Karly Merkle post to Week 6 Discussion 1

**Case #3 Hording Disorder:**

            This case is about a 35-year-old woman by the name of Jenny. Jenny has displayed side effects that can be described as Hoarding Disorder by the DSM-5. Since jenny was a child it was very hard for her to dismiss certain feelings that she had while growing up (Gorenstein & Comer, 2015). Those feelings then led her to problematic issues with clutter, and her not being able to cope with stress. These feelings started at a young age, jenny would have a hard time being able to make certain decisions, especially those that surrounded her with the idea of getting rid of things that she didn’t use. After Jenny lost her cousin she later found out that her Aunt followed in the same footsteps when it came to not being able to let things go (Gorenstein & Comer, 2015). Based on different research and what is stated in the DSM-5, it is said that hording disorder could possibly be linked to genetics.

            If Jenny wants to get help and be successful in treatment to help her with this disorder, the first step is to address this from a cognitive behavioral approach. There are a series of treatment that can be used with those that suffer from hoarding disorder, it is said that cognitive behavioral therapy is the most successful (Gorenstein & Comer, 2015). When we discuss advocacy and how that plays a role, we can see through research that advocacy attempts the professional suggestions on behalf of an institution and community. The more details we were provided from jenny the more we can see certain areas of trauma, for instance when jenny was a child she lacked the ability to attend which she was later diagnosis with ADHD. In order for her to gain focus at school, her believed if they destroyed her dollhouse, this would help Jenny to attend more in school. This was very odd behavior and unfortunately it did not help jenny at all. This behavior that was exposed to jenny by her parents, actually caused an uncomfortable recollection and occurrence (Heinowitz et al., 2012). It is important as an advocate for those with any type of mental or behavioral disability to provide support and resources to the parents, for example if the parents were provided the support they needed in order to understand jenny disorder as well as provide a safe place for jenny, it can reduced the feeling of the unknown.

            For Jenny case it would be very beneficial for the use of an advocate. The role of an advocate is to communicate benefits and ensure that policymakers can access high quality information (Hill, 2013). As an advocate for jenny, it would have been important for that advocate to recognize the signs for ADHD and identify solutions. Being able to recognize concerning aspects and discussing them in sessions will be very beneficial to the client and the advocate. If order for the advocate to express these differences the following must occur, identify a clear and precise problem, assess the goal (long or short term), develop an approach, and implement a strategy/solution (Hill, 2013). When dealing with someone that suffers from a hoarding disorder it is often unaware to those around them. Those around them will begin to notice the behavior once the person with the problem can address it.

            As stated by researchers that tools and resources must be provided for individuals challenged with getting help, and lacks judgment or feelings mandated by others. Cognitive behavioral therapy is known to help those create an improvement on a much higher level, in those patients who finish the treatment process. The therapy can be provided on groups or in single sessions, people are assisted in accessing data, through advocacy by being part of sessions and providing a role of support (Cohen et al, 2012). When going through the process it is important to provide encouragement since it outweighs the feeling of being rebellious and concerns of commitment when having to discard certain items. In order to help recognize the problem it would require a minimum of 26 sessions, in 12 months of CBT would be beneficial in addressing concerns related to hoarding and create a resolution.

Reference

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