

Buried in Treasures Virtual Workshop

Buried in Treasures is a workshop intended for individuals who would like to learn new ways of managing clutter in their homes. The workshop is a scientifically-based, time-limited intervention that has been shown to help individuals with clutter make meaningful changes. It is based on the book “Buried in Treasures”, a self-help version of the cognitive-behavioral therapy (CBT) treatment that is most effective in reducing symptoms of hoarding. Participants will learn to think about their possessions in different ways, to build decision-making/organization skills, and to gradually reduce clutter that is impacting their quality of life.

Details about the Workshop:

- The workshop is educational (not group psychotherapy) and should not take the place of mental health treatment.
- Dr. Maria Mancebo, a clinical psychologist, will facilitate the workshop sessions.
- Sessions will be held virtually, via Zoom, on Wed evenings from 5:30-7:30pm.
- Workshop will run for 16 weeks. Each session will cover a chapter of the Buried in Treasures workbook and include a structured agenda and exercises.
- First session is mandatory. Sessions will not be recorded.
- Enrollment is limited to 10 adult participants.

Workshop Participants: Is this right for me?

- Do you have clutter that has gotten out of control?
- Are you interested in learning about why it’s so difficult to let go of possessions?
- Are you ready to make changes to improve your quality of life?
- Are you able to attend sessions regularly and dedicate 2 hours per week outside of sessions to completing exercises (working on clutter)?
- Do you have a device (smartphone, tablet, computer) with a webcam and reliable internet connection?
- Do you have an email address that you can use to complete forms and receive emails with links to the workshop and material?
- Do you live in Rhode Island? Workshop is currently only open to RI residents.

Costs and Registration:

- Registration Fee is \$250 and includes all 16 sessions. First session is mandatory.
- Participants will need copy of book: “Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding”, by Tolin, Frost, Steketee; 2nd edition., 2013 (approx. \$20).
- Contact **Dr. Mancebo at (401) 862-7060** to schedule a free, 15-minute phone call to register for the next workshop.