BiT One On One

Buried in Treasures for Service Providers
INTRODUCTIONS

The Attendees
Buried in Treasures
“BiT”

David F. Tolin
Randy O. Frost
Gail Steketee
Tell Me More About You
Our Goal

- Introduce Buried in Treasures (BiT)
- Identify problems experienced by clients with a Hoarding Disorder diagnosis
- Present skills and techniques used in BiT
- Apply these techniques to a one-on-one relationship
The Diagnosis: Hoarding Disorder

I. Difficulty discarding

II. Strong urges to save things

III. Excessive clutter

IV. Distress or impaired functioning

Additional characteristics

Excessive acquiring

Poor insight
Who Are Our We?

3-5%
9 - 15 Million People
Who Are Our We?
Co-Morbidities

- MDD: 57
- Generalized Anxiety: 28
- Social Anxiety: 29
- OCD: 17
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What are our challenges? – Mental functioning
What are our challenges? - Mental functioning

- Attention
- Categorization
- Decision Making
- Memory
What are our challenges?— Over Thinking

- Overly Creative Thinking
- Perfectionism
What are our challenges?--- Emotions

- Sentimental attachments
- Identity
- Safety, security and control
Understanding and Accepting Ourselves

The Rating Scales
Understanding and Accepting Ourselves

The Rating Scales

The Hoarding Rating Scale

Is my home safe?

Are your daily activities impaired?

The Home Environment Index
Understanding and Accepting Ourselves

Perception

Do you see what I see?

Telling your story?
Are YOU ready to change?
The Bad Guys

- Not my priority
- Unhelpful beliefs
- Perfectionism
- Beliefs about responsibility
The Bad Guys

- Attachments
- Identity
- Memory
- Control
The Bad Guys

- Overthinking
- Avoidance
- Short-term payoff
It’s Not All About Clutter

- Non-acquiring shopping trips
- Non-acquiring hierarchy
It’s Not All About Clutter

Non-acquiring Help Card

My goals for reducing acquiring are:
1. 
2. 
3. 
I cannot get this unless:
  * I plan to use it within the next month.
  * I have enough money right now to pay for it.
  * I have a place to put it so it doesn’t add to the clutter.
  * I am sure I truly want this and will not regret it.
  * My life is consistent with my goals and values.

Questions to ask yourself:
  * Do I already own something similar?
  * Am I buying this because I feel broked, depressed?
  * Will I regret getting this in a week?
  * Could I manage without it?
  * Do I have enough time to fix this, or do I have more important priorities?
  * Do I want it just because I’m looking at it now?
  * Will me getting this help me solve my hoarding problem?
The Good Guys

- Eye On The Prize
- Thinking it through
- Testing it out
- Your Practice Muscle
Putting It All Together

- Emotional attachment and unhelpful beliefs about possessions
- Problems processing information
- Reinforcement
- Behavior Patterns
- CLUTTER
Putting It All Together

- Emotional attachment and unhelpful beliefs
- Problems processing information
- Difficulty making decisions
- Reinforcement
- Prevent bad feelings

Behavior Patterns
- Avoid Discarding

CLUTTER
I. Set your priorities

II. Keep your eye on the prize

III. Develop the right skills
What do I do now?

Aim for the stars
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Goals of the Game Plan

- Make getting started easier
- Provide structure for your work
- Simplify your decision making tasks
- Improve your decision making – Make better/easier/faster decisions
- Reduce stress
- Reduce clutter
- Have fun
The Game Plan

- Identify the challenges
- Identify your goals
Find a Technique that Works For You
Find a Technique that Works For You
### Calendar for November 2014 (United States)

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*Phases of the moon: 8, 14, 22, 28*

*Holidays and Observances: 11: Veterans Day, 27: Thanksgiving Day*
Find a Technique that Works For You
Find a Technique that Works For You
The Game Plan

- Identify the challenges
- Identify your goals
- Find a technique that works
- Choose a place to start
A PLACE TO START

ARE YOU READY?

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A PLACE TO START
CATEGORIES
The Game Plan

- Identify the challenges
- Identify your goals
- Find a technique that works
- Choose a place to start
- Identify your categories
- Create your hierarchy list
Hierarchy List

10  Paper
2   Medicine
5   Bills
9   Books
6   Clothes
10  Plastic food containers
4   Spices
4   Shopping bags
7   Canned goods
6   Dishes
DECISION MAKING QUESTIONS

Would I buy it again if I did not already own it?

Am I keeping it only because of the money I spent?

Do I have enough space for it?

Is it of good quality, accurate and / or reliable?

When do I have time to read this/ fix this / finish this project ?

Am I keeping this just because I am looking at it now?

Do I already have enough / too many of these?
RULES FOR LETTING GO

If it doesn’t fit it must go

If I have 5 of these all others must go

If I have not worn it in a year it must go
If it is badly stained it must go

If I don’t have room for it it must go

If I have not read it in 6 months it must go
ACCESS PROGRESS
Q & A

The expert in anything was once a beginner.
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THANK YOU