

30<sup>th</sup> World Summit on **Psychology, Psychiatry and Psychotherapy**  
&  
7<sup>th</sup> International Conference on **Addictive Disorders, Addiction Medicine and Pharmaceuticals**  
&  
Annual Summit on **Pain Management - Opioids Drugs**  
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## The secret world of hoarders

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Stepping into a Hoarders World is not as easy as you may think. A Hoarder has multiple layers that if peeled back, may possibly reveal a Family System that helps to enable their behaviors, traumatic events from their childhood, anxiety, obsessive-compulsive thinking and possibly an addictive personality that is compounded by delusional thinking. Would you like a peek into that world? Let's help these clients that are more common than you may realize. Let us delve into that world and explore the depths of their secret world. This training will encompass many objectives that are important to understanding the hoarders that may cross your path. As a child of a hoarder, I grew up hoping to understand the underpinnings of my mother. Why were objects so important to her? As my sisters and I grew up and moved on, her hoarding increased, as it often does when there is no one to help stop the hoarding behaviors. She was diagnosed with cancer and thus we as a family helped her to the next stage of her life. Letting go of her things and moving her to an assisted living facility. We took her things away, either discarded, donated and/or sold them. Neither the family or she had no choice at that point. Because of this, I grew up with a heart to help this population to heal. This training will create a picture of the average hoarder and their family system. It's important to understand the system to help the hoarder heal. It's also necessary for the family to form an alliance, just as you would with an addict or an alcoholic. We will discuss the five stages of hoarding. The diagnostic criteria as presented in the DSM-5 and various treatment methods to deal with this insidious problem. Many times, as clinicians you are unaware that your clients present with this problem. This is generally a secret condition, they are not hoarders, instead, they are collectors, at least in their mind, however delusional it may be. Let me help you to lead your clients to success and freedom.

**Goals/Objectives:** To understand the average hoarder and their family system. Current research on brain studies and the circular thought process of the hoarder. To name the five Stages of Hoarding and how they manifest. Describing DSM-5 Diagnostic Criteria and its similarity to the addiction process. Treatment Methods for the hoarder and their dysfunctional family system.

### Biography

Carol Rose Adkisson is an author, speaker, a teacher and a Licensed Marriage and Family Therapist and The Transformational Coach. Carol Adkisson is the owner of a private practice and founder/Chief Executive officer of a group non-profit, The Trauma and Healing Foundation in Fontana. She also is an author of several books including *Recovering My Life*, a *Personal Bariatric Story*. She co-developed and participates in a podcast entitled *Curious Intentions*. She specializes in anxiety, depression, trauma, couples' therapy, ADHD, substance issues, immigration psychological evaluations, weight loss and bariatric surgery and 12 step recovery and of course HOARDING. She is trained in various treatments including EMDR and Trauma-Focused CBT and numerous other modalities. She also has 34 years of experience working with recovery-based programs. She serves individuals, couples, families, children, and adolescents. She utilizes "discernment theory" to perceive which treatment is most helpful for the individual client's needs. Her group practice employs therapists with many different specialties. She supervises this practice and is the Clinical Director. She has her bachelor's Degree and master's Degree in Marriage Family Therapy from Hope International University. Her hobbies include volleyball, spending time with her family and she is a foodie, always ready to try something new.

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