

# **CURRICULUM FOR HOARDING LEVEL 1**

## **WHAT IS HOARDING?**

1. Assessment: Are you a hoarder in the making?
2. Are you or someone else living at risk?
3. Five red flags to determine the level of risk.
4. Defining hoarding disorder according to the dsm-5 (diagnostic manual of mental health disorders-version 5).
5. Is it hoarding or cluttering behavior?
6. 2 essentials for success.
7. Elements of a better outcome.
8. Mitigating risk factors for poorer outcomes.
9. All hoarding is not the same; 3 types exist.
10. Characteristics of each of the 3 types of hoarding.
11. Strategies to address the 3 different types of hoarding.
12. 3 paths to hoarding: genetics, comorbidities, being overwhelmed & vulnerable.
13. Identifying common comorbidities (co-existing conditions).
14. Characteristics of those who hoard.
15. 11 problematic thinking patterns.
16. Instrumental, sentimental & aesthetic saving patterns.
17. Intervention strategies: what works and what doesn't.
18. The do's & don'ts of hoarding treatment and intervention.
19. 6 essential steps for hoarding intervention (clean up) success.
20. Tools to be provided to those who hoard & those who care about them seeking support.
21. Should I bring this home -on the go cheat sheet.
22. Should I let this go- on the go cheat sheet.
23. How to organize & let go.
24. Preventing relapse.
25. Inoculating against slipping into overwhelmed again: the surest path to relapse.