

Clutter and Hoarding Treatment Group

Dates: Six Tuesday evenings, October 11, 2011 through November 15, 2011

Time: 7:30 to 9:00 PM (refreshments provided, so come at 7:15)

Location: Rosemont Counseling Associates
Rosemont Plaza, Suite 9
1062 Lancaster Avenue
Rosemont, PA 19010

Fee: Total cost is \$250; \$125 is needed to secure your space, and the balance is due November 1.

Purpose: The purpose of this group is to bring together people with clutter and hoarding issues in a safe, friendly, and supportive environment. It is a structured therapeutic group where participants set their own goals and move at their own pace. Participants will develop weekly individual assignments based on their goals. Facilitators will help people set achievable goals and learn the basics of decluttering and dehoarding. When individuals complete the course, they should have a better awareness of their habits and rationalizations that encourage them to save or collect. Examples of rationalizations include, "It's worth some money or someone might need this." Participants will learn how to successfully sort and organize belongings, and learn how to make effective choices about what they are already doing, such as piling without sorting.

Participation: The group is for adults that have clutter or hoarding issues.

Professional: The group is facilitated by Sally Allen, M.S. Ed., Licensed Psychologist, and Kimberly Brassfield, M.S. Sally Allen has been well trained and has over twenty years' experience working with Hoarding and Obsessive Compulsive Spectrum Disorders. Kimberly Brassfield has experience helping people successfully declutter and organize their homes.

For information: Please contact Sally Allen, M.S.Ed., at (610) 525-1510, extension 2. Please be sure to call soon. Space is limited to eight people and three spaces are already filled.