SUPPORT GROUPS: AN INTERVENTION FOR INDIVIDUALS WHO HOARD AND THEIR FAMILY MEMBERS

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The Hoarding Project
Objectives

- Information on the benefit of support groups
- Types of support groups for hoarding issues
- How to run a support group
- Local support groups
- Resources
Support Groups Explained

- A group focused on an issue, health concern, or specific condition that is common to all participants
- Participants are often encouraged to share their experiences and ideas
- Emphasis on social support and shared experiences
- Support groups can reduce feelings of being misunderstood, judged, or isolated
- Support groups can build a sense of control, empowerment, and connection with others facing similar difficulties
Support Groups – Types of Groups

- Types of Groups
  - Psychoeducation
  - Skills
  - Discussion

- Closed vs Open Groups

- Types of Provision
  - In person
  - Over the phone
  - Over the internet

- Types of Facilitation
  - Clinician, service provider, staff, etc.
  - Peer
Support and Resilience

Support Systems

Resilience is the ability to withstand difficulty, adversity, and/or traumatic events

Resilience can be built through supportive relationships, learning new skills, and utilizing personal strengths

Positive interpersonal relationships can serve as a protective factor against hoarding severity – building a support system can positively impact symptoms of hoarding

Building a support network for a client is key to resilience and working through issues related to hoarding disorder
Benefits of Support

• Empower individuals to tackle issues they are facing
• Learning
• Social support has been found to be instrumental in the reduction of hoarding behaviors
• Social support and other issues
  • Chemical dependency
  • Domestic violence
Benefits of Support Groups

- Environment of social support (Gilliam et al., 2011)
- Learning through the observation of others (Gilliam et al., 2011)
- Effective
  - Results of group CBT are promising for participants (Gilliam et al., 2011)
- Community based and accessible
- Affordable for programs and participants
  - Clinician time is lowered, thus costs are lowered
- Improved access for individuals and families
Efficacy of Support Groups

• Gilliam et al.
  • Flexible and structured treatment protocol
  • “Results of this study show promise for the effectiveness of group CBT for hoarding disorder” (2011).

• Muroff et al.
  • CBT based support group
  • 12 week group found to be “effective in reducing hoarding and depressive symptoms in a community clinical cohort” (2016)
Goals of Support Groups

• Build confidence in ability to change
• Shift perception of self and hoarding behaviors
• Build self efficacy
Goals of Support Groups

- Learn new organizational, decision making, and attention/focus skills
- Understand and change their relationship with possessions
- Learn how to acquire less and discard items from their home
- Learn coping skills to replace hoarding behaviors
- Build an interpersonal support system
Impact of Hoarding Support Groups on Individuals & Families

• Reduce Stigma
• Increase Understanding
• Build Coping Skills
• Gain Support
• Learn How to Talk About Hoarding
• Increase Hope
Support Groups that Address Hoarding

- Individual
- Family
- Psychoeducation
- Skills
- Discussion
THP - Support Group Guidelines

• Attendees of our support groups will:

  • Be mindful of language. THP does not use the words “hoarder,” “normal,” “garbage house,” or “junk” when referring to people who hoard or hoarded homes,
  • Keep all information and stories shared confidential within the group,
  • Listen and support each other without criticizing or making judgments,
  • Offer respect and equality to each group member,
  • Allow for all attendees to speak, if they wish,
  • Understand that each situation is different. What is right for one person and family may not be right for every person and family.
The Hoarding Project – Current Groups

• Open groups
• Co-facilitators – interns and staff
• Family Group and Individual Group

Agenda
• Check-ins and introductions
• Psychoeducation
• Discussion
• Closing
The Hoarding Project – Future Groups

• Open groups
• Co-facilitators – interns and staff
• Family Group and Individual Group

Agenda
• Homework/Goal Review
• Psychoeducation
• New Goals
• Closing
The Hoarding Project – Skills Group

- Open groups
- Co-facilitators – interns and staff
- Individual Group
- Skill areas: planning, prioritizing, organizing, categorizing, decision making, attention, etc.

- Agenda
  - Homework/Goal Review
  - Psychoeducation
  - Skill Building
  - New Goals
  - Closing
How to Launch Your Own Support Group Program

- Decide how the group will look
  - Open vs Closed
  - Family and/or Individual Group
  - Facilitators
  - Location
  - Time/Days
- Facilitation Manual options
  - The Hoarding Project Group Manual
  - Buried in Treasures Group Manual
- Group Guidelines
- Resources
  - For group members
- Marketing
Support Groups in King County

Clutterers Anonymous
- In person and over the phone groups
- www.clutterersanonymous.org

OCD Seattle
- The 3rd Saturday of the Month 10-12
- Location: Swedish Medical Center
- www.ocdseattle.org

Southeast Seattle Senior Center
- 3rd Thursday of the Month from 1:00-2:30
- Call Jaime Clark at 206-722-0317
THP Support Groups

Tacoma Groups - Mondays

Family and Friends Support Group:
2:30pm-3:30pm

Hoardung Support Group:
3:30pm-4:30pm

Location: TACID
6315 S 19th Street
Tacoma, WA 98466

Contact Lindsey with questions at
458-201-3129

N. Seattle Groups – Tuesdays

Family and Friends Support Group:
3rd Tuesday of the Month
6:00pm-7:00pm

Hoardung Support Group:
3rd Tuesday of the Month
7:00pm-8:00pm

Location: Greenwood Sr Center
525 N 85th St.
Seattle WA 98103

Contact Denise with questions at
971-209-2305
Online Support Groups

• Hoarding Clean Up
  • http://hoardingcleanup.com/hoarding_support_group

• Clutterers Anonymous
  • http://clutterersanonymous.org/meetings/

• Children of Hoarders
  • www.childrenofhoardsers.com (search under support)
Reading Resources

- Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding (2007), Tolin, Frost, & Steketee

- Digging Out: Helping Your Loved One Manage Clutter, Hoarding and Compulsive Acquiring (2009), Tompkins & Hartl

- Treatment for Hoarding Disorder Workbook (2014), Frost & Steketee
References