

## Hoarding Disorder: Practical Interventions for Your Client

DATE & TIME:

January 14 & 15, 2025

1:00PM – 4:00PM

***Sign-in begins 15 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.***

**PLACE :** Web Broadcast – Microsoft Teams

**REGISTRATION:** <https://eventshub.dmh.lacounty.gov>

**DESCRIPTION:** This training provides a foundational understanding of Hoarding Disorder and evidence-based treatment options. New to the DSM, Hoarding Disorder has been categorized under anxiety disorders in the DSM-5. A brief discussion of safety when working in the client's home will detail how to assess for safety issues (The HOMES assessment) and helping clients confront the realities of smells, mold, or other unsafe conditions. When client is ready to begin to discard there are a number of techniques for a therapist to employ. These may include exposure with response prevention, motivational interviewing, and techniques that fall under cognitive behavioral therapy (e.g., "Only Handle it Once (OHIO)", the 5-box technique, creating a vision for your home, the hula hoop technique, use of timers, a home for everything, an "enough" list, and non-shopping trips). The presenter will share some techniques to manage common obstacles when dealing with hoarding clients such as managing anxiety, all or nothing thinking, working with ADHD, OCD or OCPD, and dealing with churning. Also discussed will be other resources for the client such as working with a professional organizer, Clutterers Anonymous or a Buried in Treasures group.

**TARGET AUDIENCE:** DMH and contract providers.

**OBJECTIVES:**

**As a result of attending this training, participants should be able to:**

1. Describe the cognitive and emotional aspects of hoarding disorder that lead to a client's excessive acquisition and/or difficulty discarding items.
2. Describe how to assess a client's level of insight and readiness for treatment.
3. Identify specific CBT techniques to engage clients in treatment for Hoarding Disorder.
4. Describe harm reduction techniques in order to assist resistant clients in creating safer home environments.
5. Describe the particular vulnerabilities/special challenges that older adults or disabled persons encounter.
6. List outside resources to assist those who are at a loss for how to proceed with supporting hoarder.

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**DEADLINE:** When capacity is reached.

**CONTINUING EDUCATION:** 6.0 hours for BBS, BRN, CCAPP-EI  
6.0 CE for Psychologist

**COST:** NONE