UNDERSTANDING AND TREATING HOARDING DISORDER

Instructor: Michael A. Tompkins, Ph.D.

COURSE DESCRIPTION

Hoarding is the acquisition and failure to discard a large number of possessions that appear to be useless or of limited value in attempt to postpone or decrease distress or anxiety. Hoarding disorder, and is a significant problem for 4-5% of the population. For people with hoarding disorder open to treatment, cognitive-behavior therapy is the psychological treatment of choice for people with this debilitating condition. Understanding and Treating Hoarding Disorder presents the essential features of hoarding disorder, and the cognitive-behavioral model of hoarding behavior. Clinicians will learn strategies to evaluate and develop treatment plans for people with hoarding disorder, and the typical cognitive and behavioral strategies used to treat the condition. Because even those with hoarding disorder who are open to treatment have variable insight, the workshop will emphasize strategies to enhance willingness to adhere with the goals and tasks of the therapy. The workshop will include didactic and experiential learning, as well as video of important components of cognitive-behavior therapy for hoarding disorder.

LEARNING OBJECTIVES

1. Attendees will learn the cognitive behavioral model of compulsive hoarding.
2. Attendees will learn to evaluate and develop a treatment plan for hoarding disorder.
3. Attendees will learn typical cognitive and behavioral interventions for hoarding disorder.

OUTLINE

9:00 AM    The Problem
Exercise – The Experience of Hoarding
Definition and Diagnostic Criteria
Onset, Prevalence, and Course
Insight
Efficacy of Cognitive-Behavior Therapy for Hording Disorder

10:00 AM   The Model
Information Processing Factors
Emotional Response Factors
Beliefs, Thoughts, and Assumption Factors
Conditioning Factors
Risk Factors

11:00 AM   The Components
Assessment
Formulation

12:00 NOON Lunch
01:00 PM  The Components (continued)
Motivational Enhancement

02:00 PM  Skills Training – Organizing, Planning, and Problem Solving
Exposure Targets and Strategies

03:00 PM  Cognitive Targets and Strategies
Strategies to Decrease Acquiring
Relapse Prevention

04:00 PM  Adjourn

REFERENCES


