

## **CURICULUUM: HOARDING LEVEL 2**

### **“THEORY INTO ACTION”**

1. Brief review and elaboration of 3 essential components for hoarding.
2. Brief review of 2 essentials for successful interventions.
3. How to Apply Effective Strategies to Address Hoarding.
4. Intensive discussion of 3 paths to hoarding disorder.
5. 5 stages of change and how they relate to hoarding disorder.
6. Presentation & discussion of best use of for the 21 tools & resources provided for hoarding situations.
7. Hoarding intervention strategies relating to 11 problematic thinking patterns.
8. Working with those who hoard and their 7 most common beliefs and attachment to their things.
9. Basic hoarding related communication techniques.
10. Basic hoarding-related guidelines.
11. Emphasizing & respecting client’s personal choice & responsibility.
12. Setting and reinforcing client centered goals as they relate to the reality of the existing hoarding situation.
13. 3 effective exercises to support progress.
14. Cognitive distortion traps.
15. Other traps to avoid.
16. Building client centered positive options to support “letting go” and prevent relapse.
17. Review “on the go” tools to assist clients in beginning to make productive choices as they move forward.
18. Hands-on dealing with the reality of hoarding.
19. 10 stages of intervention for organizations to use & implementation outline for each step.
20. Tools and forms to assist with #18.
21. Moving forward with the provided realistic hoarding intervention model.