

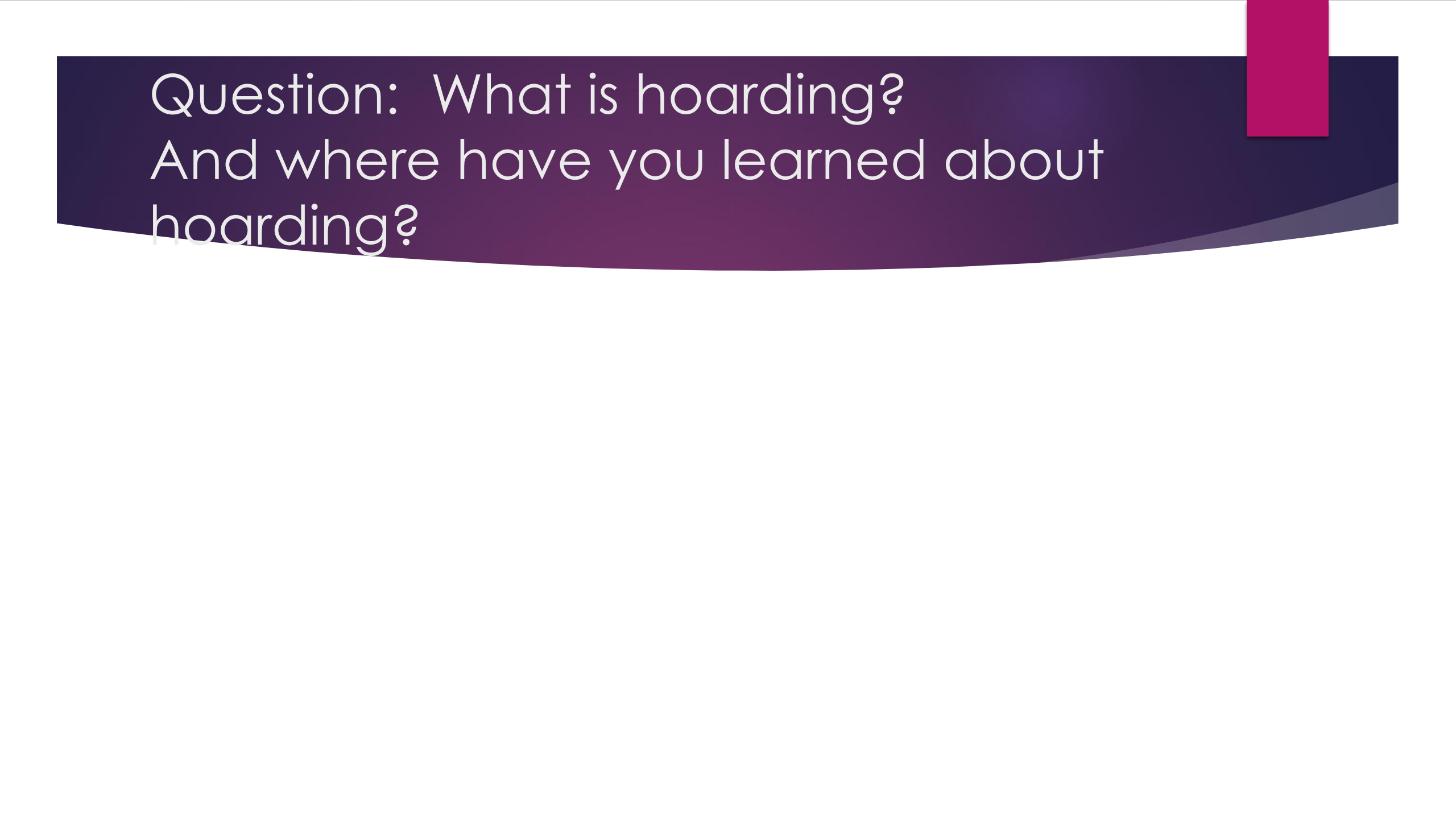
Trauma Training Tuesday 2-20-2024

Hoarding Behavior: Beyond the Myths

KATHY REBOUL, MSW

Who is welcome here?

- ▶ People who are here to learn
- ▶ People who have lived experience with lots of stuff
- ▶ Person who is affected by someone else's hoarding/clutter. (For example, a spouse or a child)
- ▶ A professional who, because of their work, is interacting with people and their stuff (For example landlords, firefighters etc.)
- ▶ Anyone and everyone else!!!!

A dark purple banner with a white text box and a pink vertical bar. The banner is positioned at the top of the page. The text box is white and contains the text "Question: What is hoarding? And where have you learned about hoarding?". The pink vertical bar is located on the right side of the banner.

Question: What is hoarding?
And where have you learned about
hoarding?



Are the words hoarder and hoarding helpful or not?

How are they helpful?

How can they be harmful?

(Just for a moment we are going to get scary technical but soon it will get better, I promise.)

The **Diagnostic and Statistical Manual of Mental Disorders – 5th Edition (DSM-5)**, American Psychiatric Association, 2013) defines Hoarding Disorder (HD) as follows:

1. Persistent difficulty discarding or parting with possessions, regardless of their actual value.
2. This difficulty is due to a perceived need to save the items and to distress associated with discarding them.
3. The difficulty discarding possessions results in the accumulation of possessions that congest and clutter active living areas and substantially compromises their intended use. If living areas are uncluttered, it is only because of the interventions of third parties (e.g., family members, cleaners, authorities).
4. The hoarding causes clinically significant distress or impairment in social, occupational, or other important areas of functioning (including maintaining a safe environment for self and others).
5. The hoarding is not attributable to another medical condition (e.g., brain injury, cerebrovascular disease, Prader-Willi syndrome).
6. The hoarding is not better explained by the symptoms of another mental disorder (e.g., obsessions in obsessive-compulsive disorder, decreased energy in major depressive disorder, delusions in schizophrenia or another psychotic disorder, cognitive deficits in major neurocognitive disorder, restricted interests in autism spectrum disorder).

*** With #5 and #6 people can still need help with their stuff, but they may need medical and/or mental health treatment. And they may need adjustments to how they get help with their stuff.

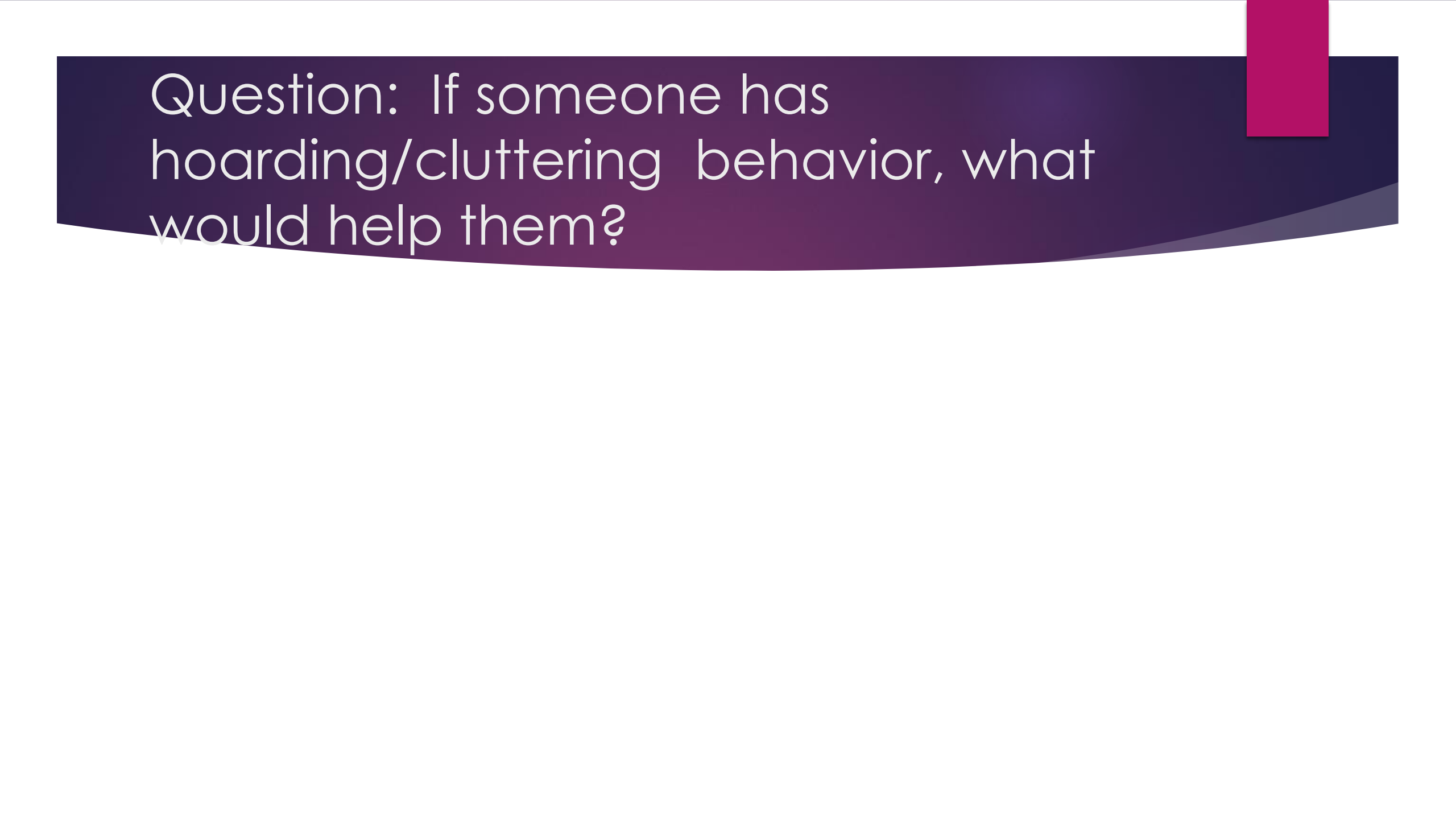
An easier way of looking at things:
First lets make it a calmer word, _____
Then let's talk about rivers, feelings & tables.

...


A River and a Dam

A Feeling

A Table



Question: If someone has hoarding/cluttering behavior, what would help them?



Exercise: Think back to a time you had a challenge & someone who inspired you to take action. . .

How can trauma/long-term stress interact with cluttering behavior

System Overload

- Coping techniques and nervous system are overwhelmed. What worked before doesn't work anymore.
- Ability to self-regulate
- Fight/Flight/Freeze/Fawn

What helps?

Direct response

- Clutter can be traced more directly to an event
- Loss of:
 - Control
 - Purpose
 - Identity
 - Safety
 - Memory

What helps?

Clutter can be traumatizing

Tipping point/Overwhelm

Shame

People's reactions

What helps?

“

If we assume all behavior makes sense . . . How can we think of Cluttering/H_____?

”



What treatment shows promise of helping? (Initial research shows promise-more research is needed)

- Eye Movement Desensitization and Reprocessing (EMDR Therapy)
- Compassion-Focused Therapy (CFT)

What we know helps!!

- ▶ Cognitive Behavioral Therapy (CBT)
- ▶ Reading Buried in Treasures, Second Edition
- ▶ Being in a Buried in Treasure group



What is this like for family members?
How can we support family members?

A decorative header bar with a dark purple gradient background. A bright pink vertical rectangle is positioned in the top right corner. The text "How can we support professionals?" is centered in white.

How can we support professionals?



To reach me for further questions
and/or request for services:
Please email me at
KathyReboul@msn.com

**I facilitate Buried in Treasure groups, counsel, help with decluttering,
give presentation.**

**It is my pleasure to help people who have lived experiences and
those in their lives either professionally or personally.**

