



**WEEK 1**

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# **BURIED IN TREASURES: SUPPORT GROUP FOR HOARDING & CLUTTER**

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**DO SOMETHING TODAY THAT  
YOUR FUTURE SELF WILL  
THANK YOU FOR.**

**K. Mayer**

## WEEK 1 — BURIED IN TREASURES : SUPPORT GROUP FOR HOARDING & CLUTTER

### 2026 MEETING DATES & TIMES

TUESDAY'S 4:00PM-5:30PM

- ▶ 1. April 7th
- ▶ 2. April 14th
- ▶ 3. April 21st
- ▶ 4. April 28th
- ▶ 5. May 5th
- ▶ 6. May 12th
- ▶ 7. May 19th
- ▶ 8. May 26th
- ▶ 9. June 2nd
- ▶ 10. June 9th
- ▶ 11. June 16th
- ▶ 12. June 23rd

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# GROUP COMFORT AGREEMENT

- ▶ What's said here, stays here.
- ▶ We try not to ask other group members personal questions.
- ▶ Please make "I" statements, only referring to your personal experiences.
- ▶ Participation is voluntary.
- ▶ The group will begin at 4:00 PM and end at 5:30 PM with a brief stretch break.
- ▶ Cell phones should be set to silent or vibrate; important calls will be taken outside of the room.
- ▶ Please be on time. Contact Suzanne ([so@SuzanneOtte.com](mailto:so@SuzanneOtte.com)) for absences or late arrivals.
- ▶ Group cancellation calls will be made by noon on the day of the group.

## GETTING TO KNOW US

▶ **Three things about me:**

Choose three facts (2 true, 1 not) to share with the group.  
We'll try to guess which is the "not".

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### 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:** Taking on Your Brain
- ▶ **Week 11:** Maintaining Momentum
- ▶ **Week 12:** Planning Next Steps & Celebrating Success

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### SESSION TO SESSION

- ▶ Slides and handouts will be distributed at each session.
- ▶ Bring book weekly. Keep handouts and notes in one place.
- ▶ Write in your book.
- ▶ Set goals!
- ▶ What steps might you take to keep up with reading and home goals?
- ▶ Right away: start practicing sorting, decision making, and discarding.

## MOTIVATION

- ▶ What motivated you to join the group?
- ▶ How do you refer to this challenge? Specific term?
- ▶ What will help to motivate you to continue through the group?

## MOTIVATION TO PRESENT AND FUTURE SELF

- ▶ On an index card - to be kept by Suzanne until the last session of the group, when it will be returned to you ...
  - ▶ Write a few sentences to your future self ...
    - ▶ Include encouragement
    - ▶ Your wishes for the group experience
    - ▶ Why you are joining the group and hopes for future you.
  - ▶ Drop the card into your envelope with your name on it and return to Suzanne or Alison.

## WHAT IS HOARDING DISORDER?

- ▶ 2013 criteria set by The Diagnostic and Statistical Manual of Mental Disorders (DSM-5).
- ▶ Difficulty discarding.
- ▶ Strong urges to save things.
- ▶ Excessive clutter.
- ▶ Distress or impaired functioning, reduced quality of life.
- ▶ May or may not be present: excessive acquiring and poor insight into issue.

## DISCUSSION ABOUT CLUTTER & HOARDING DISORDER

- ▶ What kinds of images of Hoarding Disorder (HD) have you seen and where?
- ▶ Did you think it was a fair and dignified portrayal?
- ▶ Which aspects of cluttering or hoarding are priorities for you to work on?
- ▶ What kinds of impact has clutter had on your life?

## CLOSING DISCUSSION

- ▶ Final thoughts or reflections about what we talked about today?
- ▶ Concerns to share?
- ▶ What are you taking away from today's conversation?
- ▶ What do you hope to learn in the group?

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### GOAL SETTING

- ▶ At the close of each group, we will ask each person to set a short-term clutter-related goal for the week between sessions.
  - ▶ Identify the area or problem you'd like to work in/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 goal 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.

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### PREPARING FOR NEXT SESSION

- ▶ We will reach out to schedule a pre-group assessment. You will speak with Alison by phone to complete several sets of clutter-related questions.
- ▶ Read chapters 1, 2 and 3 in the Buried in Treasures (BIT) book before our next session.
- ▶ Complete the self assessments in BIT chapter 3. (The HRS will also be completed with Alison).
- ▶ Complete Homework Form for Session 2 and bring to next group.
- ▶ Bring to the next meeting an item or photo that represents some of what you collect.
- ▶ Questions? Please e-mail Suzanne at [so@SuzanneOtte.com](mailto:so@SuzanneOtte.com).

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### CHECK-OUT

- ▶ Mood rating (0-10)
- ▶ Your goal for the next week between sessions?
- ▶ One sentence or one word of encouragement for yourself and fellow group members?
- ▶ Next session: Tuesday, April 14th at 4:00PM