

# Contents

Books ..... 2

Websites ..... 4

Audio/video ..... 6

Training ..... 7

Support groups ..... 8

Professional services..... 10

Books			
Title	Target group	Author	Description
<i>Buried in Treasures</i>	People living with hoarding Families and carers Service providers	David Tolin, Randy Frost and Gail Steketee	Self-help treatment program
<i>Stuff: Compulsive hoarding and the meaning of things</i>	People living with hoarding Families and carers Service providers	Randy Frost and Gail Steketee	Case studies and exploration of the psychology of hoarding
<i>Digging Out: Helping your loved one manage clutter, hoarding and compulsive acquiring</i>	Families and carers	Michael Tompkins and Tamara Hartl	Practical advice focusing on harm reduction and salvaging relationships
<i>Children of Hoarders: How to minimize conflict, reduce the clutter, and improve your relationship</i>	Families and carers	Fugen Neziroglu and Katharine Donnelly	Aimed at helping adult children of hoarders manage their own emotions. Uses Cognitive Behavioural Therapy, mindfulness etc.
<i>Understanding hoarding: Reclaim your space and your life</i>	People living with hoarding	Jo Cooke	An explanation of what hoarding is and an 8-step plan with practical steps to tackle the problem
<i>Overcoming hoarding: A self-help guide using cognitive behavioural techniques</i>	People living with hoarding	Satwant Singh, Margaret Hooper and Colin Jones	Offers support, guidance and Cognitive Behavioural Therapy activities to help overcome hoarding

<i>Reclaim your life from hoarding</i>	People living with hoarding	Eileen Dacey	Workbook with case studies, self-care strategies and an action plan
<i>Dirty Secret: A daughter comes clean about her mother's compulsive hoarding</i>	People living with hoarding Families and carers Service providers	Jessie Scholl	Memoir of the daughter of a hoarder
<i>Coming Clean</i>	People living with hoarding Families and carers Service providers	Kimberley Rae Miller	Memoir of the daughter of a hoarder
<i>White Walls: A memoir about motherhood, daughterhood and the mess in between</i>	People living with hoarding Families and carers Service providers	Judy Batalion	Memoir of the daughter of a hoarder
<i>Lessons in letting go: Confessions of a hoarder</i>	People living with hoarding Families and carers Service providers	Corinne Grant	Memoir by an Australian comedian
<i>Mess: One man's struggle to clean up his house and his act</i>	People living with hoarding Families and carers Service providers	Barry Yourgrau	Memoir and exploration of hoarding by a person living with hoarding issues

Websites				
Name	Target group	Country	Run by	Description
<a href="#">r/hoarding</a>	People living with hoarding Families and carers Service providers	Worldwide	Hosted by large social media platform Reddit, run by volunteer moderators. 34,000 registered members.	Public discussion forum offering advice and support. People post questions, rants/venting, and personal progress. Has a wiki with comprehensive info and resources.
<a href="#">International OCD Foundation</a>	People living with hoarding Families and carers Service providers	Worldwide	Non-profit promoting awareness and providing resources and support for people affected by Obsessive Compulsive Disorder.	Website with information and resource directory.
<a href="#">Maroondah Hoarding and Squalor Network</a>	People living with hoarding Families and carers Service providers	AU	Forum for agencies and community groups in the City of Maroondah, Victoria	Excellent introductory articles. Comprehensive resource guide for Maroondah locals and others
<a href="#">Pathways through the maze</a>	People living with hoarding Families and carers Service providers	AU	Catholic Community Services	Basic information, resources and training
<a href="#">Hoarding Disorders UK</a>	People living with hoarding Families and carers Service providers	UK	Hoarding Disorders UK	Resources and information for people affected by hoarding.

<a href="#">Children of Hoarders</a>	Families and carers	Mainly US	Volunteer grassroots non-profit	Biggest and best known online support for family members of hoarders. Resources, information and support.
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Audio/video			
Name	Target group	Author	Description
<a href="#">Hoarding Disorder playlist</a>	People living with hoarding Families and carers Service providers	International OCD Foundation	A Youtube playlist of short (2-3 minute) videos explaining hoarding disorder.
<a href="#">Clutter Chronicles</a>	People living with hoarding Families and carers Service providers	Lori Koppelman	Free podcast. An ongoing conversation with Mary, who calls herself a recovering hoarder.
<a href="#">The Hoarding Solution Podcast</a>	People living with hoarding Families and carers Service providers	Tammi Moses	Free podcast. An exploration of how we as a community can approach this issue with compassion, kindness & awareness.
<a href="#">Overcome Compulsive Hoarding</a>	People living with hoarding Families and carers Service providers	@ThatHoarder	Free podcast. Tips, advice, experiences and interviews from a compulsive hoarder who is trying desperately to change.
<a href="#">The Hoardganize Podcast</a>	People living with hoarding Families and carers Service providers	Rachel Seavey	Free podcast. A professional organiser offers tips and shares her experience.
<a href="#">Helping hoarders let go</a>	People living with hoarding Families and carers Service providers	ABC Radio	Archived radio broadcast. An interview with Jessica Grisham, a clinical and research psychologist at the University of NSW.
<a href="#">The psychology of hoarding</a>	People living with hoarding Families and carers Service providers	ABC Radio	Archived radio broadcast. Interviews with Professor Randy Frost (co-author of <i>Buried in Treasures</i> ), a support worker, and two people who hoard

Training				
Name	Target group	Cost	Run by	Description
<a href="#">Hoarding Home Solutions Family &amp; Friends</a>	Families and carers	Fee to be paid	Hoarding Home Solutions	Online. Workbooks, video lessons, real life stories and resources and tools. 12 x 1-hour sessions.
<a href="#">Hoarding Home Solutions for Support Professionals</a>	Service providers	Fee to be paid	Hoarding Home Solutions	Online. Workbooks, video lessons, real life stories and resources and tools. 12 x 1-hour sessions.
<a href="#">How to help someone who hoards</a>	Families and carers Service providers	Free	Hoarding Home Solutions	Online. 40 minute video.
<a href="#">Understanding and treating hoarding disorder</a>	Families and carers Service providers	Fee to be paid	University of Sydney	Online; one 8-hour session. Covers etiology, assessment and therapy (Cognitive Behavioural Therapy).
<a href="#">Helping People Who Hoard</a>	Service providers	Fee to be paid	Rebecca Mezzino	Online interactive workshop with a strong focus on developing empathy, compassion and understanding as well as skills and confidence.
<a href="#">Hoarding Disorder webinar</a>	Service providers	Free for registered Australian medical professionals	Black Dog Institute	1 hour recorded webinar. CPD accredited.
<a href="#">Helping People Who Hoard: Alternatives to nagging, pleading, and threatening</a>	Families and carers	Free	Michael Tompkins via IOCDF	44-minute Youtube video. Covers dealing with people who refuse help and repairing damaged relationships.

Support groups				
Name	Target group	Platform	Run by	Description
<a href="#">Buried in Treasures Hoarding Support Program</a>	People living with hoarding	Online	CatholicCare	Free 15-week group program for people aged 65+ (50+ if Aboriginal or Torres Strait Islander). Follows the
<a href="#">Hoarding and clutter support group</a>	People living with hoarding	Zoom	ARC Victoria	Peer-led mutual self-help support group. Free.
<a href="#">Hoarding/Cluttering Support Group</a>	People living with hoarding	Private Facebook group	Volunteer members	Emotional, educational and psychological support, and a resource for understanding hoarding and cluttering
<a href="#">The Clutter Movement Individual Support</a>	People living with hoarding	Private Facebook group	Unknown	'A dedicated community working together to better understand, better support, and better resolve issues with clutter. Through the sharing of knowledge, experience, and ideas, we strive to affect sustainable change in ourselves and in each other.'
<a href="#">Adult Children of Hoarders</a>	Families and carers	Private Facebook group	Volunteer members	'A place to get support, share experiences and feelings, and sometimes laugh at the absurdity of it all - without judgment'
<a href="#">Family and Friends of Hoarders Support Group</a>	Families and carers	Private Facebook group	Volunteer members	'A safe place to be able to let out the frustration of living with a hoarder.'
<a href="#">MYCOHP (Minor and Youth Children of Hoarding Parents)</a>	Families and carers	Groups.io	Volunteers	'A safe, understanding, peer support group for minors and youth living in hoards.'
<a href="#">Children of Hoarders</a>	Families and carers	Groups.io	Volunteer members	'Join us for support, information sharing, and understanding... a community of people who grew



				up the same way or have similar adult experiences and can relate'
<a href="#">r/hoarding</a>	People living with hoarding Families and carers Service providers	Reddit	Volunteer members	Public discussion forum offering advice and support. People post questions, rants/venting, and personal progress.
<a href="#">r/ChildofHoarder</a>	Families and carers	Reddit	Volunteers	Public discussion forum offering advice and support. People share stories, ask questions and vent their frustration.
<a href="#">Hoarding/Cluttering Support Group</a>	People living with hoarding Families and carers Service providers	Private Facebook group	Volunteer members	'tools, education and information – in addition to support for everyone impacted by Hoarding – and that includes loved ones, social workers, therapists, organizers, and clean-up crews'
<a href="#">Arafmi Carer Support Group</a> (not hoarding specific)	Families and carers	Zoom	Arafmi	For family and carers of people with mental illness.
<a href="#">Safe Spaces</a> (not hoarding specific)	Families and carers	Face to face and Zoom	<a href="#">Mental Health Families and Friends Tasmania</a>	For family and carers of people with mental illness

Professional services				
Name	Target group	Location	Service	About
Fiona Mason, <a href="#">Ace of Space</a> , 0437 772 097	People living with hoarding	Hobart	Professional organiser	Works with people wanting to declutter or downsize, and also works with NDIS and MyAgedCare participants. Has training in hoarding
Dr Bethany Lusk, <a href="#">Archer Street Health</a> , 0361 242 222	People living with hoarding	Hobart	Clinical psychologist	Has an interest in working with clients experiencing hoarding problems and has completed training
Dr Jan Eppingstall, <a href="#">Stuffology</a>	People living with hoarding	Melbourne	Psychologist	Hoarding specialist offering therapy over Zoom as well as in-person
Julie Jensen, <a href="#">Changes in Between</a> , 0411 241 005	People living with hoarding	Melbourne	Counsellor	Primarily a grief counsellor with training and interest in hoarding. Offers phone and Zoom therapy as well as in person
George Turnure, <a href="#">Website</a> , 0413 674 328	People living with hoarding	Sydney	Clinical Psychologist	Works frequently with hoarding and offers multiple telehealth options
Catherine Madigan, <a href="#">Anxiety Treatment Australia</a> , 0429 883 671	People living with hoarding	Melbourne	Clinical Psychologist	Specialises in anxiety disorders and treats hoarding. Offers online and phone counselling