

# **Voices of Family and Friends**



**CREATING POSITIVE CHANGE THROUGH  
EDUCATION AND SUPPORT**

**Presented by Susie DuBois, MFT**

**March 23<sup>rd</sup>, 2018**

# Today's Presentation



- Introductions
- The Friends and Family Support Group
- Short Video of Member Stories
- Panel Discussion



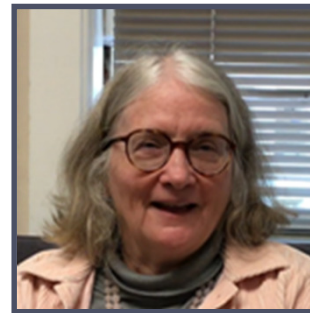
# Who are we?

## Group Facilitator

Susie DuBois, MFT



## Group Members



Catherine  
Gray



Drew  
Montgomery



Margarita  
Recinos

# History of the Group

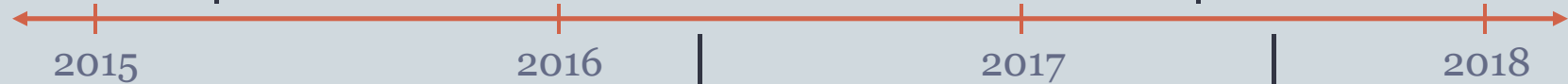


## 1<sup>st</sup> Group - Spring 2015

- Facilitated by Susie DuBois, MFT and Dr. Joanne Chan
- 6 bi-weekly 2 hour sessions
- Drop-ins welcome

## 3<sup>rd</sup> Group - Spring 2017

- Facilitated by Susie DuBois, MFT
- 14 weekly 2 hour sessions
- Drop-ins welcome



## 2<sup>nd</sup> Group - Spring 2016

- Facilitated by Susie DuBois, MFT
- 16 weekly 2 hour sessions
- Drop-ins welcome
- Expanded curriculum

## Post Group Support

- Facilitated by Susie DuBois, MFT
- Monthly 1 1/2 hour sessions
- Existing members

# Who attends the Group?



- Participant age has ranged from 18-75
- Very diverse group, men and women
- Husbands, wives, partners, sons, daughters, brothers, sisters, housemates and neighbors
- From all over the Bay Area
- Some drop-ins, some participants come every week

# Goals of the Group



1. To provide a safe space for friends and family to receive support
2. To provide comprehensive education about Hoarding Disorder and the issues encountered by friends and family members of people with cluttering behaviors

# 14 Week Curriculum



1. Welcome and Introductions  
General Information about  
Hoarding Disorder
2. Hoarding Model
3. Communication  
Ground Rules
4. Assertiveness Training  
Setting Limits and Boundaries
5. Cycle of Change  
Ambivalence  
Enhancing Motivation
6. Acquisition
7. Coaching Techniques  
Habituation and Experiments  
Discarding Rules and Questions
8. Self-Care  
Letting Go and Forgiveness
9. Problem Solving
10. Paperwork Techniques
11. Communication
12. Co-dependency
13. Open Topic
14. Celebrating Successes and Saying  
Goodbye

# Participant Feedback



“I feel like the group gave me a soft place to land.”

“I have more acceptance and less anxiety.”

“I am less angry.”

“I have **hope**.”

“I now understand that things change slowly.”

“My compassion increased.”

“I went beyond my resentment and feel that I’m in a more constructive place.”

“I feel like I have some tools now, so there’s something that I can do.”

“I am more assertive, and am speaking up more, even if I fear the outcome.”



# NEXT GROUP



**April 10, 2018, 6 - 8pm**



**Flood Building**  
870 Market Street, Room 785

**Questions?**

Call Stephen Leader at 415-421-2926, x316

# Short Video



## VOICES OF FAMILIES AND FRIENDS

# Panel Discussion



**Catherine Gray**  
**Drew Montgomery**  
**Margarita Recinos**