

# Going Beyond the Stuff: Interventions for Hoarding Disorder

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Hoarding disorder is characterized by difficulty discarding, clutter that interferes with use of space, and often excessive acquiring that result in marked impairment and distress for the individual with hoarding and those living with or near them. Hallmark conditions are disorganization, difficulty making decisions, excessive attachment to possessions, and both strong negative and strong positive emotions. Insight into the severity of the problem is often limited. The presenter will review the definition and features of hoarding, and describe and illustrate the cognitive behavioral conceptualization, assessments, and treatment to address this complex problem. The main treatment strategies include motivational enhancement; establishing clients' personal goals and values that guide treatment; skills training for organizing, problem-solving and decision-making; restructuring problematic beliefs; and practice exposures to sorting, parting with possessions and reducing acquiring. Research on individual, group, web-based, and self-help treatments for hoarding will be summarized.

Presented by:

**Jordana Muroff, Ph.D., LICSW** is an Associate Professor at the Boston University School of Social Work, Clinical Practice Department. She received her joint doctorate in Social Work and Psychology from the University of Michigan. Dr. Muroff is a licensed social worker with extensive clinical experience. Her research and practice interests are in CBT for children and adults with anxiety disorders with a specific interest in OCD and hoarding and the use of technology in assessment and interventions. She has published and presented widely in these areas and has recently first authored a book titled: *Group Treatment for Hoarding Disorder: Therapist Guide* released by Oxford University Press. Her research has been funded by the International OCD Foundation, Massachusetts Department of Public Health, and SAMHSA.

(6 CE Credits)

## LEARNING OBJECTIVES:

At the conclusion of the presentation, participants will be able to:

1. Identify and understand the nature of hoarding.
2. Describe and begin to apply a specialized CBT model and assessments for understanding and treating hoarding.
3. Describe and begin to apply cognitive and behavioral interventions that improve hoarding, including skills training, modifying thinking, practicing discarding, reducing acquiring, and motivational enhancements.
4. Briefly review research outcomes for CBT treatment for hoarding.