

Target Audience

Care and Support staff in a variety of settings and Housing Support Teams who are providing direct care and support, including maintenance teams.

This course has been developed to provide learners with knowledge of Hoarding as a disorder. The course will look at the different ways living with a Hoarding disorder can impact on a person and others in their social networks. It considers the benefits of early intervention in promoting mental health and well-being and will focus on supporting learners to develop a deeper understanding of the solution-based therapies available.

This course is delivered using a range of methods and resources including:

- ◆ Face to face tutor facilitation, large group discussions, questioning, participation, scenarios, using clutter image ratings, for breakout groups, questioning and participation, videos, and an end of session assessment.

This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:

- ◆ British Psychological Society – A Psychological Perspective on Hoarding – DCP Good Practice Guidelines
- ◆ Skills for Care - The Common Core Principles to support good mental health and wellbeing in adult social care
- ◆ The Care Act 2014

Course Content

- ◆ What is Hoarding?
- ◆ Comorbidity
- ◆ Manifestations of Hoarding
- ◆ Impact of Hoarding
- ◆ Motivational Interviewing
- ◆ Cognitive Behavioural Therapy
- ◆ Solution based support

Learning Outcomes

After attending this course, learners will be able to:

- ◆ Explain what Hoarding is
- ◆ List other conditions that can coexist with hoarding
- ◆ Explain how Hoarding can manifest
- ◆ Describe the impact Hoarding can have
- ◆ List the four core interaction skills
- ◆ Describe the four processes of motivational interviewing
- ◆ List the core components of cognitive behaviour therapy
- ◆ Explain how to support an individual with solution-based support

Duration: 6 Hours