Treasured Lives Resource List

Updated February 2024

A selected list of resources that may be useful for people living with hoarding, their families and carers, and service providers who work with them.

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| Books |
| **Title** | **Target group**  | **Author** | **Description** |
| *Buried in Treasures* | People living with hoardingFamilies and carersService providers | David Tolin, Randy Frost and Gail Steketee | Self-help treatment program. The basis for many therapy groups.  |
| *Treatment for Hoarding Disorder* | Service providers | Gail Steketee and Randy Frost | Therapist guide for clinicians and other professionals |
| *Stuff: Compulsive hoarding and the meaning of things* | People living with hoardingFamilies and carersService providers | Randy Frost and Gail Steketee | Case studies and exploration of the psychology of hoarding |
| *Digging Out: Helping your loved one manage clutter, hoarding and compulsive acquiring* | Families and carers | Michael Tompkins and Tamara Hartl | Practical advice focusing on harm reduction and salvaging relationships |
| *Children of Hoarders: How to minimize conflict, reduce the clutter, and improve your relationship* | 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. |
| *Understanding hoarding: Reclaim your space and your life* | People living with hoarding | Jo Cooke | An explanation of what hoarding is and an 8-step plan with practical steps to tackle the problem |
| *Overcoming hoarding: A self-help guide using cognitive behavioural techniques* | People living with hoarding | Satwant Singh, Margaret Hooper and Colin Jones | Offers support, guidance and Cognitive Behavioural Therapy activities to help overcome hoarding |
| *Reclaim your life from hoarding* | People living with hoarding | Eileen Dacey | Workbook with case studies, self-care strategies and an action plan |
| *Dirty Secret: A daughter comes clean about her mother's compulsive hoarding* | People living with hoardingFamilies and carersService providers | Jessie Scholl | Memoir of the daughter of a hoarder |
| *Coming Clean* | People living with hoardingFamilies and carersService providers | Kimberley Rae Miller | Memoir of the daughter of a hoarder |
| *White Walls: A memoir about motherhood, daughterhood and the mess in between* | People living with hoardingFamilies and carersService providers | Judy Batalion | Memoir of the daughter of a hoarder |
| *Lessons in letting go: Confessions of a hoarder* | People living with hoardingFamilies and carersService providers | Corinne Grant | Memoir by an Australian comedian |
| *Mess: One man’s struggle to clean up his house and his act* | People living with hoardingFamilies and carersService providers | Barry Yourgrau | Memoir and exploration of hoarding by a person living with hoarding issues |
| *An Ordinary House* | Families and carers | Tania Reid | Child’s picture book about finding hope while living in a hoarded house. |

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| Websites |
| **Name** | **Target group** | **Country** | **Run by** | **Description** |
| [r/hoarding](https://www.reddit.com/r/hoarding/) | People living with hoardingFamilies and carersService 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. Note: some posts can be confronting to read. |
| [Maroondah Hoarding and Squalor Network](https://www.hoardingsqualormaroondah.org.au/) | People living with hoardingFamilies and carersService 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 |
| [Hoarding Disorders UK](https://hoardingdisordersuk.org/) | People living with hoardingFamilies and carersService providers | UK | Hoarding Disorders UK | Resources and information for people affected by hoarding. |
| [Children of Hoarders](https://childrenofhoarders.com/wordpress/) | Families and carers | Mainly US | Volunteer non-profit | Online resource for family members of hoarders. Resources, information and support. No longer being updated. |
| [The Adventures of Kat](https://hoardinghomesolutions.com.au/category/the-adventures-of-kat/) | People living with hoardingFamilies and carersService providers | AU | Hoarding Home Solutions | Short blog posts with the serial story of a fictional hoarder and her ups and downs. Relatable and very well-written. |

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| Audio/video |
| **Name** | **Target group** | **Author** | **Description** |
| [Hoarding Disorder playlist](https://www.youtube.com/playlist?list=PLx2UyPr4U3GL7TxQrOaabwyC0gXqWYbLL) | People living with hoardingFamilies and carersService providers | International OCD Foundation | A Youtube playlist of short (2-3 minute) videos explaining hoarding disorder.  |
| [Clutter Chronicles](https://podcasts.apple.com/us/podcast/clutter-chronicles/id1308084360) | People living with hoardingFamilies and carersService providers | Lori Koppelman | Podcast. A conversation with Mary, who calls herself a recovering hoarder. Ended 2020. |
| [Overcome Compulsive Hoarding](https://podcasts.apple.com/gb/podcast/overcome-compulsive-hoarding-with-thathoarder/id1560909751) | People living with hoardingFamilies and carersService providers | @ThatHoarder | Podcast. Tips, advice, experiences and interviews from a compulsive hoarder who is trying desperately to change. |
| [Hoarding Stuff](https://podcasts.apple.com/us/podcast/hoarding-stuff/id1591069400) | People living with hoardingFamilies and carersService providers | David Woods | Podcast. A hoarding expert and a person living with hoarding issues talk and investigate the challenges of hoarding. |
| [The Hoardganize Podcast](https://hoardganize.libsyn.com/) | People living with hoardingFamilies and carersService providers | Rachel Seavey | Podcast. A professional organiser offers tips and shares her experience. |
| [Helping hoarders let go](https://www.abc.net.au/radio/programs/conversations/jessica-grisham-hoarders-rpt/11294010) | People living with hoardingFamilies and carersService providers | ABC Radio | Archived radio broadcast. An interview with Jessica Grisham, a clinical and research psychologist at the University of NSW. |
| [The psychology of hoarding](https://www.abc.net.au/radionational/programs/allinthemind/the-psychology-of-hoarding/7878338) | People living with hoardingFamilies and carersService providers | ABC Radio | Archived radio broadcast. Interviews with Professor Randy Frost (co-author of *Buried in Treasures*), a support worker, and two people who hoard |

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| Training |
| **Name** | **Target group** | **Cost** | **Run by** | **Description** |
| [Hoarding unpacked training and consultancy](https://hoardingunpacked.com/) | Service providers | Fee to be paid | Maire Joy Barron | Offers training and supervision online, phone and in-person. Will be in Launceston November 2024. |
| [Hoarding Home Solutions Family & Friends](https://hoardinghomesolutions.com.au/hoarding-home-solutions-courses/family-and-friends/) | 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. |
| [Hoarding Home Solutions for Support Professionals](https://hoardinghomesolutions.com.au/hoarding-home-solutions-courses/support-professionals/) | 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. |
| [Helping People Who Hoard](https://rebeccamezzino.com.au/services/speaking-and-training/) | 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. |
| [Helping People Who Hoard: Alternatives to nagging, pleading, and threatening](https://hoarding.iocdf.org/for-families/webinar-helping-people-who-hoard/) | Families and carers | Free | Michael Tompkins via IOCDF | 44-minute Youtube video. Covers dealing with people who refuse help and repairing damaged relationships. |
| [Unpacking the Complexity of Hoarding and Squalor](https://www.ccwt.edu.au/course/ADMH16) | Service providers | Fee to be paid | Centre for Community Welfare Training | Online course, 2 x 7 hour sessions. To equip frontline workers to understand and work with hoarding disorder and severe domestic squalor. |
| [Stuffology](https://stuffology.com.au/hoarding-training-and-education) | Service providers | Fee to be paid | Dr Jan Eppingstall | Workshops and tailored programs by one of Australia’s hoarding experts. |
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| Support groups |
| **Name** | **Target group** | **Platform** | **Run by** | **Description** |
| [Hoarding and clutter support group](https://arcvic.org.au/events/categories/online-support-group/hoarding-clutter-support-group/) | People living with hoarding | Zoom | ARC Victoria | Peer-led mutual self-help support group. Free. |
| [Hoarding/Cluttering Support Group](https://www.facebook.com/groups/hcSupportGroup/) | People living with hoarding | Private Facebook group | Volunteer members | Emotional, educational and psychological support, and a resource for understanding hoarding and cluttering |
| [Adult Children of Hoarders](https://www.facebook.com/groups/337932535768) | 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’ |
| [Family and Friends of Hoarders Support Group](https://www.facebook.com/groups/806369282856917/) | Families and carers | Private Facebook group | Volunteer members | ‘A safe place to be able to let out the frustration of living with a hoarder.’ |
| [MYCOHP](https://mycohp.groups.io/g/main) (Minor and Youth Children of Hoarding Parents) | Families and carers | Groups.io | Volunteers | ‘A safe, understanding, peer support group for minors and youth living in hoards.’ |
| [Children of Hoarders](https://groups.io/g/ChildrenOfHoarders) | 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’ |
| [r/hoarding](https://www.reddit.com/r/hoarding/) | People living with hoardingFamilies and carersService providers | Reddit | Volunteer members | Public discussion forum offering advice and support. People post questions, rants/venting, and personal progress. Note: some posts can be confronting. |
| [r/ChildofHoarder](https://www.reddit.com/r/ChildofHoarder/) | Families and carers | Reddit | Volunteers | Public discussion forum offering advice and support. People share stories, ask questions and vent their frustration. Note: some posts can be confronting. |
| [Arafmi Carer Support Group](https://arafmi.com.au/carer-family-support/carer-support-groups/) (not hoarding specific) | Families and carers | Zoom | Arafmi | For family and carers of people with mental illness. |
| [Safe Spaces](https://mhfamiliesfriendstas.org.au/events/safe-spaces/)(not hoarding specific) | Families and carers | Face to face and Zoom | [Mental Health Families and Friends Tasmania](https://mhfamiliesfriendstas.org.au/) | For family and carers of people with mental illness |

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| Professional services and treatment |
| **Name** | **Target group** | **Location** | **Service** | **About** |
| [Catholic Healthcare Buried in Treasures Support Program](https://www.catholichealthcare.com.au/campaigns/buried-in-treasures/) | People living with hoarding | Online | Clinical support group program | 15-week program starting March 2024 |
| [Lifeline H2H Family as Motivators](https://www.lifelineh2h.org.au/get-support/support-and-treatment-groups/) | Families and carers | Online | Clinical support group program | 10-week program starting August 2024. Free with GP Mental Health Care Plan. |
| Dr Jan Eppingstall, [Stuffology](https://stuffology.com.au/) | People living with hoarding | Melbourne | Psychologist | Hoarding specialist offering therapy over Zoom as well as in-person |
| Julie Jensen, [Changes in Between](https://www.changesinbetween.com/), 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 |
| Tania Reid, [For the Crowded House](https://www.thecrowdedhouse.net.au/), 0427 770 510 | People living with hoarding | Melbourne | Therapist | Hoarding specialist with telehealth options. |
| George Turnure, [Website](https://georgeturnure.com.au/), 0413 674 328 | People living with hoarding | Sydney | Clinical Psychologist | Works frequently with hoarding and offers multiple telehealth options |
| [Rebecca Ghattas](https://www.psychologytoday.com/au/counselling/rebecca-ghattas-bathurst-nsw/920231), (02) 5301 6084 | People living with hoarding | Bathurst, NSW | Counsellor | Specialises in hoarding, OCD and anxiety. Offers telehealth |
| Catherine Madigan, [Anxiety Treatment Australia](https://www.anxietyaustralia.com.au/contact/), 0429 883 671 | People living with hoarding | Melbourne | Clinical Psychologist | Specialises in anxiety disorders and treats hoarding. Offers online and phone counselling |
| Fiona Mason, [Ace of Space](https://www.aceofspace.com.au/), 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 |