

Psychology Clinic

# Compulsive Hoarding and Acquiring Group

The Compulsive Hoarding and Acquiring Group is a 10-session program that uses cognitive behavioural therapy to address thoughts and behaviours that lead to, and maintain hoarding behaviour. The program targets decision making deficits, emotional connection to items hoarded, the avoidance of storing items appropriately and of discarding items. The program challenges the beliefs that participants have about the nature of their possessions.

## Compulsive Hoarding and Acquiring

Compulsive hoarding and acquiring involves the acquisition of, and inability to discard, a vast number of possessions. Compulsive hoarding is distinguished from collecting, or from normal household clutter, in three ways: The items collected appear to be useless or of limited value, that rooms in the household of someone living with compulsive hoarding are so significantly cluttered that they can no longer be used for the purpose they were designed for and the impact of a person's hoarding behaviour causes significant distress or impairs their ability to function in everyday life. Items that are commonly hoarded include old newspapers and magazines, junk mail, receipts, food wrappers, lists and containers.

The homes of people living with hoarding are hazardous; the clutter serves as a fire hazard; individuals are at increased risk of falling, or having items fall onto them and collected waste can lead to unsanitary conditions. Consequently, people with compulsive hoarding are often too embarrassed to have people visit their homes, and as a consequence, have limited social interactions.

Hoarding behaviour has a strong relationship with Obsessive Compulsive Disorder (OCD) and it is estimated that 25-30% of individuals diagnosed with OCD have symptoms of compulsive hoarding. It is estimated that OCD affects 1-3% of Australians.

## Eligibility and Application Procedure

To be a part of the Compulsive Hoarding and Acquiring Group individuals are required to complete a 3-hour assessment with a counsellor at the Psychology Clinic and obtain a referral and mental health care plan from their doctor.

The assessment process is scheduled to commence a few weeks before the start of the group. Groups are run on demand a number of times throughout the year. Due to limited places, waiting lists may apply

To register your interest in this program or to find out more information please fill out the referral form [here](#) or email [psychprojects@swin.edu.au](mailto:psychprojects@swin.edu.au)

## Fees

The cost of the Compulsive Hoarding and Acquiring group includes a \$25 assessment fee, plus a program fee of \$700, which is paid up-front. Medicare rebates are available for the program fee.

## About the Psychology Clinic

The Psychology Clinic provides low-cost services to the community, such as individual counselling, group therapy programs and psychological assessment. As a part of Swinburne's postgraduate psychology programs in Counselling and Clinical Psychology, our staff include graduate students working as psychological counsellors, their supervisors and administration staff.

Previously known as the Centre for Psychological Services, and then the Psychology Centre, the Psychology Clinic was established by Swinburne University of Technology in 1990. The Psychology Clinic was an initiative of Swinburne's psychology department that has achieved an enviable reputation for its teaching, training and research. Our patron is Professor Allan Fels AO.

*Please note: Fees are subject to change without notice  
Group start dates depend on the number of participants available*

### Contact us

Swinburne Psychology Clinic  
Level 4, The George  
34 Wakefield Street  
Hawthorn

Telephone: (03) 9214 5528  
Email: [psychprojects@swin.edu.au](mailto:psychprojects@swin.edu.au)

