

Buried in Treasure

Do you have a problem resisting the urge to acquire more items for your home?

Is your home filled with items many people would find useless and unnecessary?

You may suffer from hoarding disorder, a condition that is often misunderstood even though more than 2% of the population may have it.

Would you like to learn tips on how to declutter and stop over-acquiring?

An opportunity to meet with others who understand the challenges associated with Hoarding?

Through the Commonwealth Home Support Programme (CHSP) – Specialised Support Services, Catholic Healthcare will soon begin running Buried in Treasures Support Groups in the following regions in NSW.

- Orana – 02 6881 3700
- Central West – 02 6323 1650
- Hunter – 02 4946 4400
- South East Sydney – 02 8306 2900
- Inner West – 02 8306 2900

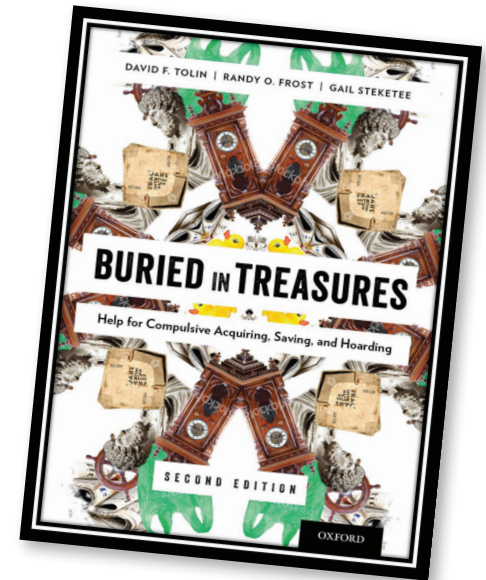
The groups work through a highly effective program based on the book **Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding** by David Tolin, Gail Steketee and Randy Frost.

Groups will meet for 15 weeks - each session will run for 2 hours. Learning materials including a workbook and copy of Buried in Treasures book provided.

Participants will:

- Explore the reasons behind why we acquire, save and hoard items.
- Learn new ways of thinking about possessions so we can decide what you really need and what you can do without.
- Learn to identify the “bad guys” that cause and maintain hoarding behavior and meet the “good guys” who can help motivate change.

At the end of the program you will take away strategies and techniques that can support you to declutter and reduce acquiring.



Are you ready to live a life less-cluttered?

To find out more about joining a Buried in Treasures group in your area please call the Hoarding and Squalor Resource Unit (HSRU) 1300 345 852 or the local office.

