

Buried in Treasures Clutter Reduction & Accountability Group

Week 1: Introduction & Getting to Know the Group

Slides Posted Online: <https://www.southshorecrc.org/sspch-bit-2026>

“Do something today that your future self will thank you for.”
(K. Mayer)

2026 Meeting Dates & Times: Wednesdays 3:30PM-5:00PM

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

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 4:00 PM and end at 5:30 PM.
- Cell phones should be set to silent and important calls will be taken outside of the room.
- Please be on time. Contact Suzanne (so@SuzanneOtte) 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”!

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.

Sources: (1) Shuer, L. & Frost, R.O. (2014). *Buried in Treasures Workshop Facilitator’s Guide (Version 5.0)*; (2) 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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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?

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?
- Do 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 and 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?

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

Preparing for Next Session:

- We will reach out to schedule a pre-group assessment.
- 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.
- 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.