



Treatment for Hoarding Disorder: Therapist Guide (Treatments That Work)

By Gail Steketee, Randy O. Frost

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The relationship people have with their possessions ranges from purely utilitarian to intensely emotional. For most people, their personal possessions provide them with a sense of security, comfort, and pleasure. However, if someone loses the ability to distinguish useful or important possessions from those that make life overly complicated, the objects can become a prison. For people who suffer from Hoarding Disorder (HD), the process of getting rid of unneeded objects is not easy. For them, possessions never "feel" unneeded and trying to get rid of them is an excruciating emotional ordeal.

This Second Edition of *Treatment for Hoarding Disorder* is the culmination of more than 20 years of research on understanding hoarding and building an effective intervention to address its myriad components. Thoroughly updated and reflective of changes made to the Fifth Edition of the *Diagnostic and Statistical Manual for Mental Disorders (DSM-5)*, this second edition of the *Therapist Guide* and accompanying client *Workbook* outlines an empirically supported and effective CBT program for treating hoarding disorder. This *Therapist Guide* is written for mental health clinicians-psychologists, social workers, psychiatrists, counselors, and psychiatric nurses-to guide effective treatment of people with hoarding disorder. It provides numerous assessment and intervention forms to help clients use the methods described in the intervention. A major goal of the treatment is to recapture the positive role of possessions in the lives of people with hoarding problems, and strategies are outlined for sustaining gains and making further progress, as well as for managing stressful life events that can provoke problematic acquiring and difficulty discarding.

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Editorial Review

Review

These workbooks are essentials for those hoping to offer a structured psychological intervention for this disorder. Alexandra Quigley, Journal of Mental Health

About the Author

Dr. Gail Steketee is Dean and Professor at the Boston University School of Social Work. Her scholarly work has focused on developing and testing treatments for obsessive compulsive spectrum disorders, especially hoarding symptoms in recent years. Dr. Steketee has published over 200 articles and chapters, and over a dozen books on these topics, including therapist guides, client workbooks, edited volumes, and self-help books on hoarding and related conditions. She gives frequent lectures, workshops, and media interviews on hoarding and related conditions to professional and public audiences in the U.S. and abroad.

Dr. Randy O. Frost is the Israel Professor of Psychology at Smith College and an international expert on hoarding and related phenomena. He has published over 150 scientific articles and book chapters on these topics. Dr. Frost has co-authored several books on hoarding and was awarded the Lifetime Achievement Award for excellence in innovation, treatment, and research in the field of hoarding and cluttering by the Mental Health Association of San Francisco. He gives frequent lectures, workshops, and media interviews on the topic of hoarding and related conditions.

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Elsie Wallace:

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