

Compulsive Hoarding and Acquiring

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Compulsive Hoarding and Acquiring: Therapist Guide

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The problem of compulsive hoarding and acquiring is more widespread than commonly believed. It often goes undiagnosed, either because sufferers are ashamed of their compulsions or because they don't believe it is a problem that merits professional attention. However, compulsive hoarding can be an emotionally

exhausting, uncontrollable, and sometimes dangerous problem. Written by the developers of this groundbreaking treatment, this Therapist Guide is the first to present an empirically supported and effective CBT programme for treating compulsive hoarding and acquiring. It gives clinicians the information to understand hoarding and proven tools to help clients overcome their compulsive behaviours. It teaches individuals how to recognise errors in thinking and uses both imagined and real exposures to teach them the skills they need to manage their problem. Home visits by the clinician are a part of the treatment, as well as consultations with other professionals who might assist if necessary. Homework exercises include behavioural experiments to test personal beliefs about possessions, developing an organisation plan and filing system, and sorting and organising items room-by-room. Designed to be used in conjunction with the corresponding Workbook, the Therapist Guide provides numerous assessment and intervention forms to help clients use the methods described in this programme. Complete with case examples and strategies for dealing with problems, this user-friendly guide is a dependable resource that no clinician can do without.

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目录:

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