



Hoarding Disorder

Online Group Treatment



Have your possessions become a prison?

For 2%-6% of the population, life is overcomplicated due to extreme difficulty getting rid of unneeded items. The accumulating clutter interferes with daily activities, compromises quality of life, and adversely affects relationships with others.

South Shore Clutter Reduction Collaborative is sponsoring a unique clinical treatment option for persons experiencing symptoms of Hoarding Disorder.

Visit www.SouthShoreCRC.org to learn more and register:

- ✓ Who is eligible to join.
- ✓ Technology access requirements.
- ✓ Session content and in-home visit schedule.
- ✓ Benefits of clinical treatment for Hoarding Disorder.

20 Session Weekly Online Group: **Wednesdays 6:00pm-7:30pm** **February 13, 2019 – June 26, 2019**

- Small group, clinician-led format in online classroom.
- Two-hour, weekly sessions (6:00 p.m. – 7:30 p.m.)
- Pre and post-group interviews by phone and in-home to assess symptoms of hoarding.
- Participants will complete a workbook: *Treatment for Hoarding Disorder* (Steketee & Frost, 2014).
- Treatment program is based upon more than 20 years of research to understand hoarding and develop effective interventions to help.
- This is the second group offering of two groups funded by CHNA 20.
- Group and materials offered free-of-charge.