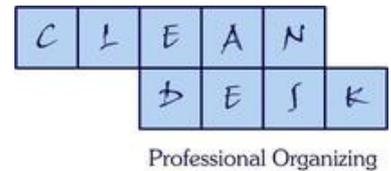


## Newsletter 5

### Asking for support in time



Welcome to the 5<sup>th</sup> newsletter of Clean Desk Professional Organizing!

#### **FOREWORD -- UK HOARDERS AWARENESS WEEK**

In the UK it is now the first Hoarders Awareness Week organized by Fire and Rescue Services (FRSs) across the UK. In 2014, the focus of the campaign is to increase the awareness of hoarding among the members of the fire service and strategic partners. Hoarding is a complex condition that is made up of three connected problems:

1. Collecting too many items
2. Difficulty getting rid of items
3. Problems with organisation

These problems can lead to significant amounts of clutter which can severely limit the use of living spaces, and pose health and safety risks.

The key messages of this year's Hoarders Awareness Week are:

- Hoarding can create significant risks to the individual, the community and fire fighters.
- Understanding the risks involved, as a significant step towards managing those risks.

For many people, it is unknown that hoarding is a psychological disorder. People don't just hoard, there usually is a psychological trauma behind the it. Professional organisers usually can't help solving this problem alone. A collaboration with a psychologist or psychotherapist is advisable.

In the past few weeks "The Hoarder Next Door " was on television. There are always pros and cons to such a television program. It is good that there is more knowledge about hoarding, because hoarders themselves usually don't dare to talk about it and live mostly in solitude in a (fire) hazardous house. On the other hand, there is also a sensational part in such a program. What is fun to watch? Not endless sessions on making a decision ...

Houses don't get hoarded overnight and they will not get decluttered overnight. It takes a lot of time, patience, attention and perseverance.

*"People often search their whole lives for happiness and peace. They hunt hopeless dreams, addictions and religions. Even other people, hoping that the void in themselves is filled. The irony is that the place that they really need, is to be found inside.*

*(Ramona L. Anderson)*

#### **TIP -- ASKING FOR SUPPORT IN TIME**

Many hoarders can hardly move around in their home by the immense amount of stuff they have collected. They want to clean up, but cannot do this without help. Help from professional organizers, but also a psychotherapist, psychologist or psychiatrist, because (most) professional organizers are not trained to solve severe psychological problems.

Asking for help being a hoarder requires courage. Courage to open up, to show your stuffed house. Courage to stand up for yourself and take care of yourself.

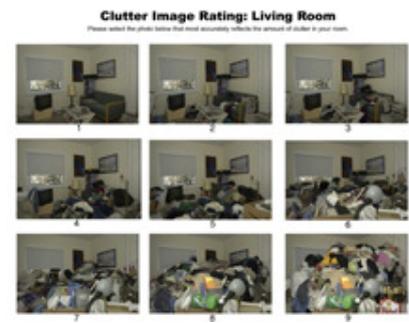
Asking for help is not only difficult for hoarders, but also for others. Yet it is important to do. Not only if you have too many things, but also if you just need a break, if you need more hours in a day or if you want to get rid of those two piles of paper on your desk. Just because you're worth it to take good care of yourself. That you don't continue to slog on your own. Solutions are not always easy, but usually one can be found. That could be a solution you would not have thought of or one you wouldn't dare to suggest. Talking helps anyway. By the questions and comments of others you can change the way you see things. Telling your story to someone who really listens gives a little air and energy.

So ask for help! Whether it's for something small or something big. Whether it is at home or at work.

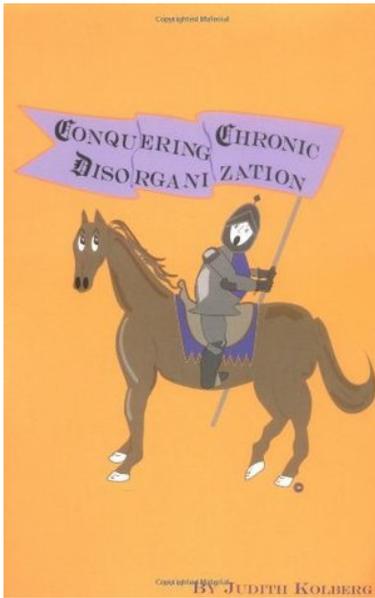
## USEFUL -- HOW MUCH CLUTTER DO YOU HAVE?

People have different opinions about when a room is cluttered. Some think a small pile is clutter, for others the room must be completely filled with stuff. The International OCD Foundation has made a Clutter Image Rating. You can indicate what grade you give to your clutter. If you ask for help, the rating gives the care taker (such as a professional organiser) an idea of the amount of clutter.

More information: <http://www.ocfoundation.org/hoarding/cir.pdf>.



## BOOK -- CONQUERING CHRONIC DISORGANIZATION



Chronic disorganization is disorganization that undermines a person's quality of life and recurs despite traditional self-help efforts. *Conquering Chronic Disorganization* is filled with real-life stories of people who ended clutter, mismanaged time, and paper pile-ups in the home or office by using the book's simple and innovative proven-in-the field methods. Written by the nation's foremost authority on chronic disorganization, Judith Kolberg, *Conquering* is an excellent resource for chronically disorganized individuals and the people who love them, teachers and students, employers, mental health practitioners, professional organizers and coaches. This new edition includes revised material on learning style, larger reader-friendly print, and an improved table of contents and index. *Conquering* has been on Amazon.com's Top 10 bestseller list in its category for over 5 years, has sold over 75,000 copies and has been translated into Korean (Wisdom House, 2006). It is recommended by the National Association of Professional Organizers as a certification exam study resource, and is a featured book of the Federation of Families for Children's Mental Health.

'*Conquering chronic Disorganization*' has been published by Squall Press in 2007. You can buy the book at [www.amazon.co.uk](http://www.amazon.co.uk) for £ 8.87 or less.

## HOME SPECIAL -- WHAT CAN PROFESSIONAL ORGANISING DO FOR YOU?

If you want to know what professional organizing can do for you, make an appointment for a consultation. Just for yourself (one hour for free) or organise a 2-hour session about professional organising at your house and invite others. The price for a 2-hour session with a max of 6 people is £ 30. Time and place is up to you. I am available in the morning (Mondays – Thursdays) or evening (Mondays and Thursdays). As organiser of the session you will get a gift coupon for 25% off for 2 hours of professional organising for yourself or to give away.

Interested? Contact me at [wendy@cleandesk.co.uk](mailto:wendy@cleandesk.co.uk) or 075-411 9104. If you have any other possibilities at which I can tell you (and others) more about professional organising, please let me know.

*My goal as a professional organiser is to help people create more space, time so they can be more at ease.*

*I do this by supporting them to structure their (digital) documents, things and time.*

*Do you want to receive this newsletter every month? Send an email at [wendy@cleandesk.nl](mailto:wendy@cleandesk.nl).*

*Do you like sending this news letter to others? I appreciate that!*

*Kind regards, Wendy*

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