



Hoarding in Later Life

AN ONLINE WORKSHOP FOR HEALTHCARE & OTHER PROFESSIONALS

When: Mon Feb.13 – Sun Mar. 12, 2023 (4 weeks) ONLINE weekly at your discretion

Cost: \$240 (Students \$120) Registration Deadline: Monday, Feb. 6th, 2023

This workshop will be offered only if there is sufficient enrolment.

Registration and payment available online at <https://aging.utoronto.ca/642-2/>

Course Objectives:

- To gain familiarity with current standardized assessment measures for Hoarding Disorder
- To be able to assess hoarding comprehensively
- To be able to discuss a comprehensive model of hoarding and treatment principles
- To understand the ethical and legal implications of identifying and working with people with Hoarding Disorder

Outline:

Week 1: What is it? Looking at the Phenomenology, Epidemiology, Etiology, and Diagnostic Criteria for Hoarding Disorder

- Hoarding from a historical perspective
- How has the classification of Hoarding Disorder changed and why?
- What is the difference between collecting, clutter and hoarding?
- Epidemiology of Hoarding Disorder
- Etiology of Hoarding Disorder

Week 2: A Model of Hoarding from a Multifactorial Perspective

- What is the current understanding of the causes of Hoarding Disorder?
- How does this understanding inform treatment?
- Introduction of a comprehensive evidenced-based biopsychosocial model of hoarding

Week 3: Assessment of Hoarding Disorder and Interpersonal Strategies

- What are commonly used standardized assessment tools for Hoarding Disorder?
- Considerations for assessment interviews: non-verbal cues, need for empathy and a non-judgmental attitude, and specific questions to ask
- Video simulation of a mock interview with a hoarder

Week 4: Treatment Efficacy and Principles; Ethical and Legal Implications

- Review of efficacy of evidence-based treatments
- Introduction to drug treatment options
- Principles of Cognitive-Behaviour Therapy (CBT) for Hoarding Disorder
- Discussion of ethical and legal issues when working with individuals with Hoarding Disorder

Instructors: **Eliza Burroughs, M.C., R.P.** *Eliza is a Registered Psychotherapist who has been working in the area of mood and anxiety disorders for over 20 years, with a particular interest in helping individuals with OCD, Hoarding, and related disorders. Eliza provides individual and group-based Cognitive Behaviour Therapy in private practice, having worked at the FW.Thompson Centre at Sunnybrook, CAMH, and Peterborough Regional Hospital. She has also been involved in community-based interventions for Hoarding in Toronto and Peterborough. Along with Dr. Peggy Richter, Eliza co-developed and previously facilitated this current workshop. She has also provided numerous workshops and presentations on Hoarding and other mental health topics.*