



THE POWER OF PEER RESPONSE

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FACILITATED SELF-HELP GROUPS FOR HOARDING: THE BIT WORKSHOP



Frost, Pekareva-Kochergina, & Maxner. (2011). The effectiveness of biblio-based support group for hoarding disorder. *Behaviour Research & Therapy*, 49, 628-634.

Frost, Ruby, & Shuer. (2012). The Buried in Treasures Workshop: Wait list control trial of facilitated self-help for hoarding disorder. *Behaviour Research and Therapy*, 50, 661-667.



THE BURIED IN TREASURES WORKSHOP



- o Facilitated by peers or non-professionals
- o *Facilitator's Guide* (Shuer & Frost, 2014)
 - Available at ocfoundation.org
- o *Buried in Treasures* (Tolin et al., 2nd. Ed., 2013)
- o 15 sessions; 17-20 weeks -
- o 6-9 members per group



INTRODUCTION: CHAPTER 1

- o Goals
- o Language
- o Expectations
- o Overview



WHAT IS HOARDING? CHAPTER 2

- o DSM-5
- o Case Examples
- o Course
- o Special Issues
 - Acquisition
 - Insight
 - Unsanitary conditions
 - Animal hoarding
 - Co-morbidity



DO I HAVE A PROBLEM WITH HOARDING? CHAPTER 3.

- o Hoarding Rating Scale
- o Safety Questions
- o Activities of Daily Living
- o Home Environment Index



MEET THE BAD GUYS.

BAD GUY #1: IT'S JUST NOT MY PRIORITY.

- o Motivation.
- o Ambivalence.
- o Are you ready for change
 - Not ready for it.
 - Thinking about it.
 - Working on it.
 - Keeping the ball rolling.



**BAD GUY #2: LETTING UNHELPFUL BELIEFS
GET IN THE WAY**

- o Beliefs about Usefulness
- o Perfectionism & Fear of Mistakes
- o Beliefs about Responsibility
- o Attachment to Possessions
- o Beliefs about Objects as Sources of Identity
- o Underestimating Memory
- o Beliefs about Control



**BAD GUY #3:
OVERTHINKING OR CONFUSING YOURSELF.**

- o Creativity and hoarding
- o Hoarding thoughts



BAD GUY #4:
AVOIDANCE AND EXCUSE-MAKING

- o Avoiding unpleasant experiences
 - Decisions
 - Mistakes
 - Anxiety
 - Sadness
- o Making excuses for not working
 - Time
 - Stress
 - fatigue



BAD GUY #5:
GOING FOR THE SHORT-TERM PAYOFF

- o Finding treasures or bargains

- o Resisting short-term payoffs for long-term gains



BASIC ELEMENTS OF THE PROGRAM

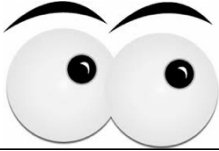

- o Non-Acquiring

- o Sorting



MEET THE GOOD GUYS: STRATEGIES FOR BEATING HOARDING

o 1. Keeping your eyes on the prize

GOOD GUY #2: DOWNWARD ARROW

o What would happen if you threw that out?


Why would that be so bad? *Good Guys*

What would be so bad about that?

What's the worst part about that?

So, if you threw that out, it would mean

GOOD GUY #3: THINKING IT THROUGH.



o Most acquiring and saving decisions are automatic.

o Crucial questions can change the process.

- How many of these are enough?
- Have I used this in the last year?
- Is this good quality?
- Will getting rid of it help solve my hoarding problem?

????????????

GOOD GUY #4: TESTING IT OUT.



- o Creating hypotheses
 - If....., then.....
 - If I throw this out, then I won't be able to stop thinking about it.
- o Testing hypotheses
 - o Create an experiment to see whether the hypothesis/ belief is true.
- o If this belief isn't true, what is a more rational belief?

GOOD GUY # 5. DEVELOPING THE RIGHT SKILLS.



- o Organizing
- o Problem Solving

GOOD GUY #6. YOUR PRACTICE MUSCLE.



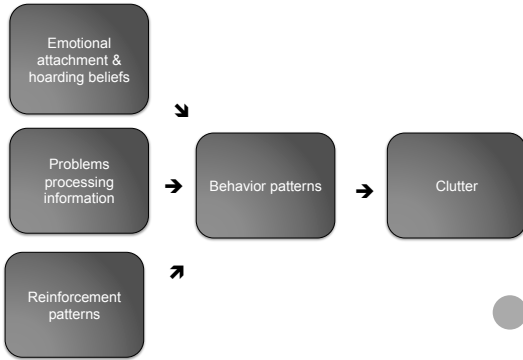
- o Practice is the only way to get better.
 - Non-acquiring
 - Sorting
 - Discarding/letting go.
 - Organizing.
- o Start slowly and build this muscle.

PROGRAM GOALS

- o Understand why you hoard.
- o Create living space you can use.
- o Find your things.
- o Improve your decision-making skills.
- o Reduce acquiring and enjoy other activities.
- o Reduce clutter.



HOW DID THIS HAPPEN?



ENHANCING MOTIVATION

- o Recognizing a problem
- o Readiness to work on it
- o Telling your story
- o Values and Goals
- o Visualization exercises
- o A contract with yourself



I'm tired
 It's too cold
 It's too hot
 It's raining
 It's too late
 Let's go

REDUCING ACQUISITION



- o Step 1: Discovering what, how, and why you acquire.
- o Step 2: Changing your thoughts about acquiring.
- o Step 3: Learning to tolerate your triggers to acquire.
- o Step 4: Developing alternate sources of enjoyment and coping.



SORTING/REMOVING STUFF

- o Problem Solving
- o Making categories
- o Decision-Making
- o Following through
 - Where to start
 - Decision-making questions
 - Rules for letting things go
- o Tolerating Distress
- o Experimenting with letting go



HERE COME THE BAD GUYS

- o It's just not my priority
- o Avoidance & excuse-making
- o Going for the short term payoff
- o Letting unhelpful beliefs get in the way
- o Overthinking or confusing yourself



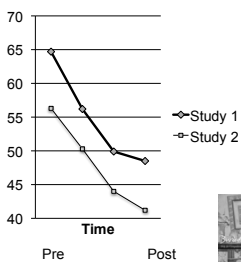
MAINTAINING YOUR SUCCESS

- o Checking your progress
 - Is your home safe?
 - Is your home sanitary?
 - Are your daily activities impaired?
- o Establishing a schedule
- o Bringing other people into your home
- o Coping with setbacks
- o Using available resources

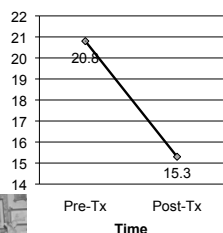


OUTCOMES FROM THE BURIED IN TREASURES WORKSHOP PROJECT (FROST ET AL., 2011)

SIR – Studies 1 and 2

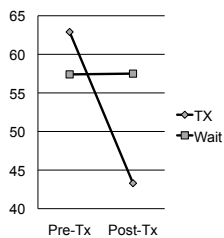


HRS – Study 2

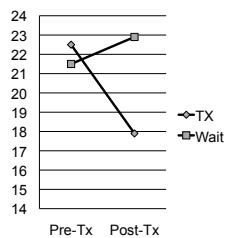


WAIT-LIST CONTROL STUDY (FROST ET AL., 2012)

SIR



HRS



Frost, Ruby, & Shuer, 2012

SALLY -

- o "I first read the book and revved up my uncluttering. But when I re-read the book with my support group and did all the exercises, I understood myself better. I didn't just clear out some space. I changed."

Ocdfoundation.org

