

# Working with Hoarding Behaviour

## Professional Training Program

Thursday 30th April 2020  
10-4pm



### Overview:

When a person experiences great difficulty parting with their possessions, despite having to endure a cluttered, non-functional home as a result, we call this phenomenon hoarding. Hoarding difficulties are prevalent and often result in personal distress and isolation, tensions with loved ones and the wider community, and problems such as squalor and increased fire risk. In this presentation, Dr. James Collett discusses what the research evidence tells us about hoarding, and outlines the helpful strategies that can be used to help people who are struggling with their attachment to material possessions.



### Attendees will learn:

- How hoarding symptoms appear to develop
- How to distinguish between hoarding and other mental health problems
- How to differentiate hoarding from non-harmful attachment to possessions
- What tools exist to help assess the presence and severity of hoarding
- The different strategies available to help with hoarding problems
- The role of family members and friends in supporting individuals managing hoarding problems

### Key Therapeutic or Treatment Strategies:

Attendees will learn various treatment strategies for working with hoarding disorder, broadly framed within a cognitive-behavioural approach.



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**Target audience:** This workshop is pitched at professionals such as psychiatrists, psychologists, social workers, and allied health practitioners.

**About The Presenter:** Dr. James Collett is an educator, clinician, and researcher whose focus is on helping people to understand and manage hoarding and attachment to material possessions. James received his PhD (Clinical) from Swinburne University of Technology, and has been delivering professional development workshops on hoarding for eight years.



### Additional details:

- Includes presentation handouts and reference materials
- Certificate of Attendance upon completion
- Tea/coffee and lunch will be provided.

### Venue:

442 Auburn Road, Hawthorn VIC 3122 (Room 2137)

### Cost:

\$150 Non-members / \$120 ADAVIC members

### Enquiries through:

Phone: (03) 9853-8089 Email: [adavic@adavic.org.au](mailto:adavic@adavic.org.au)



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## PAYMENT & REGISTRATION

- I would like to attend the information session 'Working with Hoarding Behaviour' presented by James Collett on Thursday 30th April 2020.

### PLEASE COMPLETE THE FOLLOWING DETAILS

Total number of people attending: \_\_\_\_\_

Name/s: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Would you like to receive free Enews & Email updates? Yes / No

How did you hear about this event? \_\_\_\_\_

### PAYMENT:

- \$150 - General Entry                       \$120 - ADAVIC Members

**PLEASE NOTE:** A 25% administration fee applies for refunds requested before 3rd April 2020. No refunds or credits will be issued after this date.

- CHEQUE / MONEY ORDER**    *Made out to Anxiety Disorders Association of Victoria.*

- CREDIT CARD**    Name on card: \_\_\_\_\_

Credit Card Type:     Visa                       MasterCard

Credit Card No:   

CVV Number: \_\_\_\_\_                      Expiry: \_\_\_\_ / \_\_\_\_

OFFICE USE ONLY

PROCESSED BY: .....

DATE: .....

*ADAVIC is a non-for-profit organisation providing community-based support, information and resources for anxiety and depression.*