



**DEBORAH  
FISHER**  
M.S., LPC



*talks about*

## Hoarding Disorder

- Are you feeling overwhelmed by your possessions?
- Do you feel like your possessions are running your life?
- Is it difficult or overwhelming to sort or discard your possessions?
- Are you too embarrassed to invite anyone to your home because of the clutter?

If so, take heart! You are not alone...help is on the way!

### What is hoarding?

Hoarding is most commonly described as accumulating too much “stuff”. Hoarding creates so much clutter that living space is unusable. If there is no or minimal clutter, it is only because of the interventions of a third party. Experiencing emotional distress when thinking about parting with possessions which leads to excessive accumulation must be included to be diagnosed with Hoarding Disorder. This behavior causes significant problems in social, personal, occupational and financial functioning and may be accompanied by “acquiring problems” such as acquiring free items, picking up things others throw away and/or compulsive buying.

### How common is it?

Hoarding Disorder is a mental disorder affecting between 2% to 6% of the population which is 1 in 20 or 15 million people in the United States.

### Who has it?

Hoarding often begins early, between the ages of 11 and 15 but does not become serious until well into adulthood. It may run in families and is equally present in males and females. Hoarding usually occurs with other disorders such as ADHD, depression, anxiety, OCD and/or trauma. Characteristics may include creativity, perfectionism, identity in possessions and a sense of control.

### What can be done about it?

New Life Resources, Inc. offers a treatment program incorporating

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Cognitive Behavioral Therapy (CBT) specifically designed to treat Hoarding Disorder. Treatment includes extensive assessments and working collaboratively with the therapist to set and achieve short and long term goals. This program includes weekly sessions and monthly home or off-site visits designed to teach you:

- Problem solving skills
- Decision making skills
- How to challenge and reconstruct irrational thoughts and beliefs
- How to manage anxiety
- How to reduce acquisition
- How to sort and discard items

The Hoarding Disorder Treatment Program allows for the treatment of co-occurring disorders as well. Clients are treated from a body, mind and spirit perspective. Behavior change is a key component; however, treatment does not stop there. Core issues and beliefs will be addressed in therapy allowing for recovery and maintaining change.

If your possessions have taken on a life of their own, this program is for you. It's time to enjoy your home and your life! Be encouraged! You are not in this alone.

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Steketee, G. & Front, R.O. (2014). Treatment for Hoarding Disorder (2nd ed.) New York: Oxford University Press.



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