

The Hoarding Awareness Program™ (HAP)

Trainings*Presentations*Consultations



The goal of The Hoarding Awareness Program™ is to facilitate greater awareness and understanding of Hoarding Disorder, to improve the quality of life of those with hoarding disorder, and to reduce the impact on individuals, families, service providers and communities. The Hoarding Awareness Program™ will provide in-depth information and assistance in understanding the complexities of Hoarding Disorder-from the psychology of hoarding, to signs, symptoms, and the impact on public safety, to assessment, intervention, and treatment.

Overview

Hoarding Disorder affects approximately 2-5% of the population, between 6-15 million people in the United States alone. It is generally complex, costly and time consuming to address. The Hoarding Awareness Program™ provides interactive and informative trainings and case-by-case consultations in-person, by telephone, and email are also available.

Training Content

The information is presented in highly interactive sessions that cover a range of information including: identifying hoarding signs and symptoms, understanding the impact, types of hoarding, the psychology behind hoarding, safety and protective gear, treatment and maintenance strategies and best practices. Trainings have been designed based on the needs of and tailored to various target audiences. Pre-and post-tests, small group activities, videos, role plays and Q&A are incorporated into the training to ensure mastery of the concepts and information presented and that various learning styles are addressed. Additional resource information is provided electronically to participants.

Training Objectives

After the training, participants will...

- Be able to identify the signs of hoarding
- Be able to identify common causes of hoarding
- Be able to identify and describe types of hoarding
- Understand how Hoarding Disorder may affect the individual, family and community
- Be able to identify individuals who could be classified as having Hoarding Disorder
- Be familiar with proper safety precautions when working in homes
- Learn to use assessment tools and intervention plans
- Be able to identify resources to help clients with Hoarding Disorder
- Be aware of strategies to reduce risk of relapse



Target Audience

We strive to increase the awareness of Hoarding Disorder, as well as the rate of successful interventions, through education. The trainings, presentations and consultations were created for individuals who have interactions and/or working or therapeutic relationships with someone who has a Hoarding Disorder. Trainings are designed to be relevant for individuals, families and organizations. Those who will benefit from our in-depth and interactive offerings include, but are not limited to:

- **Full Day Course** – tailored to social service professionals (e.g., social workers, caseworkers, behavioral health providers, housing and other professionals (e.g., housing inspectors, first responders, guardians, realtors) and family caregivers.

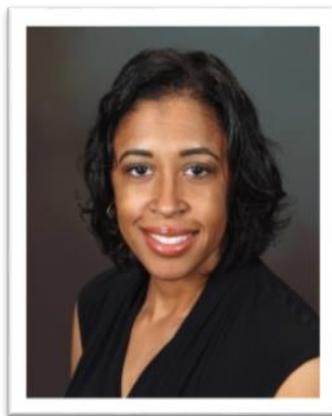
Trainings can be tailored to the needs of specific groups upon request. CEUs are available for an additional cost.

About Us

Dr. Darnita L. Payden. The Hoarding Awareness Program™ (HAP) founder Dr. Darnita L. Payden, has a Ph.D. in Counseling Psychology, with 25 combined years of training, teaching, leadership, counseling, and consulting experience, locally and nationally. She provides trainings, presentations and consultation services that are solution focused. Her informative, compassionate, non-judgmental and attention to detail approach is highly effective in raising awareness of the impact on clients, family members, and professionals who must interact with those dealing with a Hoarding Disorder. The goal of Dr. Payden's holistic approach is to allow clients, family members, and professionals to fully comprehend the complexities of Hoarding Disorder, yet interact with those affected by the disorder in the most compassionate and effective manner. She is the owner/Executive Director of Dr. DClutter™ Life Management, currently serves as the Hoarding Expert/Consultant for the District of Columbia Government and is also a featured expert on Lifetime's television show, *Hoarders*.

Contact

Please contact us for more information or to schedule a training, presentation or case consultation. We will work with you to determine the best training format, location and schedule to fit your needs and budget. We are happy to tailor the information for specific agencies or professional groups.



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