

Buried in Treasures Clutter Reduction & Accountability Group

Week 2: Assessing Hoarding & Clutter Challenges

“Get rid of clutter and you may just find it was blocking the door you’ve been looking for.”
(K. Mayer)

2024 Meeting Dates & Times: Wednesdays 3:30PM-5:00PM

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|------------|------------------|
| 1. May 20 | 7. August 12 |
| 2. June 3 | 8. August 26 |
| 3. June 17 | 9. September 9 |
| 4. July 1 | 10. September 23 |
| 5. July 15 | 11. October 7 |
| 6. July 29 | 12. October 21 |

Group Comfort Agreement:

- We try not to ask other group members personal questions.
- What’s said here, stays here.
- Please make “I” statements, only referring to your personal experiences.
- Participation is voluntary.
- The group will begin at 3:30 PM and end at 5:00PM.
- Cell phones should be set to silent and important calls will be taken outside of the room.
- Please be on time. Contact Suzanne (otte.msw@gmail.com) for absences or late arrivals.
- Group cancellation calls will be made by noon on the day of the group.

Syllabus:

Week 1:

Introduction & Getting to Know the Group

Week 2:

Assessing Clutter and Hoarding Challenges

Week 3:

Meet the Bad Guys

Week 4:

Meet the Good Guys

Week 5:

How Did This Happen?

Week 6:

Enhancing Motivation

Week 7:

Help with Reducing Acquiring

Week 8:

Sorting & Discarding Preparation

Week 9:

Sorting & Discarding – Let’s Go!

Week 10:

Bad Guys: Motivation and Working Time

Week 11:

Bad Guys: Taking on Your Brain

Week 12:

Planning Next Steps & Celebrating Success

Session to Session:

- Handouts will be distributed at each session.
- Bring book to each session. Keep handouts and notes in one place.
- Write in your book
- Set goals!
- Practice sorting, decision making, and discarding.

Check-In:

- Mood rating (0-10)
- Show & Tell of the item you brought in this week. What is it? Why do you like it?
- 1 sentence: Describe how your 2 weeks have gone – related to your clutter.
- Homework: Share an insight your gained from the homework (Chapter 1,2,3 BIT).

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Review of Diagnostic Criteria of Hoarding Disorder:

- Difficulty discarding
- Strong urges to save things
- Clutter
- Distress or impaired functioning
- Two specifiers (that may or may not be present)

Discussion:

Difficulty discarding:

Strong urges to save things:

Clutter:

Distress or impaired functioning:

Two specifiers:

Closing discussion: Final thoughts or reflections about what we talked about today? Concerns? Take-aways?

Goal Setting: At the close of each group, we will ask each person to set a short-term clutter-related goal for the 2 weeks between sessions.

- Identify the problem or area you'd like to work on. Be specific.
- Define what you want to achieve.
- Create your plan. Write your goal.
- Set a timeline. Scheduling your work may help.
- Learn by doing. If needed, adjust your goals along the way.
- Be realistic. Clutter likely didn't accumulate in a short period of time. Be thoughtful about taking on a goal that is too ambitious.
- Share your progress during group time.

Preparing for Next Session:

1. Read chapter 4 in the Buried in Treasures (BIT) book, "Meet the Bad Guys!"
2. Take pictures of your space and date them to track progress through the course of the group. It is not required that you share your photos.
3. Questions? Please e-mail Suzanne at otte.msw@gmail.com.

Check-out:

- Mood rating (0-10)
- Your goal for the next 2 weeks between sessions?
- One sentence: Words of encouragement for your group peers.

NOTE: All slides and handouts are posted here:

<https://www.southshorecrc.org/hull2024>

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Sources:

Shuer, L. & Frost, R.O. (2014). *Buried in Treasures Workshop Facilitator's Guide (Version 5.0)*.

Tolin, D., Frost, R.O., & Steketee, G. (2014; 2nd ed.) *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding*. New York: Oxford University Press.

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