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Michael A. Tompkins

Clinician's Guide to Severe Hoarding

A Harm Reduction Approach

- Focus will be specifically on the needs of family members or those close to persons who hoard rather than hoarders themselves
- Present a unique approach to the problem of compulsive hoarding (harm reduction) which focuses on assisting family members in developing a plan to manage the problem
- Raise awareness of a unique form of obsessive-compulsive behavior that has not been widely written about
- Take the focus off discarding and put the focus on problem management leading to a less stressful healing process

The cat lady. The couple who won't let anyone in their apartment. The old man with all that junk in his yard. Their severe hoarding puts them, and often others, at risk for injury, disease, and even death. Most deny needing help, and for this reason, professionals are desperate to find more effective ways to offer and provide assistance to them. In response to this growing public health problem, *Clinician's Guide to Severe Hoarding* refines our understanding and presents in depth and innovative alternative to traditional interventions. Arguing that although treatment for hoarding can be effective for those who are open to help, people with severe hoarding are not. The *Clinician's Guide to Severe Hoarding* describes an alternative strategy to help those who adamantly refuse help and yet face significant health and safety risks due to the hoarding problem – harm reduction. This client-centered approach takes readers through harm reduction plan development, team building, goal setting, client collaboration, and progress assessment. The *Clinician's Guide* also explains that a successful harm reduction plan may encourage clients to seek further help, and offers insights into working with special populations such as people who hoard animals and children who exhibit hoarding behavior. The *Clinician's Guide* describes in detail a range of strategies for assisting people with severe hoarding: Strategies for engaging with clients who hoard. Guidelines for assessing harm potential.

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