

# International Resources for Hoarding Disorder

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## BOOKS

- Bratotiis, C., Schmalisch, C. S., & Steketee, G. (2011). *The hoarding handbook: A guide for human service professionals*. New York, NY: Oxford University Press.
- Muroff, J., Underwood, P., & Steketee, G. (2014). *Group treatment for hoarding disorder: Therapist guide (treatments that work)*. New York: Oxford University Press.
- Steketee, G. & Frost, R.O. (2010). *Stuff: Compulsive hoarding and the meaning of things*. Boston, MA: Houghton Mifflin Harcourt.
- Steketee, G. & Frost, R.O. (2013). *Treatment for hoarding disorder: Therapist guide (treatments that work)*. New York: Oxford University Press.
- Steketee, G. & Frost, R.O. (2013). *Treatment of compulsive hoarding: Workbook (treatments that work)*. New York: Oxford University Press.
- Tolin, D., Frost, R.O., & Steketee, G. (2013). *Buried in treasures: Help for compulsive acquiring, saving, and hoarding (treatments that work)*. New York: Oxford University Press.
- Tompkins, M.A. & Hartl, T.L. (2009). *Digging Out: Helping Your Loved One Manage Clutter, Hoarding and Compulsive Acquiring*. Oakland, CA: New Harbinger Publications.
- Tompkins, M.A. (2015). *Clinician's Guide to Severe Hoarding. A Harm Reduction Approach*. Oakland, CA: Springer.

## WEBSITES

- Association for Behavioral and Cognitive Therapies (ABCT)  
<http://www.abctcentral.org/xFAT/>
- International OCD Foundation (IOCDF) Virtual Hoarding Center  
[www.ocfoundation.org/hoarding](http://www.ocfoundation.org/hoarding)

## SELF-HELP

- Clutterers Anonymous (CLA)  
<http://sites.google.com/site/clutterersanonymous>
- Messies Anonymous  
[www.messies.com](http://www.messies.com)
- Messies Anonymous self-help group  
<http://health.groups.yahoo.com/group/Messiness-and-Hoarding>
- Moderated self-help group  
<http://health.groups.yahoo.com/group/H-C>
- The International Obsessive Compulsive Foundation self-help information  
[www.ocfoundation.org/hoarding/self\\_help.aspx](http://www.ocfoundation.org/hoarding/self_help.aspx)