

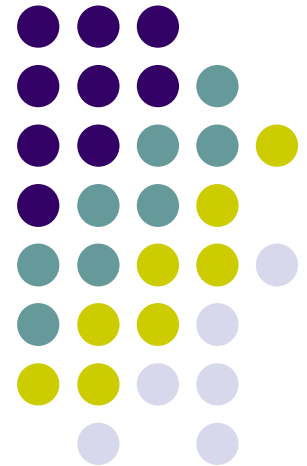
# B & NES, Swindon & Wiltshire: Self Neglect Conference 26<sup>th</sup> November 2024

**HOARDING:**

**'Opening the**



**box'**





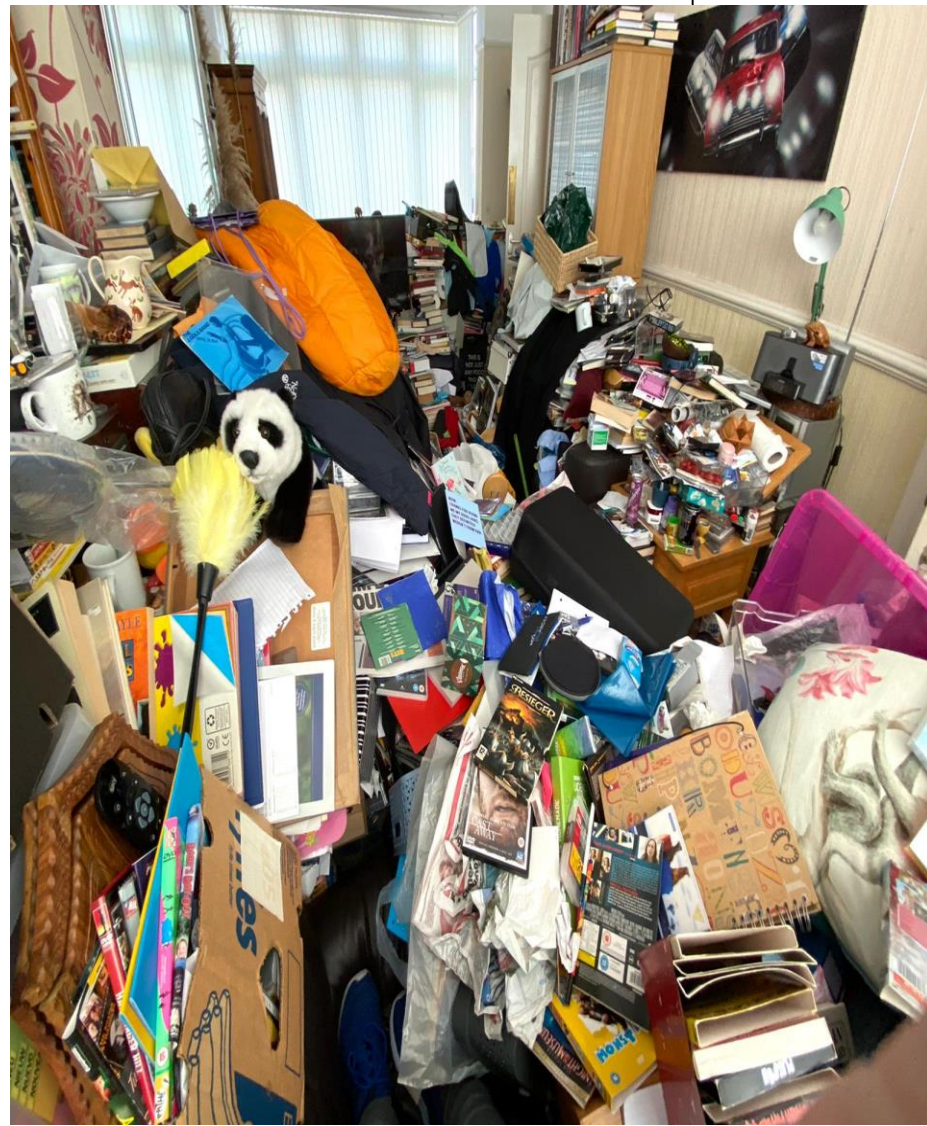
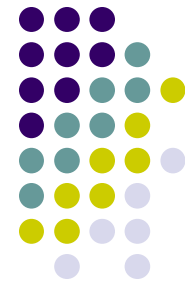
“YOU

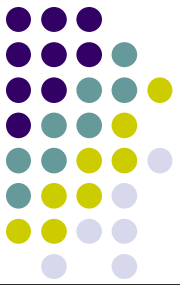
NEED TO  
CHANGE

THE WAY YOU THINK ABOUT  
HOARDING”

ARTIST  
LEFE

# Self-Neglect AND Hoarding???





[EVENTS](#) ▾ [ABOUT US](#) ▾ [SPONSORSHIP](#) [TESTIMONIALS](#) [NEWS](#) [CAREERS](#) [CONTACT US](#)

IN PARTNERSHIP WITH



CPD CERTIFIED EVENTS



☎ 0161 376 9007

# SAFEGUARDING ADULTS-MAKING IT PERSONAL

📅 Thursday, 23 November 2023

📍 Pendulum Hotel & Manchester  
Conference Centre

🕒 08:30 - 15:45

[BOOK YOUR TICKET](#)

[VIEW PROGRAMME](#)

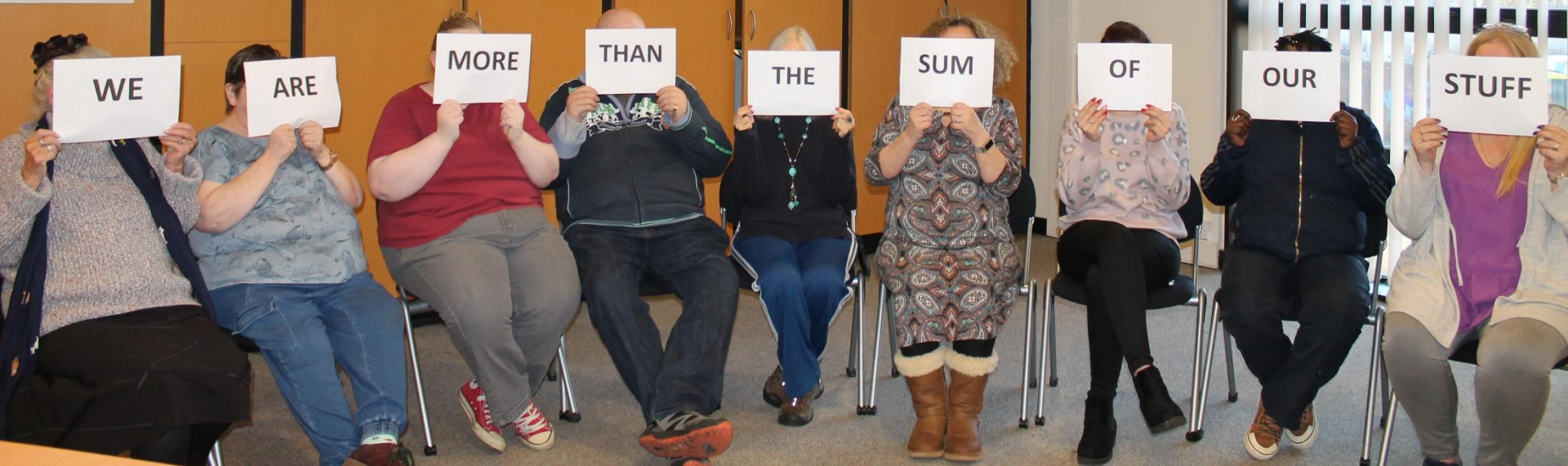
[REQUEST TO SPEAK](#)







SPACE FUNCTIONALITY  
AND ROOMS WE WANT TO BE FULLY FUNCTIONAL  
NUMBER OF ROOMS: 66  
FULLY FUNCTIONAL: 11 (17%)  
PARTIALLY FUNCTIONAL: 55 (83%)  
NUMBER OF ROOMS WE WANT TO BE FULLY FUNCTIONAL: 50-60%  
COMMENTS?



WE

ARE

MORE

THAN

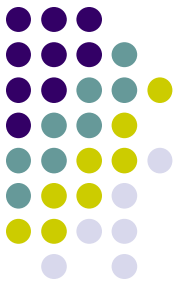
THE

SUM

OF

OUR

STUFF



**F.** our

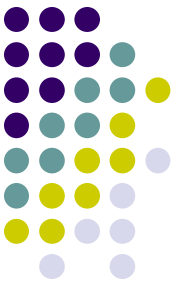


**F.** ive

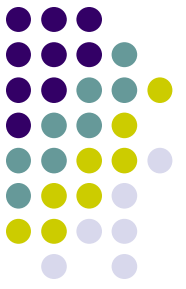


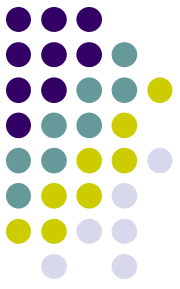
**S.** tigma











# Manifestations of Hoarding

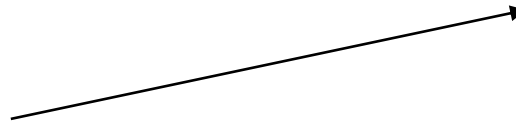
**Acquisition**



**Saving/difficulty  
discarding**

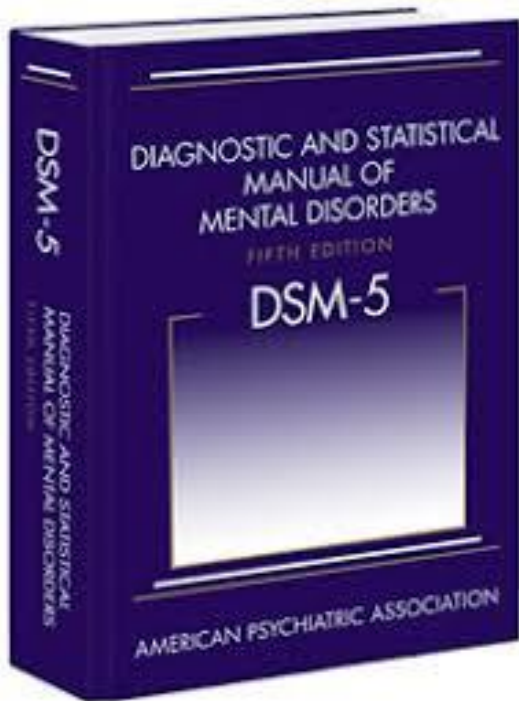


**Disorganization**



**CLUTTER**

# DSM V (Ltd 2013) – the language of disorder

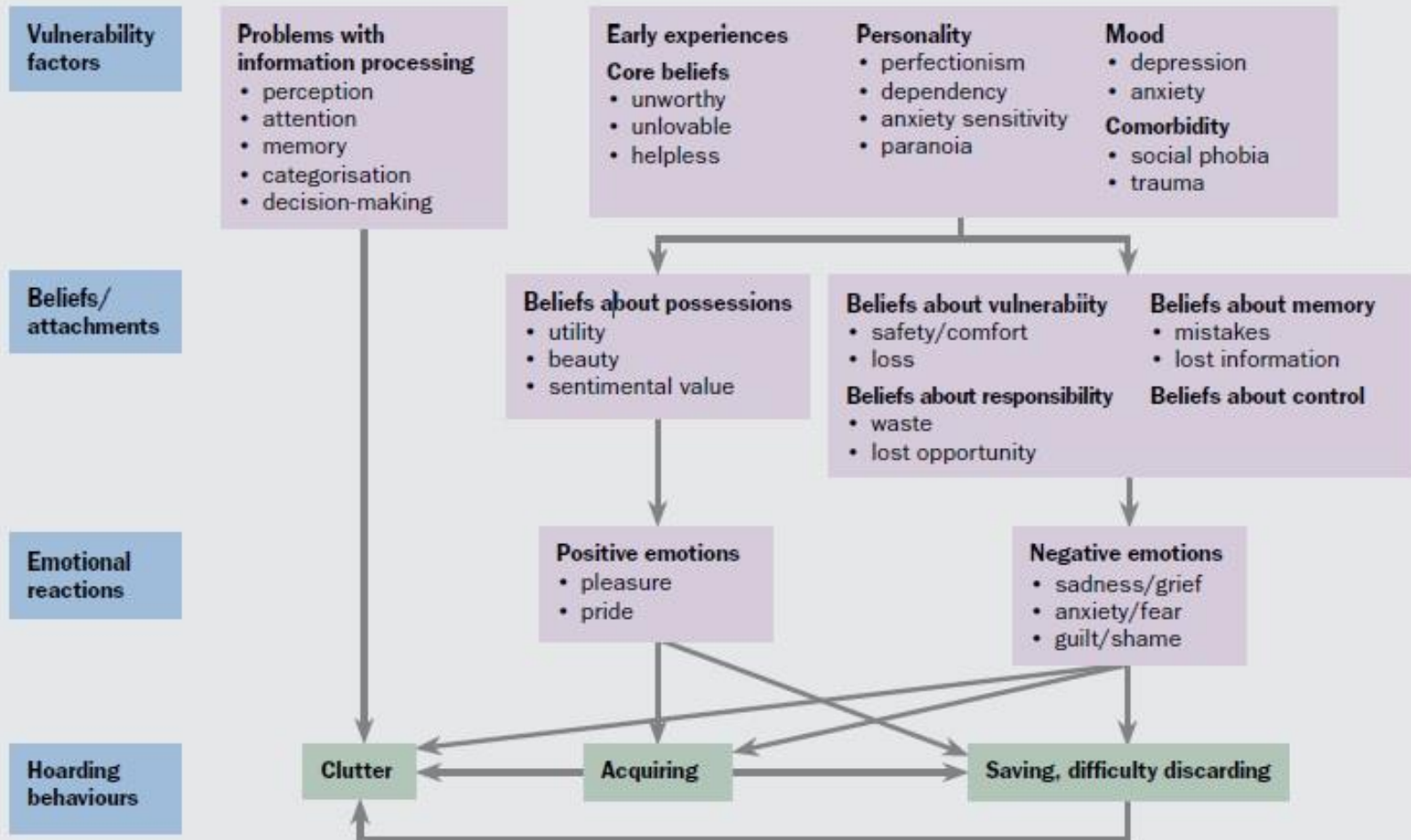


1000 pages

# Intervention 'model'

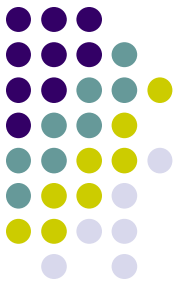


## PROMINENT COGNITIVE-BEHAVIOURAL MODEL OF HOARDING DISORDER\*



\* Adapted from Steketee G, Frost RO. Compulsive hoarding and acquiring: therapist guide. New York: Oxford University Press, USA; 2006.<sup>12</sup>

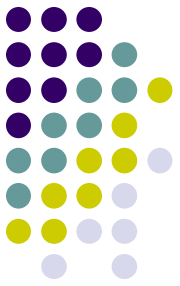




# Additional impacts: 3 'Cs'

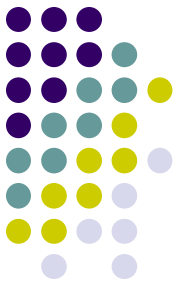
- Chronicity
- Collateral Damage
- Co-morbidities

# Co-Morbidities/Co-conditions



- Depression
- ACE
- OCD
- Munchausen's by Proxy
- Paranoid SZ
- Puerperal Psychosis
- Autism/
- Asperger's Syndrome
- Agoraphobia
- Anxiety
- Impacts of physical issues
- **ADHD**
- PTSD
- Bipolar Disorder
- Auditory Hallucinations
- Addictions
- Trauma/Loss
- Social Phobia

# Working with individuals - Inside-Out: 4 Stages



## Staying Out



## Getting In



## Staying In

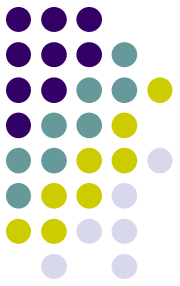


## Getting Out





# Working with individuals - Inside-Out: 4 Stages



**Staying Out**

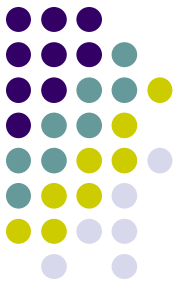
**Getting In**



**Staying In**

**GettingOut**

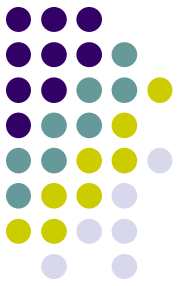
# The multi-dimensionality of 'meaning'/value



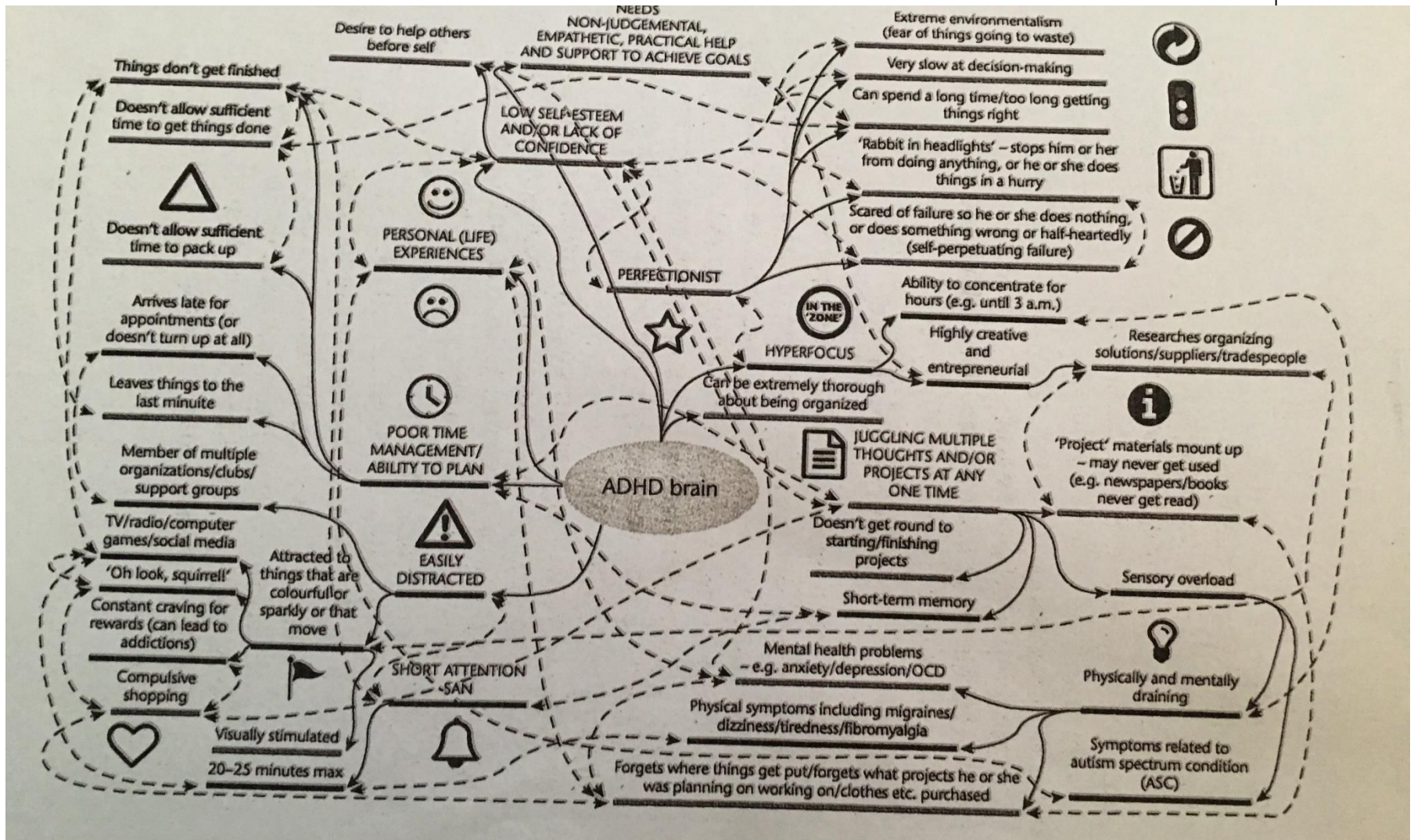
- 'Layered' meaning/Storied
- Life experience
- Love/Sentimentality
- Comfort/Safety
- Identity/Self-worth
- Memory/Remember-Relive
- Effort put into acquiring
- Conventional value
- Historical value
- Fear of mistakes/failure
- Potential utility
- Responsibility
- Guilt/Struggle/Conflict
- Connectedness/Roots
- Self-Identity
- Uniqueness/Specialness

# The 'Untouchables'.....

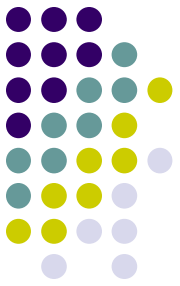




# The ADHD 'Brain'



# Working with individuals - Inside-Out: 4 Stages



**Staying Out**

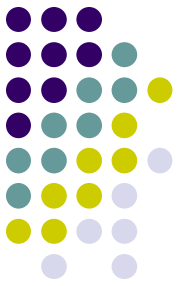
**Getting In**



**Staying In**

**Getting Out**

# Working with individuals - Inside-Out: 4 Stages



**Staying Out**

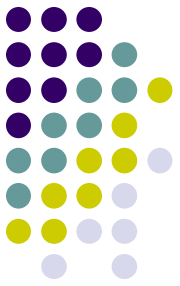
**Getting In**

**Staying In**

**Getting Out**



# Working with individuals - Inside-Out: 4 Stages

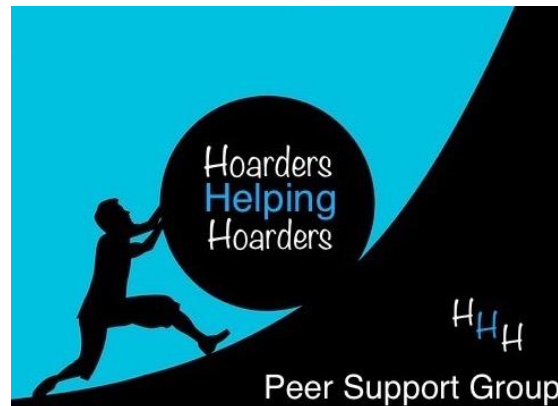


**Staying Out**

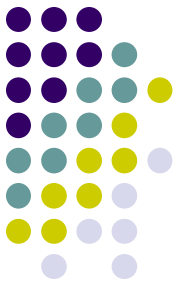
**Getting In**

**Staying In**

**Getting Out**



# North-West Network of Psychosocial Intervention & Peer Support Groups

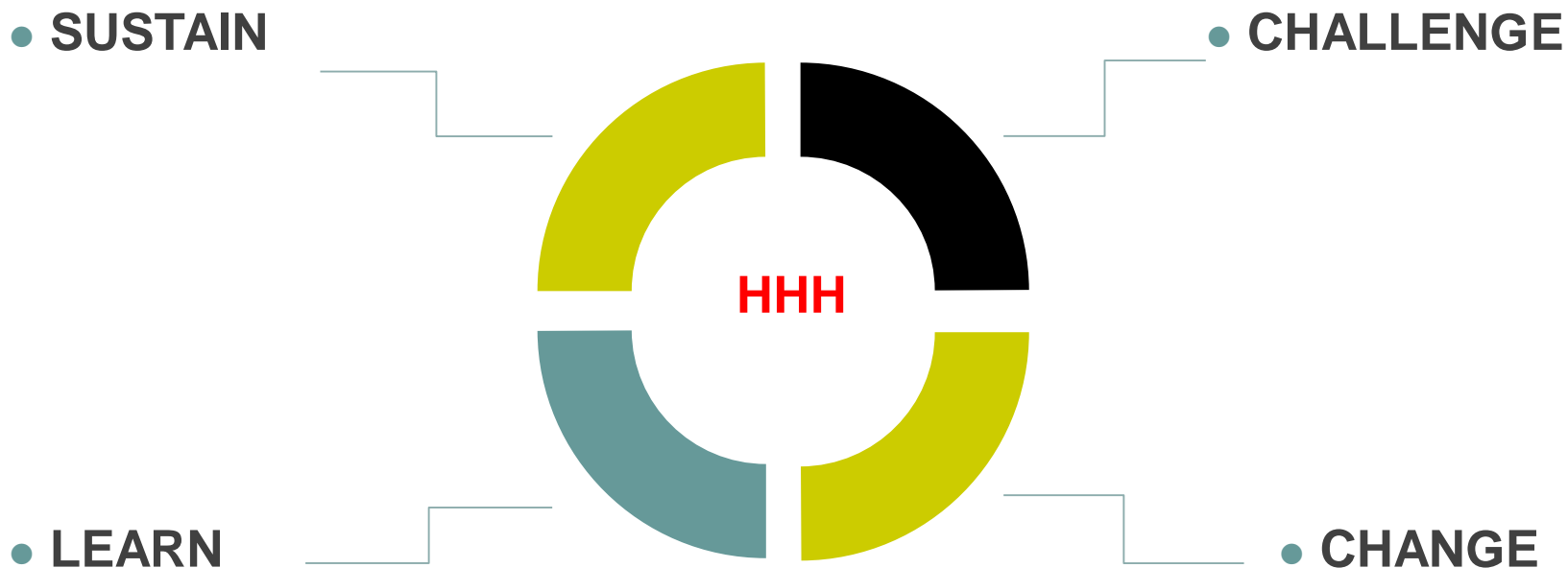


**15 groups:**

**Merseyside, Lancashire,  
Greater Manchester, Cheshire**



# Group 'Improvement' Cycle

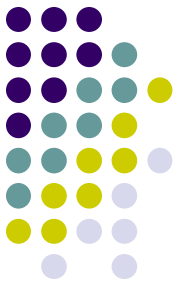




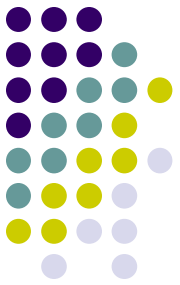
# Psychosocial Intervention.....

- Education about 'hoarding'
- Understanding emotional attachment
- Hoarding and.....(series)
- Organisation and decision-making
- Motivational strategies
- Peer support strategies
- Challenging & changing thoughts/beliefs
- Reducing acquisition
- Coping with improvement

# Thinking 'traps' – the 'professional kind'!



- ❑ The 'Kinell' moment
- ❑ How is that possible (Logic)?
- ❑ How can they..... (Stigma)?
- ❑ Why do they.....(Forensic)?



# The current 'state of play' .....

Hoarding is  
poorly  
understood

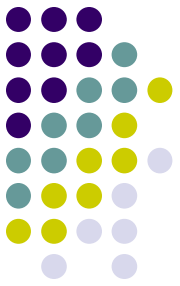
We should think  
about it  
differently

More fine-  
grained  
research  
needed

Systemic (Multi-  
agency) issues  
in need of  
address

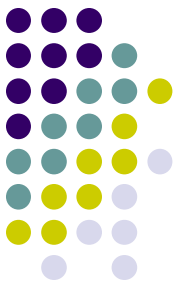
Time to  
understand and  
deal with stigma

General lack of  
expertise and  
support



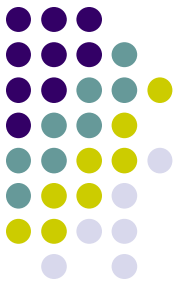
## Hoarding: The Hyndburn Way

***“An exploration of the need for, and feasibility, of an inter-agency and evidence-based service in Hyndburn”***



## Current initiatives.....

- Hyndburn & Blackpool (Pan-Lancs Strategy)
- South Yorkshire (Sheffield/Barnsley/Rotherham/Doncaster)
- West Midlands ('Black Country')
- Bristol (Individual & Team Supervision)
- Group Development: Warrington/Accrington x 2
- Co-morbidity-specific Hoarding Training: ASD/ADHD; OCD



**Any questions?**

**[ian.porterhhh@gmail.com](mailto:ian.porterhhh@gmail.com)**

**07815872178**

**[hoardershelpinghoarders.com](http://hoardershelpinghoarders.com)**