

# The ICD Guide to **Challenging Disorganization**

For Professional Organizers



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Edited by Kate Varness, CPO-CD®, MA, COC®

# The Icd Guide To Challenging Disorganization For Professional Organizers

**Susan C Pinsky**



## **The Icd Guide To Challenging Disorganization For Professional Organizers:**

**The Icd Guide to Challenging Disorganization** Kate Varness, 2012-01 This is the first book to comprehensively examine chronic disorganization in the context of physical and mental health conditions Published by the Institute for Challenging Disorganization ICD the premier resource on chronic disorganization this book presents a collection of educational materials by experienced professional organizers and related professionals on the subjects of AD HD Depression and Anxiety Compulsive Buying and Hoarding Asperger s Downsizing Relocating Seniors Grief Learning Disabilities Physical Challenges Traumatic Brain Injury Learning Styles Goal Setting Time Management and much more P 4 of cover The ICD Guide to Collaborating with Professional Organizers Phyllis Flood Knerr, 2014 People whose disorganization undermines their physical and emotional well being need the help of a team The ICD Guide to Collaborating with Professional Organizers For Related Professionals lays the foundation for collaborative work whether that means having one another as trusted resources or involves more integrated treatment efforts In addition to an in depth explanation of chronic disorganization the book details models for collaborating with trained professional organizers The ICD Guide to Collaborating with Professional Organizers For Related Professionals includes examples with therapists AD HD coaches hoarding task forces state and local governments clients and their family members schools and support groups Case studies on AD HD hoarding and families in crisis illustrate the challenges and benefits of collaboration Clinician's Guide to Severe Hoarding Michael A. Tompkins, 2014-11-24 The cat lady The couple who won't let anyone in their apartment The old man with all that junk in his yard Their severe hoarding puts them and often others at risk for injury disease and even death Most deny needing help and for this reason professionals are desperate to find more effective ways to offer and provide assistance to them In response to this growing public health problem Clinician's Guide to Severe Hoarding refines our understanding and presents in depth and innovative alternative to traditional interventions Arguing that although treatment for hoarding can be effective for those who are open to help people with severe hoarding are not The Clinician's Guide to Severe Hoarding describes an alternative strategy to help those who adamantly refuse help and yet face significant health and safety risks due to the hoarding problem harm reduction This client centered approach takes readers through harm reduction plan development team building goal setting client collaboration and progress assessment The Clinician's Guide also explains that a successful harm reduction plan may encourage clients to seek further help and offers insights into working with special populations such as people who hoard animals and children who exhibit hoarding behavior The Clinician's Guide describes in detail a range of strategies for assisting people with severe hoarding Strategies for engaging with clients who hoard Guidelines for assessing harm potential Guidelines for creating a harm reduction plan building a harm reduction team and conducting and evaluating home visits Skills for client self help decision making time management and more Guidelines for navigating the ethical and legal issues that arise in assisting people who hoard Readings links and other resources With its practical common sense approach to a

complex problem Clinician s Guide to Severe Hoarding is a unique volume not only for mental health practitioners but also other professionals who assist people who hoard such as home health aides social workers and professional organizers

CBT for Hoarding Disorder David F. Tolin,Blaise L. Worden,Bethany M. Wootton,Christina M. Gilliam,2017-07-10 Part of a two component product with a companion client workbook CBT for Hoarding Disorder Therapist s Guide guides group leaders through a comprehensive CBT group program for patients struggling with hoarding disorder Provides step by step evidence based guidance for treating hoarding disorder HD with a focus on proven methods for behavior change rather than complex cognitive interventions Contains the latest research on HD and emphasizes the cognitive emotional and motivational factors involved in discarding and decision making Features an accessible straightforward client workbook with coping cards that summarize key lessons homework assignments motivational tools and practice exercises for decision making and emotion regulation skills Easy to implement without home visits for professionals and group leaders of all educational backgrounds across a wide variety of treatment settings and disciplines

### **ADD-Friendly Ways to Organize Your Life**

Judith Kolberg,Kathleen Nadeau,2016-09-19 Acclaimed professional organizer Judith Kolberg and Dr Kathleen Nadeau renowned ADHD clinical psychologist are back with an updated edition of their classic text for adults with ADD Their collaboration offers the best understanding and solutions for adults who want to get and stay organized Readers will enjoy all new content on organizing digital information managing distractions organizing finances and coping with the black hole of the Internet This exciting new resource offers three levels of strategies and support self help non professional assistance from family and friends and professional support allowing the reader to determine the appropriate level of support

**Going Forward: Downsizing, Moving and Settling In** Moreen Torpy,2012-02-28 Going Forward Downsizing Moving and Settling In is a step by step guide to de cluttering life and liberating the spirit A survival guide on how to eliminate material goods whether there is a move in your immediate future or not Going Forward Downsizing Moving and Settling In will guide you through the process You might simply want more space where you are now If there is a move Going Forward Downsizing Moving and Settling In contains a multitude of useful and practical steps to accomplish this while retaining your sanity A journey to the future without being encumbered by extra stuff can be spiritually uplifting Knowing that you receive nourishment from your surroundings indicates you are on the right track

Junk Alison Stewart,2016-04-01 Junk has become ubiquitous in America today Who doesn t have a basement attic closet or storage unit filled with stuff too good to throw away Or more accurately stuff you think is too good to throw away When journalist and author Alison Stewart was confronted with emptying her late parents overloaded basement a job that dragged on for months it got her thinking How did it come to this Why do smart successful people hold on to old Christmas bows chipped knick knacks VHS tapes and books they would likely never reread She discovered she was not alone Junk details Stewart s three year investigation into America s stuff lots and lots and lots of stuff Stewart rides along with junk removal teams from around the country such as Trash

Daddy Annie Haul and Junk Vets She goes backstage to a taping of Antiques Roadshow and learns what makes for compelling junk based television with the executive producer of Pawn Stars And she even investigates the growing problem of space junk 23 000 pieces of manmade debris orbiting the planet at 17 500 mph threatening both satellites and human space exploration But it s not all dire There are creative solutions to America s overburdened consumer culture Stewart visits with Deron Beal founder of FreeCycle an online community of people who would rather give away than throw away their no longer needed possessions She spends a day at a Repair Caf where volunteer tinkerers bring new life to broken appliances toys and just about anything Stewart also explores communities of tiny houses without attics and basements in which to stash the owners trash Junk is a delightful journey through 250 mile long yard sales and packrat dens both human and rodent that for most readers will look surprisingly familiar

The Hoarding Handbook Christiana Bratiotis,Cristina Sorrentino Schmalisch,Gail Steketee,2011-06-22 Hoarding is a serious time consuming and expensive problem for virtually every community across the United States First responders often encounter hoarding unexpectedly and are confused about how to resolve the wide range of problems from public health and fire safety violations to housing violations to concern for the welfare of children elders and animals Sometimes solutions must be coordinated across several human service disciplines The first of its kind this handy guide is a nuts and bolts resource filled with case studies tips and strategies and easy to use suggestions for professionals responding to hoarding situations Organized around the common ways hoarding captures the attention of social service providers this user friendly guide provides tools to assess the problem to coordinate and delegate tasks among helping professionals and to work directly with reluctant hoarders and those affected by the hoarding Chapters give hands on guidance and decision trees for who should be involved and what strategies are needed for each case This book is compassionate and comprehensive an invaluable reference for social workers and human service providers in a broad range of fields

**The Hoarders** Scott Herring,2014-11-09 The verb declutter has not yet made it into the Oxford English Dictionary but its ever increasing usage suggests that it s only a matter of time Articles containing tips and tricks on how to get organized cover magazine pages and pop up in TV programs and commercials while clutter professionals and specialists referred to as clutterologists are just a phone call away Everywhere the sentiment is the same clutter is bad In *The Hoarders* Scott Herring provides an in depth examination of how modern hoarders came into being from their onset in the late 1930s to the present day He finds that both the idea of organization and the role of the clutterologist are deeply ingrained in our culture and that there is a fine line between clutter and deviance in America Herring introduces us to Jill whose countertops are piled high with decaying food and whose cabinets are overrun with purchases while the fly strips hanging from her ceiling are arguably more fly than strip When Jill spots a decomposing pumpkin about to be jettisoned she stops seeing in the rotting squalid vegetable a special treasure I ve never seen one quite like this before she says and looks to see if any seeds remain It is from moments like these that Herring builds his questions What counts as an acceptable material life and who

decides Is hoarding some sort of inherent deviation of the mind or a recent historical phenomenon grounded in changing material cultures Herring opts for the latter explaining that hoarders attract attention not because they are mentally ill but because they challenge normal modes of material relations Piled high with detailed and at times disturbing descriptions of uncleanliness The Hoarders delivers a sweeping and fascinating history of hoarding that will cause us all to reconsider how we view these accumulators of clutter

**Hoarding Disorder** Carolyn I. Rodriguez, M.D., Ph.D., Randy O. Frost, Ph.D., 2022-07-29 Accounts of hoarding behaviors stretch back thousands of years most recently depicted in popular reality television series but it wasn't until the publication of DSM 5 in 2013 that hoarding was classified as a disorder in its own right rather than as a symptom of obsessive compulsive disorder or obsessive compulsive personality disorder In this single source readers can access the most up to date comprehensive information on what is known about the disorder Drawing on both the authors own clinical experience and published research Hoarding Disorder A Comprehensive Clinical Guide examines the phenomenology and etiology of the disorder as well as psychotherapeutic and pharmacological treatments challenges and future directions Appendices feature useful symptom rating scales that can be applied to practice Whether readers are practicing psychiatrists psychologists or other mental health professionals professionals in training or peer support counselors and community advocates all will benefit from the wealth of information in this volume made more easily accessible through key points in each chapter and find the guidance they need to effectively and compassionately treat patients with hoarding disorder

**Cleaning Plain & Simple** Donna Smallin, 2020-01-30 Learn how to clean smarter not harder and you'll have more time to do the things you love With plain and simple advice on everything from dusting and swabbing to polishing and vacuuming best selling author Donna Smallin shows you how to make the most of your valuable cleaning time Hundreds of quick tips and practical solutions for every imaginable cleaning situation promise you the sparkling healthy environment you want for your family This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA

***What Every Professional Organizer Needs to Know about Chronic Disorganization*** Judith Kolberg, 2008-01-01

**Conquering Chronic Disorganization** Judith Kolberg, 2007-06 Chronic disorganization is disorganization that undermines a person's quality of life and recurs despite traditional self-help efforts Conquering Chronic Disorganization is filled with real life stories of people who used simple innovative and fun organizing methods proven in the field to end clutter mismanaged time and paper pile ups in the home or office Featured Book of the Federation of Families for Children's Mental Health

**Making the SHiFT®** Jen Cazares, 2023-03-31 Making the SHiFT True Stories of How People Affected by Chronic Disorganization Learn to Live a Deserving Life is a guide for professional organizers related professionals and those interested in the behaviors of people who live with the challenges of chronic disorganization every day Combining sage observations from hundreds of client interactions with adaptive organizing techniques this work synthesizes professional organizer Jen Cazares's cumulative knowledge of psychology sociology research and education It

provides guidance for putting this knowledge into practice with compassion and understanding and tapping into the enormous healing potential of the SHiFT method While observing and interacting with her clients the author Jen Cazares noticed they all shared a basic underlying pattern It became apparent that organizing overstuffed households involved more than decluttering tangible assets the complicated intangibles of personal behavior run deeper and wider When the weight of clutter buries their social connections with family and friends negatively impacts their physical health and the health of their home depletes their finances and wastes their time Cazares s clients lose sight of who they are and their purpose in life Cazares created the SHiFT method of organizing to challenge reframe and mitigate her clients underlying behavior The SHiFT method of organizing peels off the layers of clutter so that people who struggle with chronic disorganization can breathe flourish and live a deserving life SHiFT is both an acronym and a metaphor As an acronym SHiFT represents Cazares s trademarked proprietary approach to organizing Each letter represents the most impactful areas that clutter disrupts in a person s life S stands for social connections H for health i for I am deserving F for finances and T for time As a metaphor SHiFT describes moving from fragmentation into wholeness By applying the SHiFT method readers can help individuals affected by chronic change their relationship with their belongings and vastly improve their quality of life **ADD-Friendly**

**Ways to Organize Your Life** Judith Kolberg,Kathleen Nadeau,2012-01-04 Over 100 000 Copies Sold Organizing books fall short of addressing the unique needs of adults with ADD They fail to understand the clinical picture of ADD and how it impacts the organizing process often making their advice irrelevant or frustrating when put into application Books about ADD may address organization disorganization but do so in a cursory fashion and on a very small scale in what are usually long books on the subject This is a book that has ADD Friendly advice with the ADDer in mind This collaboration brings forth the best underlying understanding with the most effective and practical remedy from ADD experts in two important fields professional organization and clinical psychology Finally it offers organizing advice that ranges from self help to utilizing the help of non professionals to using professional assistance Thus it permits the reader to decide where they are at personally in the organizing process and what level of support will be most beneficial to their unique situation **ADD-Friendly Ways to**

**Organize Your Life** Judith Kolberg,Kathleen Nadeau,2016-09-19 Acclaimed professional organizer Judith Kolberg and Dr Kathleen Nadeau renowned ADHD clinical psychologist are back with an updated edition of their classic text for adults with ADD Their collaboration offers the best understanding and solutions for adults who want to get and stay organized Readers will enjoy all new content on organizing digital information managing distractions organizing finances and coping with the black hole of the Internet This exciting new resource offers three levels of strategies and support self help non professional assistance from family and friends and professional support allowing the reader to determine the appropriate level of support

**Organize & Create Discipline** Justin Klosky,2013-12-26 A professional organizer s complete guide to getting and staying organized As a child Justin Klosky loved to count analyze and categorize everything in sight Eventually diagnosed

with OCD he found ways to tap the benefits of his condition Today he s founded a successful firm O C D Experience building on the principals of Organize Create Discipline to help high end clients take control of their lives through time management skills getting rid of clutter simplifying their habits and rethinking storage solutions Carefully arranged into more than 300 A to Z categories Organize Create Discipline explains organization methods for everything from laundry to legal documents shoes toys kitchen drawers medicine cabinets utility closets overflowing email inboxes and dozens of other sources of daily detritus Klosky s unique advice yields peace of mind and radically improves productivity With a clientele that includes Bryce Dallas Howard Julie Chen and Saks Fifth Avenue Klosky now makes his unrivaled techniques to staying organized available to all

*Professional Organizing : A Closer Look at Disorganization in America* Jodi G. Warner,2008

*Organizing Solutions for People With Attention Deficit Disorder* Susan C Pinsky,2006-12-01

ADD Attention Deficit Disorder and ADHD Attention Deficit Hyperactivity Disorder are prevalent in society today afflicting about 4 4% of the adult population which is over 13 million Americans Four out of every five adults do not even know they are ADD and while it is often difficult to differentiate adults with true ADD from adults who are merely forgetful and disorganized Organizing Solutions for People with ADD outlines new organizing strategies that will be of value to anyone who wants to improve their organizational or lack of skills in their life The chapters consist of practical organizing solutions for ADD at Work prioritizing time management and organizing documents ADD at Home paying bills on time de cluttering your house scheduling and keeping appointments ADD with Kids driving them to various activities grocery shopping and meals laundry babysitters organizing drawers and closets and ADD and You organizing time for your social life gym and various other hobbies and activities Color photographs that capture the short attention span of the reader are featured throughout as well as sidebars and testimonials from adults with ADD providing numerous organizational tips such as the importance of dividing time into minutes or moments task completion how to avoid procrastination asking for help and how not to be a packrat

**The ADHD Organizer** Dr Mark O'Connor,2023-01-23

Do you struggle with organization and clutter despite your best efforts Are you tired of feeling overwhelmed by your ADHD Look no further than The ADHD Organizer Amazing and Professional Guide To Simplifying Your Life This comprehensive guide provides an in depth look at the science of ADHD and how it affects organization as well as practical tips and techniques for managing clutter simplifying your space and building habits that support organization With this book you will learn how to identify your triggers understand the power of mindfulness in managing ADHD and clutter and discover time management techniques that work for individuals with ADHD You will also learn how to create a support system and navigate the digital world with strategies for managing digital clutter This book also includes case studies and real life examples of people with ADHD overcoming disorganization and achieving organization success as well as additional resources and tips for ADHD individuals Whether you re looking for guidance on how to organize your home or work environment or you re looking for strategies to help you manage your time and stay on track The ADHD Organizer has



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