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Descrizione fisica	1 online resource (163 p.)
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Altri autori (Persone)	FrostRandy O
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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Contents; Chapter 1 Introduction; Chapter 2 Assessment; Chapter 3 Your Hoarding Model; Chapter 4 Planning Your Treatment; Chapter 5 Problem Solving and Organizing; Chapter 6 Practicing Sorting; Chapter 7 Changing Beliefs: Thinking Your Wayout of the Hoarding Box; Chapter 8 Reducing Acquiring; Chapter 9 Preventing Relapse; Appendix: Forms; About the Authors
Sommario/riassunto	1. Introduction. 2. Assessment. 3. Your Hoarding Model. 4. Planning Your Treatment. 5. Skills Training for Organizing and Solving. 6. Exposure Methods. 7. Cognitive Strategies. 8. Reducing Acquiring. 9. Preventing Relapse. Appendix - Tools. References. Readings and Resources. About the Authors.