

Dr Satwant Singh

Life Matters Consultancy

Wednesday, 27th October 2021

Online



CharlieWaller
INSTITUTE

Evidence-Based Psychological Treatment

Overcoming Hoarding

Introduction:

Hoarding disorder can be described as engagement in excessive collecting and saving behaviors with difficulty discarding. The excessive accumulation of “stuff” renders the space from functioning for its intended purpose. There are many reasons as to why a person may engage in these behaviors and until recently or understood it was little understood. Since the introduction of hoarding disorder with its own diagnostic criteria within the DSM 5 there has been an increase in interest into research of this disorder. However, there is still little of limited therapy-based treatment offered to those who have hoarding issues despite the evidence based.

Content

This workshop will describe the cognitive-behavioural approach for the treatment of hoarding disorder. It will begin by improving our understanding of hoarding disorder. The workshop be based on the Overcoming Hoarding model it will focus on engagement, assessment, formulation, therapeutic techniques that are useful in treating hoarding disorder.

Learning objectives:

- To have an understanding of hoarding disorder and its presentation
- To develop a comprehensive assessment of hoarding behaviours and development of a personalised formulation
- To develop skills in applying creatively cognitive behavioural techniques in the treatment of hoarding disorder
- To develop understanding and skills in the techniques used in the treatment of hording disorder

Training modalities

The workshop will be interactive and include both experiential and didactic teaching and videos. Participants will have a chance to discuss their own cases.

Key references:



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1. Singh, S., Hooper, M. & Jones, C. (2015) *Overcoming Hoarding*. London: Robinsons Press.
2. Brittany M. Mathes, Kiara R. Timpano, Amanda M. Raines, Norman B. Schmidt (2020). Attachment theory and hoarding disorder: A review and theoretical integration, *Behaviour Research and Therapy*, Volume 125
3. Mataix-Col, D. & Fernandex de la Cruz, L. (2015). Hoarding Disorder. In Robin L Cautin & Scott O. Lilienfeld (eds.) *The Encyclopedia of Clinical Psychology*. New York:Wiley-Blackwell.
4. Pertusa, A., Fullana, M.A., Singh, S., Alonso, P., Menchón, J.M. & Mataix-Cols, D. (2008). Compulsive hoarding: OCD symptom, distinct clinical syndrome, or both? *American Journal of Psychiatry*, **165**: 1289-1298
5. Mataix-Cols, D. (2014). Hoarding Disorder. *New England Journal of Medicine*, 370:2023-2030

About the presenter:

Dr. Satwant Singh is a Nurse Consultant in CBT & Mental Health and was the Professional and Strategic lead for a primary care psychological service in London until recently. He is an accredited CBT therapist, trainer, and supervisor. In addition to CBT he also provides Behavioural Couples Therapy (BCT) and Interpersonal Psychotherapy. Satwant has co-facilitated the London Hoarding Treatment Group a national treatment group since 2005. He currently advises, provides consultations to services and local authorities in the development of protocols, treatment pathways and services to support professionals, individuals to address hoarding issues. He is a long-standing peer reviewer for academic journals for hoarding disorder and cognitive behavioural therapy publications. He Satwant with his colleagues have undertaken a number of research project using Visual Methods in developing interventions to deal with hoarding issues, facilitated workshops and training in this field and CBT and hoarding disorder. He has facilitated training of psychiatrist in Turkey in conjunction with the Turkish Psychiatric Association. In addition to academic publications, he has co-authored *Overcoming Hoarding* published by Robinson Press self-help book based on CBT techniques for individuals, family members, carers, and professionals.



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**Cost of 1-day workshop:
£75 including CPD**

All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are delivered online

