

# HOARDING DISORDER TRAINING

Dr Christopher Mogan is the Director of the Anxiety Clinic in Richmond and will lead this training workshop, assisted by staff from The Anxiety Clinic. The Anxiety Clinic specializes in Hoarding Disorder and provides regular training workshops for health care workers including housing, community and mental health professionals. This advanced interactive workshop aims to enhance skills and leadership in those working with Hoarding Disorder.

Topics covered include:

- *Brief overview of the psychology, features, causes, course, onset.*
- *Hoarding-specific education, interventions and therapy*
- *Strategies in group and individual therapy, support and supervision.*
- *Complex presentations - privacy, competency, ethics.*
- *Inter-agency models of care and collaboration*

Participants are expected to work directly with those who have hoarding issues. The format will include lecture, break-out groups and practice sessions led by The Anxiety Clinic team discussing declutter planning, setting therapy goals, and working with family and related issues. Case presentation will highlight the issues of working with hoarding, its comorbidities and common therapy interfering behaviours. There will a strong emphasis in developing competencies in hoarding and squalor service provision

You will learn:

To assess Hoarding Disorder presentations using standardized measures

The key factors underpinning the hoarding features of the client

How to deal with comorbidities and other therapy blockages

The application of motivational Interviewing in the hoarding context

Specific skills in group and individual therapy in Hoarding Disorder.

Workshop schedule

0815 - 0845	Registration		
0845 - 10.30	Session 1 Psychology of Hoarding	10-30 -1045	Break
10-45 - 1215	Session 2 Interventions	1215 -1300	Lunch
1300 -1445	Session 3 Therapy issues	1445 -1500	Break
1500 -1630	Session 4 Case reviews		
1630 - 1700	Q&A	1700	Close

Staff

Dr Christopher Mogan PhD Psychologist and Program Director

Ms Kerry Addison RN Credentialed Mental Health Nurse

Dr Elham Foroughi PhD Psychologist