

Buried in Treasures:

The Nature and Treatment of Compulsive Hoarding

David F. Tolin, Ph.D., ABPP

OTTAWA May 1, 2012

TORONTO June 7, 2012

MONTREAL June 18, 2012

The aim of this workshop is to familiarize you with compulsive hoarding, a common and potentially severe mental health problem characterized by acquisition of, and failure to discard, a large number of possessions to the extent that living spaces become uninhabitable. We will review emerging data investigating the nature of hoarding, associated mental health features, and new research findings regarding brain function in people who hoard.

To date, compulsive hoarding has frustrated mental health and social service workers due to its apparently chronic and treatment-resistant nature. Many hoarders are reluctant to seek help, and even those who do seek help frequently resist therapists' efforts to intervene. Clinical studies, therefore, have consistently shown a poor response to psychological and pharmacologic treatments. Recently, however, a new model of cognitive-behavioral therapy (CBT) has emerged based on our increasing understanding of hoarding. In this workshop, you will learn specific skills to increase patients' motivation and compliance, challenge maladaptive ways of thinking, and learn new behavior patterns. We will also discuss possibilities for further development of the CBT model, including augmentation with cognition-enhancing exercises and medications as well as the collaboration between mental health professionals and paraprofessionals.

***Buried in Treasures:
Help for Compulsive Acquiring,
Saving, and Hoarding***
by Dr. David Tolin will be included
in your registration package. ▷



Face your Fears:

Conducting Exposure Therapy for Phobias, Panic, Obsessions, PTSD, and More

David F. Tolin, Ph.D., ABPP

OTTAWA May 2, 2012

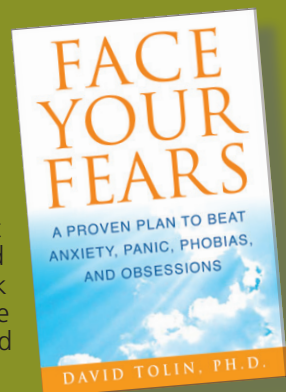
TORONTO June 8, 2012

MONTREAL June 19, 2012

This workshop is based on six central premises:

1. Many clinicians report feeling that they do not have sufficient training to conduct exposure therapy well.
2. The "exposure therapy" many clients receive is delivered at sub-optimal levels, or is "watered down" with other treatment elements that are unhelpful or even harmful.
3. There are many myths about exposure therapy that, although scientifically unfounded, serve as a barrier to effective implementation.
4. Correctly-conducted exposure therapy can and should be a central component of cognitive-behavioral therapy for a range of anxiety disorders, including specific phobia, social phobia, panic disorder, obsessive-compulsive disorder, posttraumatic stress disorder, and generalized anxiety disorder.
5. For treatment planning, the DSM-IV-TR is not nearly as helpful as a clear conceptualization of what is feared.
6. Exposure therapy can be distilled into basic elements can be adapted to a wide range of presenting problems, including complex or multi-diagnosis cases.

The primary aim of this workshop is to provide clinicians with clear, straight-forward, and evidence-based instructions for planning and implementing exposure therapy for a broad range of consumers. Topics will include case conceptualization and treatment planning, psychoeducation and motivational enhancement, self-monitoring, constructing an exposure hierarchy, eliminating safety behaviors, and addressing maladaptive thinking patterns. Handouts for successful treatment will be provided. Novice and experienced clinicians alike will find that this workshop provides a trans-diagnostic template for treating a range of anxiety-related concerns.



Buried in Treasures

Following this workshop, participants will be able to:

1. Discuss the epidemiology and features of compulsive hoarding.
2. Describe the economic and social impact of compulsive hoarding.
3. Describe current neurobiological models of compulsive hoarding.
4. Outline a cognitive-behavioral model of compulsive hoarding.
5. Implement motivational interviewing strategies for patients who hoard.
6. Create a cognitive-behavioral treatment plan for hoarding patients.

Face Your Fears

Following this workshop, participants will be able to:

1. Construct an exposure hierarchy and provide psychoeducation about exposure.
2. Use motivational enhancement strategies to engage patients in treatment.
3. Identify and reduce safety behaviors and other forms of avoidance.
4. Use cognitive restructuring strategies to complement exposure therapy.
5. Track patient progress within and between sessions.
6. Incorporate in vivo, imaginal, and interoceptive exposure strategies as needed.
7. Develop and implement exposure therapy protocols for patients with phobias, panic disorder, posttraumatic stress disorder, obsessive-compulsive disorder, and generalized anxiety disorder



David Tolin, Ph.D., ABPP David F. Tolin, Ph.D., is the author of *Face Your Fears: A Proven Plan to Beat Anxiety, Panic, Phobias, and Obsessions* and *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding*. A board certified clinical psychologist and expert on cognitive-behavioral therapy. Dr. Tolin is the founder and director of the Anxiety Disorders Center and the Center for Cognitive Behavioral Therapy at The Institute of Living in Connecticut, and is a faculty member at the Yale University School of Medicine.

The author of over 100 scientific journal articles, Dr. Tolin is the recipient of the award for Distinguished Contribution to the Science of Psychology as well as the award for Distinguished Contribution to the Practice of Psychology from the Connecticut Psychological Association. Since 2003 he has served as a principal investigator and scientific reviewer for the National Institutes of Health.

Dr. Tolin has been a recurrent guest on programs such as "The Dr. Oz Show" and "The Oprah Winfrey Show." He was the first psychologist on the A&E series "Hoarders," and was the host of the VH1 series "The OCD Project." He lives in Connecticut with his wife and two children.

TORONTO

Ryerson University, Auditorium (ENG 103)
George Vari Engineering & Computing Centre
245 Church Street, Downtown Toronto

OTTAWA

Saint Paul University,
223 rue Main, Auditorium
Ottawa, ON

MONTREAL

McGill Faculty Club and Conference Centre
3450 McTavish Street, Montreal

REGISTRATION

REGISTER BY MAIL, PHONE, FAX E-MAIL OR ON-LINE

Hincks-Dellcrest Centre – Gail Appel Institute, 114 Maitland Street, Toronto, ON M4Y 1E1

TELEPHONE: 416-972-1935 x 3233 FAX: 416-924-9808

E-MAIL: mvanrooyen@hincksdellcrest.org

REGISTER ON-LINE: www.hincksdellcrest.org/gai-trauma

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Early registration one month prior to seminar \$225

Regular registration \$245

Dr. David Tolin's books: **Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding** and **Face Your Fears: A Proven Plan to Beat Anxiety, Panic, Phobias, and Obsessions** will be included in your registration package.

CANCELLATION POLICY:

An administrative fee of \$40 will be charged for all cancellations. For a refund, notice of cancellation must be received in writing two weeks prior to the workshop date. After that time you may elect to receive a credit which may be applied to a future workshop of the same value used within one year of date of issue. A colleague may be substituted for attendance. No credit or refund will be given if you do not notify us in advance of the workshop date. The Institute reserves the right to cancel a workshop due to under-enrollment, work stoppages, instructor illness or inclement weather. If a workshop is cancelled, the Institute is responsible for refunding only the tuition payment.

GROUP AND STUDENT RATES:

Registration of six or more mailed in the same envelope and students in a university or college program will receive a 10% discount. Copy of student identification must accompany registration.

CONTINUING EDUCATION CREDITS:

Each participant will receive a Certificate of Participation. This may be used to qualify for eligibility for Continuing Education Credits when submitted to your own licensing board and/or professional college/association.

Method of Payment

Payment must be made by cheque or credit card (Visa or Mastercard) and must accompany the registration form. Registration by phone, fax or e-mail accepted with credit card payment only. Cheques to be made payable to Gail Appel Institute. Post-dated cheques not acceptable for early registration.

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