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**FOR IMMEDIATE RELEASE**

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## **PROFESSIONAL ORGANIZERS KEY TO HELPING HOARDERS**

Hoarding to be given its own category as a mental disorder in DSM-5

**St. Louis, MO – April 9, 2013** – The upcoming inclusion of Hoarding as its own category in the DSM-5 will drive greater awareness of the disorder and inspire more people to seek help. As part of an effective treatment plan, those affected will want to enlist the support of Professional Organizers who have trained as Hoarding Specialists through the Institute for Challenging Disorganization.

The Institute for Challenging Disorganization (ICD), a non-profit organization benefiting those with chronic disorganization, has a long history of working closely with health professionals to effectively assist the chronically disorganized. “I have worked collaboratively with ICD Hoarding Specialists over the past nine years to effect significant and sustained change in the lives of my clients with clutter and hoarding issues,” says clinical psychologist Roland Rotz, PhD. “While there are a few therapists interested in working at home with clients, most will not have the time or the inclination to do so. I find it essential that I collaborate with a trusted professional organizer, trained through ICD, who understands the underpinnings of the compulsive hoarder and can compassionately apply these principles in the home.

“ICD has played a pivotal role in developing effective, research driven, collaborative strategies for change. These methods and tools are part of their award winning certification program for the training of professional organizers and related professionals.”

ICD created the Clutter-Hoarding Scale as an assessment tool to give to professional organizers and related professionals definitive parameters related to health and safety. Each level also includes a description of the breadth of support required to treat the situation which will be helpful to readers looking for treatment. The Clutter-Hoarding Scale can be downloaded from <http://www.clutterhoardingscale.org>.

“The designations from our Clutter-Hoarding Scale have become common parlance among many governmental and social service agencies. With hoarding receiving its own listing in the DSM-5, we want those diagnosed with Hoarding Disorder and mental health professionals to know that our ICD Hoarding Specialists are ready to provide the hands-on assistance needed to complement their therapies,” says ICD President, Valentina Sgro.

### **About ICD:**

ICD is a non-profit educational organization whose mission is to provide education, research and strategies to benefit people challenged by chronic disorganization. For more information, please visit [www.challengingdisorganization.org](http://www.challengingdisorganization.org). Hoarding Specialists have completed a minimum of 65 hours of study and passed the Hoarding Exam.

### **Note to Media:**

ICD’s President and Hoarding Specialists are available for interviews.

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