



Life-Pod Learning

overview of courses



learning pathway

accredited training

our Joint Award with the
Royal Environmental Health Institute of Scotland
provides a certified learning pathway
for hoarding practice

practitioners

our courses are delivered by skilled and qualified practitioners; we are the only UK service provider to hold **Specialist Certificates in Chronic Disorganisation and Hoarding Disorder**

course options

1. informed

HOARDING ESSENTIALS

elearning module
£30 per person

2. skilled

UNDERSTANDING HOARDING

1 day, classroom
£99 per person

3. enhanced

HELPING PEOPLE WHO HOARD

3 days, workshop
£280 per person

4. expert

HOARDING SPECIALIST

12 days +, blended
£2400 per person

01 **informed** hoarding essentials

COURSE CONTENT

- Criteria of hoarding disorder as defined by the World Health Organisation
- Consider why some people compulsively acquire and save things
- The clutter continuum
- Co-existing health conditions and related challenges
- Impact and issues associated with hoarding behaviour
- Communication do's and don'ts

WHO SHOULD ATTEND?

This e-learning module is suitable for anyone who wants to learn the basics of this newly classified mental health disorder; the course encourages participants to reflect on attitudes and misconceptions of hoarding behaviour.

02

skilled

understanding

hoarding

COURSE CONTENT

- Elaborate on topics outlined in 'Hoarding Essentials' (as above)
- Examine behaviours and characteristics of hoarding
- Assessment and engagement
- Cognitive-behavioural model of hoarding
- Interventions - risks and issues
- Resources - tools and techniques
- Case studies

WHO SHOULD ATTEND?

Suitable for related professionals who perhaps signpost to support services or have responsibility for policy decision-making on hoarding related issues.

03

enhanced
helping people
who hoard

COURSE CONTENT

- Definition and types of hoarding disorder
- Identifying hoarding behaviours and characteristics
- Sharing the challenges of working with this client group
- Exploring why some people may be predisposed to hoard
- Considering co-existing mental and physical health conditions
- Examining the science of behaviour change and motivation
- Discuss evidence-based techniques, including Motivational Interviewing, Harm Reduction and Cognitive Behavioural Therapy
- Reviewing resources used to assess hoarding and related issues

WHO SHOULD ATTEND?

This 3 day course is designed for frontline practitioners who have an active role in providing help for people affected by clutter and hoarding.

04

expert

hoarding

specialist

COURSE CONTENT

- 3 days: Helping People Who Hoard - enhanced course (as above)
- 2 days: Skill-based learning - focussing on therapeutic interventions
- 1/2 day: Developing a collaborative approach with key stakeholders
- 1/2 day: Health, Safety & Wellbeing - in partnership with SFRS & REHIS
- 1 day: Practical skills workshop - planning, organising and decluttering
- 1 day: Professional Practice - strategy, ethics, legal and compliance
- 1/2 day: Evaluation - all coursework and assessment must be completed prior to certification being awarded. [*coursework includes: mandatory reading, reflective essays, case studies*]

WHO SHOULD ATTEND?

This programme is designed for people who have, or want to have a career that focuses primarily on helping people affected by clutter, disorganisation or hoarding.

booking

To discuss any of our courses, or to book,
please contact **Linda Fay**

Call: **07841 289673**

Email: **linda@life-pod.co.uk**

thank you

life-pod.co.uk | May 2019

