Organizing For Those With Hoarding Behaviors

BOOKS

Buried in Treasures, subtitled “Help for Compulsive Acquiring, Saving, and Hoarding,” this book by David F. Tolin, Randy O. Frost and Gail Steketee provides information, quizzes, and exercises to assist those who struggle with stuff accumulation.

Michael A. Tompkins, Ph.D. & Tamara L. Hartl, Ph.D. provide a step-by-step process for family and friends of those greatly challenged by disorganization and hoarding behaviors in Digging Out: Helping Your Love One Manage Clutter, Hoarding & Compulsive Acquiring.

In Overcoming Compulsive Hoarding authors Fugen Neziroglu, Ph. D., ABBP, Jerome Bubrick, Ph. D., and Jose A. Yaryura-Tobais, MD take their experiences and education to write an easily understood book which covers reasons why people save, treatment options, cognitive strategies, and a decluttering & organizing program.

INTERNET RESOURCES

- Anxiety Disorders Association of America: Communicates about the prevention, treatment and cure of anxiety disorders.
- Center for Cognitive Behavioral Therapy: Education & treatment for people with compulsive hoarding behaviors.
- Children of Hoarders: Awareness, understanding and support for children of those with hoarding behaviors.
- Compulsive Hoarding: Information to help those who have hoarding behaviors
- Healthy Minds: Online resources provided by the American Psychiatric Association
- Institute on Challenging Disorganization: Premiere resource on chronic disorganization.
- Mental Health America: Education on a full spectrum of mental and substance use conditions and their effects.
- Mental Health Net: Promotes mental health & wellness education & advocacy
- National Alliance on Mental Illness: Mental health organization dedicated to building better lives for people affected by mental illness
- National Institute of Mental Health: Information about understanding and treating mental illnesses.
- PSYweb: Information & resources on different mental illnesses.
- Squalor Survivors: Variety of resources on squalor and hoarding including personal experiences.
- Stopping Overshopping: Assessment and resources for those who may be shopaholics.

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