

# The Treatment of Hoarding

Hoarding behavior has received significant attention in recent years. Due to the potential harmful effects of hoarding behavior (risk of fire, personal injury, financial hardships, etc.), it has become an important topic of research. It has also drawn the attention of the media and local governments, which have to address the impact hoarding has on citizens. In this seminar, Dr. Hannan will review the current status of hoarding as its own diagnostic entity in DSM-V. Dr. Hannan will discuss the latest research findings on the psychopathology of hoarding disorder. Participants will learn how to assess clients for hoarding disorder and will learn how to devise and implement an appropriate treatment plan. Given the complicated nature of hoarding, he will discuss potential obstacles to treatment and ways to address these issues.

## Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

- At the end of this seminar, participants will be able to:
1. Describe the current status of hoarding as a diagnostic entity.
  2. Identify four key targets of treatment.
  3. Assess for hoarding disorder utilizing a CBT conceptualization.
  4. Create an appropriate treatment plan.
  5. Identify obstacles to treatment and corresponding treatment interventions.

## Seminar Schedule

Begin 10AM EST and end 5:15 PM, with 15 minute breaks at 11:30 and 3:30, and a 45 minute lunch break at 1:15 PM

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## Outline

Begin 10 AM ET  
Current status of hoarding as a diagnostic entity  
Dangers of hoarding  
Break 11:30-11:45 AM ET  
Relation to OCD and OCPD  
Comorbidity  
Psychopathology of hoarding  
Hoarding Disorder and DSM-V  
Diagnostic assessment of hoarding disorder  
Lunch Break 1:15-2 PM ET  
Treatment of hoarding disorder  
Creating a treatment plan  
Addressing problems with acquisition  
Addressing problems of discarding  
Break 3:30-3:45 PM ET  
Organization  
Dealing with behavioral avoidance/motivation  
Supplements to treatment  
Family consultation  
Other providers  
End 5:15 PM ET

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## Continuing Education Credit

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## The Presenter

Dr. Scott Hannan is a clinical psychologist and manager of the outpatient clinic at the Anxiety Disorders Center/Center for Cognitive Behavioral Therapy at the Institute of Living. Dr. Hannan received his Ph.D. from Fordham University and completed his internship at The Institute of Living with a focus on child and adolescent psychology. His training continued at The Institute of Living where he completed his postdoctoral fellowship at the Anxiety Disorders Center, specializing in cognitive behavioral therapy for children, adolescents, and adults.

Dr. Hannan's clinical interests include Obsessive-Compulsive Disorder, consultation with families affected by hoarding, Phobias, Panic Disorder, Post Traumatic Stress Disorder related to motor vehicle accidents, and the treatment of children and adolescents with anxiety disorders. As a specialist in the treatment of school refusal behavior, he also consults with local school districts and conducts training seminars on school avoidance. Dr. Hannan believes that clinical practice should be guided by the latest research. He has worked on numerous research projects focusing on cognitive behavioral therapy for psychiatric problems such as Obsessive Compulsive Disorder, Panic Disorder, Trichotillomania, and Hoarding. Having developed an expertise in Obsessive Compulsive Disorder, Dr. Hannan has been a featured expert on shows such as the OCD Project and Hoarders.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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