

Treating Hoarding Disorder

With all being said, hoarding is traumatic for a person, mentally and financially; and has even been known to have caused physical harm and death in some extreme cases. However, recent psychological and psychiatric science offers hope in treating hoarding disorder.

Confrontation

Treating a compulsive hoarder is extremely difficult, because in majority of the cases, the victims do not know that they have a problem or they're not willing to see that what they are doing might not be a normal practice. Hoarders are generally defensive about this particular habit of theirs; when confronted, they tend to withdraw themselves or become quarrelsome.

It is up to the near and dear ones, family and friends, of a hoarder to confront them of this family. In very rare cases, especially in cases where the person with the disorder was previously aware of a problem that he or she may be having without the power within themselves to control them.

In such cases, if a friend or a family member is very strict with the hoarder, and forces him or her throw away the objects in their home they will not need, it may clear the clutter in their homes for the time being. However, if does not solve the problem within the person, and immediately after the previous clutter is cleared, they may start hoarding again.

Cognitive Behavioral Therapy (CBT)

Some psychologists suggests a Cognitive Behavioral Therapy which enables a hoarder see each of their hoarded possessions in a new light and help them change their behavior.

This therapy enables them to make individual judgment about their belongings and decide which of them are worthy of keeping and which should be discarded. They learn to make quick decisions and practice this in regards to any items they have or may be contemplating to acquire.

It is seen that hoarders usually accumulate objects without thinking or without having a definite goal. When you ask them to think about an purchase, asking themselves, "Do I really need this?" or "Is this necessary for me in any way?" - They may choose to ignore the need to purchase that object.

However, the first goal of this therapy is 'Harm Reduction' – that is, if it is not possible to teach a hoarder to change their behavior, it may be possible to stop them from acquiring any items that may prove to be harmful to themselves and the community, namely cut down on poisonous object, fire hazards and other household dangerous items.

Group Treatment

When a number of people who have hoarding disorder come together and talk about their problems and how it is affecting the sanity in their lives, it help others see their own lives from another person's point of view. It can sometimes reduce isolation and shame in them, and trigger hope.

Listening to other's situations, comparing them to one's own and in turn, sharing one's stories, can inspire them to make a change in their lives and learn useful tips in sorting, discarding, creating rules for shopping and de-cluttering their lives.