



The Hoarding Project – Tacoma, WA

Clinic/Program Director: Jennifer Sampson, PhD, LMFT
Name of Intake Coordinator: Jennifer Sampson, PhD, LMFT
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621 Pacific Street, Suite 300
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Treatment Providers:

Jennifer Sampson, PhD, LMFT

Payment Options:

Private Insurance
Self-Pay
Sliding fee available

Populations Served:

Adults
Adolescents
Children

Treatment Strategies Offered:

Cognitive Behavioral Therapy (CBT)
Family Therapy
Group Therapy
Home Visits
Skills Training
Treatment for Co-occurring Conditions

Area of Specialty (in addition to general OCD):

Hoarding Disorder

Summary of our services:

The Hoarding Project began in 2010 as a one-of-a-kind 501(c)3 nonprofit organization that provides clinical treatment (therapy and support groups), education and research. We provide services to individuals who hoard, family members, and friends, as well as communities looking for help to address hoarding behaviors. The Hoarding Project also provides internships and externships for master's-level therapy students. Interns offer therapy to individuals and families on a sliding fee scale. Additionally, support groups are offered in a variety of locations that provide assistance to people who hoard and their family members/friends.

The Hoarding Project provides educational opportunities throughout the country. We offer presentations to mental health professionals, non-mental health professionals, and the public. We also offer consultations for professionals providing treatment to hoarding clients.

The Hoarding Project sponsors two hoarding task forces in Minnesota and Washington state. The task forces provide community resources and referrals as well as educate and raise awareness of hoarding disorder.

The Hoarding Project is currently conducting research addressing the concerns of homeowners who have had a forced clean-out. THP is also pursuing funding to conduct additional research topics.

Treatment Planning Process

The Hoarding Project has an intake process that assesses and diagnoses both hoarding disorder as well as co-occurring disorders. Treatment planning and goals are then developed with the client to address all concerns and diagnoses. The treatment plan is evaluated at different intervals to ensure clients are on track toward meeting their clinical goals.

Core Treatment Components

The Hoarding Project therapy components include addressing hoarding behaviors as well as the underlying reasons why a person hoards, including unresolved trauma and loss, genetic, and family issues. The Hoarding Project uses an integrated model, including narrative therapy, ambiguous loss theory, CBT, DBT, motivational interviewing, individual, and family therapy, as well as support groups to enhance the therapeutic process.

Parents, Family Members, Friends, Teachers, etc. Involvement

Family members, friends, and others in the lives of people who hoard are included in treatment. The Hoarding Project uses a systemic approach to our therapeutic process, including support to both blood-related and psychological family, with the understanding that people who hoard impact their systems and their systems impact people who hoard.

Treatment of Co-Morbid Disorders

We will address hoarding disorder, OCD, and any other disorders or diagnoses the client has been assessed.

Individual Therapy

Therapy sessions are 50 minutes in length. The length of the therapy process will vary depending the individual client situation.

Length of Stay

The Hoarding Project is not an in-patient treatment facility.

“Census” (i.e., the maximum number of clients seen at any given time)

The Hoarding Project currently sees approximately 45 clients in their WA and MN locations.