Hoarding Specialist Annotated Bibliography of Recommended Further Reading

This recommended reading list is not required reading for the exam. These are suggestions to supplement the required book list for the Hoarding exam.

**BOOKS**

  Detailed examination of a case of animal hoarding.
  Suspense novel featuring a psychotic villain with extreme hoarding behaviors.
  Fascinating description of a hoarded home.
  Fictionalized biography of Homer and Langley Collyer, who died as a result of their hoarding.
  The newest book by two of the leading researchers in the study of hoarding.
  In-depth consideration of people's attachments to things.
  Memoir of a man's fifty-plus years of collecting items most people would consider to be of no value.
  Biography of Homer and Langley Collyer, who died after an avalanche of clutter trapped them in their apartment.
  Description of hoarding and recommended treatment interventions for psychotherapists. Useful to professional organizers who seek to understand how a therapist might work with a hoarding client. These interventions are to be used only by credentialed mental health professionals.

**JOURNAL ARTICLES**


  Excellent overview from Frost on hoarding and development of his Clutter Image Rating Scale, including sidebar on how he and his team treat hoarding.


Introduction of Frost's definition of hoarding.


Older article; shows understanding of hoarding pre-Frost.


Relevant to the debate over whether hoarding is a sub-condition of OCD.


A literature review in which the author concludes that the term hoarding is inadequately defined. Includes a bibliography of over 100 articles and books that reference hoarding.


See original article by Van Grootheest and Cath (listed below).


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A benchmark article on the state of understanding of hoarding. Includes discussion of the use of cognitive-behavioral therapy (CBT) with exposure and response prevention (ERP) to address hoarding-related cognitions and behaviors.


See also replies (listed above) from Samuels and Saxena.


**NSGCD PUBLICATIONS**

**NSGCD Clutter-Hoarding Scale**

**NSGCD Fact Sheet 003: Common Characteristics of Chronically Disorganized Individuals**


