



COAAA Professional Education

April 3, 2024

9:00 a.m. - 12:15p.m.

FREE

Demystifying the Trauma/Hoarding Connection and Intervention

From the outside looking in, it can be hard to understand hoarding behavior. Living conditions look uncomfortable, the home can be an unhealthy environment. The volume of objects often impedes the ability to move around safely and utilize the spaces in the ways they were intended. People who hoard often have different or more inflexible psychological processes that compel them to hoard. For social service providers one of the current challenges of working with individuals and families is keeping households functional for as long as possible. It can be challenging to understand why people acquire more than they can manage and then have trouble letting things go. Traumatic events are often a core factor for people struggling with hoarding behaviors. In this engaging presentation you will deepen your understanding and compassion for people who hoard. You will learn office and home-based interventions to help people on the path to recovery.

Presenter:

Karen Kruzan, LISW, CPD – CD Psychotherapist, professional organizer, speaker and author Karen Kruzan, LISW-S, CPO -CD embodies the Twin Brooks tagline "No Judgment. Just Relief." Adults facing organizing and clutter challenges find her gentle and practical methods comforting and productive. Karen uses her training and experiences in both the behavioral health and organizing fields to help people overcome barriers to having the lives they envision. In addition to holding the LISW-S and CPO-CD credentials, she is a member of the National Association of Social Workers (NASW), the Anxiety and Depression Association of America (ADAA), a member of the National Association of Professional Organizers (NAPO), subscriber with the Institute for Challenging Disorganization (ICD), and twice was the featured organizer on TLC's Hoarding: *Buried Alive!*.

Objectives:

At the end of this session, participants will be able to:

- ◆ Assess/evaluate hoarding behaviors and trauma reactions
- ◆ Discuss the connection between hoarding and trauma
- ◆ Express increased empathy for people in hoarding situations
- ◆ Identify evidence-based, trauma-aware interventions

Continuing Education Units 3.0

3.0 Social Work Clock Hours (#RSX059002) 3.0 Counselor Clock Hours (#RCX109207) 3.0 BELTSS (Application Submitted)

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Registration Form

Deadline Mar 27

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*** please email registration form to mmassey@coaaa.org***

Name: _____

Agency: _____

Address: _____

Special accommodations needed due to disability:

Phone (_____) _____

Email: _____

COAAA is happy to offer **FREE** workshops effective 2024

Licensure Social Worker Nurse NHA (license # _____)

Other _____

(please email registration form to mmassey@coaaa.org)

Questions? Call (614) 645-7250 or 1-800-589-7277. COAAA cannot accept registrations over the phone.



Central Ohio Area Agency on Aging

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Your Aging and Disability Resource Network