings together leading researchers and clinicians to discuss their approaches to treating a clinical problem area Summarizes the current research on treatments in each problem area Interprets research for clinicians offering practice wisdom that helps them become more effective evidence based practitioners

The SAGE Encyclopedia of Abnormal and Clinical Psychology Amy Wenzel, 2017-03-16 Abnormal and clinical psychology courses are offered in psychology programs at universities worldwide but the most recent major encyclopedia on the topic was published many years ago Although general psychology handbooks and encyclopedias include essays on abnormal and clinical psychology such works do not provide students with an accessible reference for understanding the full scope of the field The SAGE Encyclopedia of Abnormal and Clinical Psychology a 7 volume A Z work print and electronic formats is such an authoritative work Its more than 1 400 entries provide information on fundamental approaches and theories various mental health disorders assessment tools and psychotherapeutic interventions and the social legal and cultural frameworks that have contributed to debates in abnormal and clinical psychology Key features include 1 400 signed articles contained in 7 volumes and available in choice of print and or electronic formats Although organized A to Z front matter includes a Reader s Guide grouping related entries thematically Back matter includes a Chronology Resource Guide Bibliography and detailed Index Entries conclude with References Further Readings and Cross References to related entries The Index Reader s Guide themes and Cross References between and among entries all combine to provide robust search and browse features in the electronic version

Psychotherapy for the Advanced Practice Psychiatric Nurse Kathleen Wheeler, 2020-09-10 The leading textbook on psychotherapy for advanced practice psychiatric nurses and students Award winning and highly lauded Psychotherapy for the Advanced Practice Psychiatric Nurse is a how to compendium of evidence based approaches for both new and experienced advanced practice psychiatric nurses and students This expanded third edition includes a revised framework for practice based on new theory and research on attachment and neurophysiology It advises the reader on when and how to use techniques germane to various evidence based psychotherapy approaches for the specific client problems encountered in clinical practice This textbook guides the reader in accurate assessment through a comprehensive understanding of development and the application of neuroscience to make sense of what is happening for the patient in treatment Contributed by leaders in the field chapters integrate the best evidence based approaches into a relationship based framework and provides helpful patient management strategies from the first contact through termination This gold standard textbook and reference honors the heritage of psychiatric nursing reaffirms the centrality of relationship for psychiatric advanced practice and celebrates the excellence vitality depth and breadth of knowledge of the specialty New to This Edition Revised framework for practice based on new theory and research on attachment and neurophysiology New chapters Trauma Resiliency Model Therapy Psychotherapeutics Re uniting

Psychotherapy and Psychopharmacotherapy Trauma Informed Medication Management Integrative Medicine and Psychotherapy Psychotherapeutic Approaches with Children and Adolescents Robust instructor resources Key Features Offers a how to of evidence based psychotherapeutic approaches Highlights the most useful principles and techniques of treatment for nurse psychotherapists and those with prescriptive authority Features guidelines forms and case studies to guide treatment decisions Includes new chapters and robust instructor resources chapter PowerPoints case studies and learning activities

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Compulsive Hoarding And Acquiring Therapist Guide Treatments That Work Introduction

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