



# Digging Out: Helping with Hoarding & Clutter

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Session #3

Helping Them Accept Help

## Checking In:

- Thoughts about Week 2 material and discussion?
- Prior to learning about Hoarding Disorder and Harm Reduction, how might you have approached a hoarding problem with a friend or loved one?

## Digging Out Reading for Week 3:

**Harm Reduction** is a holistic and humane public health approach (Marlatt 1998). It was first developed as a way to minimize risks of intravenous drug use rather than trying to stop drug use entirely.

(Tomkins & Hartl, pg. 27)

# Digging Out Reading for Week 3:

## **Harm Reduction (Chapter 2)**

- Principles of Harm Reduction Applied to Compulsive Hoarding:
  - First, do no harm. (pg. 28-29)
  - It's not necessary to stop all hoarding behavior. (pg. 29-30)
  - No two hoarding situations are identical. (pg. 30)
  - Your loved one is an essential member of the harm reduction team. (pg. 30-31)
  - Change is slow. (pg. 31)
  - Contract failures don't mean that the harm reduction approach is failing. (pg. 31)
  - Your loved one may have other, more pressing problems than the hoarding problem. (pg. 31-32)

# Digging Out Reading for Week 3:

## **When is Harm Reduction Helpful? (Chapter 2)**

- As an alternative approach for those who refuse treatment or at best, don't respond as well or as quickly as necessary. (pg. 32-33)
- Significant risk to the person who is hoarding.
- Significant risks to family members and communities.
- When an overfocus of treatment or discarding makes things worse.
- *"Harm reduction takes the long view about the problem of hoarding and focuses on helping your loved one live safely and comfortably in their home as long as they live there."* (pg. 34)

# Digging Out Reading for Week 3:

## Setting the Stage for Harm Reduction (Chapter 3)

- **Let Go**

- ... of past hurts and misunderstandings
  - ... of what you think will make your loved one happy
  - ... of helping without your loved one's permission
- **Questions:** What has your loved one done that hurt you the most? What things have you done to help that your loved one has misunderstood and felt angry about? How do you feel about these misunderstandings?

## Digging Out Reading for Week 3:

### **Setting the Stage for Harm Reduction (Chapter 3)**

- **Understand**

- Hoarding is difficult to understand.
- You may never fully understand why your loved one saves to excess and can never let anything go.
- Your understanding of your loved one's hoarding problem can change.

# Digging Out Reading for Week 3:

## Setting the Stage for Harm Reduction (Chapter 3)

- **Forgive**

- Four A's to Forgiveness: (pg. 46-48)
  - **Acknowledge** that your loved one may feel hurt, angered, or betrayed by you and others.
  - **Assign** reasons by explaining why you did what you did - no excuses.
  - **Assure** your loved one that from now on, things will be different - that you want to help in different ways.
  - **Ask** your loved one to forgive you.

# Digging Out Reading for Week 3:

## Setting the Stage for Harm Reduction (Chapter 3)

### • **Grab Hold**

- What can you grab hold of as you try to help your loved one in a new way? (pg. 30)
  - Think about how you would like your relationship with your loved one to look rather than how you would like their house to look.
  - Write down the thoughts and feelings about the good part of the relationship with your loved one.
  - What interests, passions, or quirks about your loved one did you once value and cherish?
  - What things about your relationship do you miss?
  - What things about your relationship with your loved one do you want back?

# Digging Out Preview of Week 4:

## Helping Them Accept Help (Ch. 4)

<https://www.youtube.com/watch?v=lf15TM9TtaQ>



**Helping People Who Hoard: Alternatives to Nagging, Pleading, and Threatening:** The refusal of people who hoard to accept help for the hoarding problem is one of the most frustrating features of the condition for friends and family members. In this video, participants will learn relational factors that contribute to help-refusal behaviors, alternatives to the nagging, pleading, and threatening family members. The video also includes strategies to repair relationships that are damaged as family members attempt to force change.

# Digging Out Preview of Week 4:

## Helping Them Accept Help (Ch. 4)

- Engaging Your Loved One in the Harm Reduction Approach
- **LEAP**
  - **L**isten (Paraphrase, Clarify, Giving Feedback)
  - **E**mpathize (Ask Questions, Summarize Your Understanding, Offer Guesses About Feelings of Your Loved One, Make Statements of Praise)

# Digging Out Preview of Week 4:

## Helping Them Accept Help (Ch. 4)

- Engaging Your Loved One in the Harm Reduction Approach
- **LEAP**
  - **A**gree (Find Common Ground, Do Not Debate or Argue, Ask Permission to Share Opinion, Examine Advantages/Disadvantages of Accepting Help, Listen Reflectively and Highlight Advantages, Correct Misunderstandings, Agree to Disagree)
  - **P**artner (Listening, Empathizing, and Agreeing sets the stage for you and your partner to work together.)

# Digging Out Preview of Week 4:

## Helping Them Accept Help (Ch. 4)

- Reading: Chapter 4
- Video: Helping People Who Hoard: Alternatives to Nagging, Pleading, and Threatening  
<https://www.youtube.com/watch?v=lf15TM9TtaQ>
- Attachments to Review:
  - Reflective Listening
  - Forming Good Questions
  - Finding Affirmations
  - Approaching Challenging Situations
  - Driving in Cars Exercise



Questions or  
comments?

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