

BREAKING THROUGH - *helping someone who is a hoarder*

Providing inspiration, confidence and solutions to help you
assist and support someone that is or may be a hoarder

How to help someone who is a hoarder is 'unknown territory' for many people and, because of a lack of knowledge and resources, brings feelings of frustration, anxiety, helplessness and being overwhelmed. Uncertainty about how to approach the situation, fear for personal health and safety and pressure from family members, friends and the community further exaggerate the situation.

This workshop will cover a number of areas including:

- helping you understand why people hoard and the psychology behind hoarding
- assessing the situation and severity of the hoarding condition
- how to approach, relate to and work with hoarders in denial
- working with families and all stakeholders to maintain positive and productive relationships
- maintaining the dignity, privacy and respect of the hoarder
- how best to communicate with a hoarder
- some important dos and don'ts
- addressing any safety concerns you may have
- improving mood and quality of life
- options for intervention
- teaching decluttering methods that you can then teach the hoarder
- reducing their resistance to seek help



WHEN: TBC

WHERE: Thebarton Community Centre, 60 South Road Torrensville

COST: \$150 per person plus booking fee



Presented by Rebecca Mezzino, Adelaide's most experienced and accredited Professional Organiser.

This is an interactive, motivating and informative presentation that reveals simple, effective and ready to use tips, tools and techniques - for instant results.

TO ENQUIRE - call Mick on 0404 361 386 or email mick@clearspace.net.au