

## **Hoarding Behaviour**

### *A one day course*

Health and Social Care practitioners are increasingly faced with clients who hoard possessions or animals. What is it that possesses someone to fill houses with unread magazines or empty tin cans or to pack a house so full that clearing it must be done from the top down to prevent the roof or the ceilings from collapsing?

This course provides practitioners with an understanding of this comparatively new challenge facing practitioners. Relatively little research has been undertaken to date on exactly what happens when possessions start to 'own' the person and this course seeks to shed light on some of the issues and potential solutions

**Who is it for?** This course can be tailored to the needs of the particular professional group and is generally delivered in the care environment with particular emphasis on front-line workers.

**Timetable** (may be subject to amendment)

- Session 1**     Hoarding – an introduction  
Associated problems – social, economic and psychological  
Public Health concerns
- Session 2**     Three categories and five components of Hoarding  
Models of Hoarding – Cognitive, Addiction, Attachment, Squalor  
Emotional processes associated with Hoarding  
Hoarding and other co-morbidities – Depression, Anxiety and Obsessive Compulsive Disorder
- Session 3**     Genetic and Biological theories  
The role of Stress, Vulnerability and Trauma
- Session 4**     The error detection circuit and functioning of the limbic system  
Interventions for Hoarding behaviours  
Support systems for the Hoarder  
Legal considerations including Human Rights Act and Mental Capacity Act

### **Learning Outcomes**

On completion of this course, participants will be able to:

- Understand the nature of Hoarding behaviour
- Appreciate the clinical, social and psychological needs of those who experience Hoarding disorder
- Understand the relationship between Hoarding, OCD, Depression and Anxiety
- Understand the legal considerations surrounding Hoarding Behaviour
- Understand ways in which Hoarders can be supported particularly through the process of property clearance and change