



## Compulsive Hoarding and Acquiring: Therapist Guide (Treatments That Work)

*By Gail Steketee, Randy O. Frost*

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### **Compulsive Hoarding and Acquiring: Therapist Guide (Treatments That Work)** By Gail Steketee, Randy O. Frost

The problem of compulsive hoarding and acquiring is more widespread than commonly believed. It often goes undiagnosed, either because sufferers are ashamed of their compulsions or because they don't believe it is a problem that merits professional attention. As much as two percent of the U.S. population suffers secretly from this condition. However, compulsive hoarding can be an emotionally exhausting, uncontrollable, and sometimes dangerous problem.

Written by the developers of this groundbreaking treatment, this manual is the first to present an empirically supported and effective CBT program for treating compulsive hoarding and acquiring. This guide gives clinicians the information to understand hoarding and proven tools to help clients overcome their compulsive behaviors. It teaches individuals how to recognize errors in thinking and uses both imagined and real exposures to teach them the skills they need to manage their problem. Home visits by the clinician are a part of the treatment, as well as consultations with other professionals who might assist if necessary. Homework exercises include behavioral experiments to test personal beliefs about possessions, developing an organization plan and filing system, and sorting and organizing items room-by-room.

Designed to be used in conjunction with the corresponding workbook, this therapist guide provides numerous assessment and intervention forms to help clients use the methods described in this program. Complete with case examples and strategies for dealing with problems, this user-friendly guide is a dependable resource that no clinician can do without.

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#### **About the Author**

Gail Steketee is a Professor in the School of Social Work, Boston University. Randy O. Frost is a Professor in the Department of Psychology, Smith College.

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