

The Treatment of Hoarding Disorder

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Goals

Everything needs to have a home.

Make good decisions about what to keep and what to get rid of.

Responsible shopping.

Emotional and physical decluttering.

Happy, healthy, balanced lifestyle.

Starting The Treatment Process

- Develop trust and rapport.
- Understand the contributions to the problem to be able to target them (Shopping without a purpose, failure to plan for the purchased items, lack of delegation, overwhelm emotionally/physically, cognitive distortions, etc).
- See if you can physically go to the home, if not, obtain pictures.
- Assess for safety.
- Identification of items in the home that are the biggest contributors to the hoard.

When to Consider Seeking Outside Authorities

Varies from case to case!

Consider the following:

Children at risk

Elders at risk

Animals at risk

No running water, septic system, heat, electricity

Residents have health conditions that would prevent passage of medical assistance

Cognitive Behavior Therapy

Explores ideas about the home, items, and shopping behaviors and helps to change thinking patterns and distortions.

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Common Statements/Distortions

"It is easier to distract by shopping than to deal with my emotions."

"It was such a good deal."

"I will keep it just in case."

"I will throw it away later."

"Ill never find anything like this again."

"I'm going to fix it."

More Common Distortions

"I'm not sure what I'll use it for but I'll find some way to use it."

"My _____ would be upset if I got rid of it."

"My _____ would like this!"

"If I don't buy this now I will "always" regret it."

"Having this item will make me happy."

Filtering

We take the negative details and magnify them while filtering out all positive aspects of a situation.

"Even though I am a good mom, wife and employee, I must be a disorganized person since my house is cluttered."

Overgeneralization

You come to a general conclusion based on a single incident or a single piece of evidence.

"My house is cluttered so it must mean that I don't care about order in my life."

"I can't make decisions about where to put things so I must just be an indecisive person."

Polarized Thinking

Things are either "black-or-white." We have to be perfect or we're a failure — there is no middle ground. If your performance falls short of perfect, you see yourself as a total failure.

"If I can't keep the entire house clutter-free, there's no point in even cleaning it."

Blaming

You hold other people responsible for your behavior, for example, lack of cleaning up or failure to keep things in order.

"There were already dishes in the sink so there's no point in washing mine."

"No one else makes their bed so why should I?"

"Shoulds

We have a list of ironclad rules about how others and ourselves should behave.

"I should be able to keep the house in order on my own."

"I should know how to organize things."

"I should be able to resist buying things that I don't need."

"He should keep his things in order without my having to remind him."

Emotional Reasoning

We automatically believe that what we feel must be true.

"If I don't buy it now I will never find it again."

"If I can't discipline myself to keep the house in order, it means I'm an irresponsible person."

Mind Reading

You negatively interpret the thoughts or feelings of others, even though there are no solid facts that support your conclusions.

"My husband said he could see the efforts I was making in keeping the house in order, but what he really means is that I'm not trying hard enough."

Discounting the Positive

You reject positive experiences by insisting they don't count.

"Even though I was able to clean out the hall closet, I still have the rest of the house to organize."

"I was able to resist shopping online TODAY, but I'm still out of control."

Fortune Telling

You anticipate that things are going to turn out badly and treat the prediction as an established fact.

"If I can't keep my house in order now, I won't ever be able to do it in the future."

"I'm having trouble resisting shopping when I'm feeling sad. I'm never going to be able to deal with my emotions."

Exposure and Response Prevention

Helps one to begin to declutter the home and resist shopping and tolerate the uncomfortable feelings that surface.

A treatment that allows one to test whether their fears will actually happen.

Systematic desensitization

Next Step: Exposure and Response Prevention

Create a hierarchy of the items

Rate least anxiety producing items to highest

Begin the exposure to purge the items to explore whether feared consequences happen.

Rules for Decluttering

The OHIO Rule

The 3 Second Rule

Stick to one area~ don't get distracted by moving all over the house.

Have the proper items~ trucks, pod, tables, bags, boxes, gloves, sharpie

Personal Rule to Stick to!

If it's soiled, it goes.

If it's broken, it goes.

If you haven't worn it last season, it goes

If you don't see a home or purpose for it, it goes.

If it smells, it goes.

Key to Success

- Make a plan as to when the stuff will go.
- Make a plan as to how the stuff will go.
- Make a plan if you need help to move the stuff.
- All stuff "should" go within 24 hours.
- Do not revisit the stuff.

Time To Begin

- Begin with the easiest rooms first.
- Determine how long you are going to work.
- Consider a declutter buddy.
- Make it as enjoyable as possible.
- Reward yourself.

Organizing the Stuff

Keep

Donate

Recycle

Throw away

Avoid:

- ✓ Maybe piles
- ✓ I'll make a decision later pile
- ✓ Give away to family/friends piles

Rules for Decluttering

Set scheduled times every day to do the therapy

Don't allow anything else to interfere with that time

Remind yourself you are taking control of your life

Don't look at how far you have to go. Look at what you have done. Pool example.

Try not to get lost in discussions about the stuff.

Decluttering is Not Easy!

Be patient with yourself~ the clutter didn't happen over night.

Remember that what you have been doing has not been working.

Don't look at the big picture; take one day at a time.

Think of the "Greater Good."

Relapse Prevention

1. Shop for your goal/make a list.

Do not buy anything that doesn't have a home.

2. Stay on top of the clutter.

Put things away in the moment.

Be aware of procrastination.

3. Set a daily maintenance schedule.

Finish what you start.

4. If you start to fall behind, ask for help!

Personal Organizer

Helps to develop new organizational strategies within the home.

Works in conjunction with the therapist and psychiatrist.

Structured sessions keep the process on a consistent schedule.

How Can Family Members Help?

Be patient

Educate themselves about how they can help

Be empathic and validate your loved ones struggles

Do not throw away items without permission

Don't Badger about the condition of the home

Additional Family Tips

Avoid Threats

Enter the home without permission

Take pictures without permission

Attack their behavior or belittle

Attempt to use logic to help them see that the items are unnecessary.

Other Treatment Options That are Not Helpful

Talk therapy

Looking for reasons why

Having others clean out the house

Others cleaning out the house when the person who is struggling with hoarding is not there

Hospitalization

Medication

Recommended are the SSRI's-Selective Serotonin Reuptake Inhibitors

Paxil

Prozac

Luvox

Zoloft

Celexa

What is The Help is Not Accepted

Meet with a specialist in Hoarding and develop a plan/intervention including:

Whether to have the therapist present?

Where to have the intervention?

Who will be a part of the intervention?

What Happens During the Intervention?

Members express their concerns in a caring/loving/supportive manner.

"I" statements are used.

Remind them you are not judging them rather, you are concerned.

Validate

If not willing to go into treatment, to consider a consultation with a specialist that does not require any commitment to treatment.

Resources

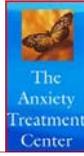
The Hoarder in You: How to Live a Happier, Healthier, Uncluttered Life.

Buried in Treasures by Randy Frost, Ph.D.

WWW.AnxietyTreatmentExperts.com

www.ocfoundation.org

www.napo.net



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