Supporting People who Hoard at Christmas

Suggested seminar format for facilitators

Before the session

Send invites to the practitioners for a three-hour session using the attached email template.

It is recommended that you limit numbers to enable all attendees to participate fully in the discussion, and that you familiarise yourself with the video content in advance.

We also recommend following the seminar with a 45-minute follow-up session a week or so later to consolidate the learning (suggestions outlined separately below).

Facilitating the session

Welcome the attendees and give them an outline of the timing of the session. Make the group aware that the content will be hard-hitting, and ask that they are supportive of each other throughout the session.

If you're holding the session online, invite attendees to post comments, questions, and observations in the meeting chat.

Play the video Supporting People who Hoard at Christmas.

We recommend pausing for a comfort break at 00:54:25 into the recording, and then playing the rest of the video.

Next, facilitate a 30-minute discussion among attendees.
- Invite attendees to verbally share their reflections on their own practice, in light of the conversation in the video. How do they feel about the personal perspective shared by Lynn Howells? How do all speakers' insights resonate with their own experiences of working with people with hoarding behaviours, or people living in hoarded homes? What did they hear that surprised them, or made them reflect on situations they've encountered themselves?

- Ask all attendees to write down – or post into the meeting chat – how they are *feeling* about what they've learnt today
- Ask all attendees to write down – or post into the meeting chat – three things that they are going to take away from this session
- Let the attendees know that a further session dedicated to discussing the learning will follow, and it would be helpful to identify the key themes that they would all find it helpful to address in that session.

Capture any specific questions/issues people would like to devote time to in the follow-up session. You can also draw on any comments or questions shared in the meeting chat.

Follow this up with 15 minutes for final thoughts. Encourage attendees to share any resources/reading material ahead of the follow-up session that they think will deepen the learning experience.

Follow-up session

We suggest offering a 45-minute follow-up session for further discussion one week later, with a focus on drawing out reflections to consolidate the continuing professional development value – and to help equip attendees with the basis of a credible CPD log entry.

Ask the attendees to reflect on:
- What they learnt from the first session
- How they intend to apply the learning in practice
- Whether they can identify any further learning that would be beneficial for them.