

## TO WHOM IT MAY CONCERN

I am currently a participant in a Buried in Treasures course.

At the start of the course, I was experiencing a high level of anxiety and distress concerning my chronic hoarding problem. I felt that I was not able to control my tendency to hoard and the resultant clutter and disorganisation inside my unit. This has led to feelings of shame and embarrassment regarding the physical appearance and condition of the unit, which has deteriorated over time. As a result of this, I felt unable to invite anyone into my unit, which has resulted in an impairment in developing and maintaining personal relationships.

I attended the information session. I was relieved to find that the course would be facilitated by peer facilitators who have acknowledged that they have had an issue with hoarding and clutter and had completed the course, not “expert” psychologists or counsellors with no personal experience of this problem. I was also relieved to find that the course would not require me to start decluttering until some weeks into the course.

I have found the course invaluable. I have gained insight as to the reason for my hoarding issues and my inability to resolve them. With this, and some practical tools for overcoming my hoarding problem, I am now well on the way to overcoming my problems. I have made considerable progress in decluttering and putting some order into my unit. My feelings of shame, guilt, embarrassment and powerlessness have diminished. I now feel confident that I will be able to restore my unit to its former state, and invite people into my home.

I am very grateful to the organisers and facilitators of this course for giving me the opportunity to confront and work on my issues in an encouraging and accepting environment. I would unreservedly recommend this course for anyone who has a problem with hoarding, clutter and disorganisation.

*Name withheld for privacy reasons*

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